

# CORE STRENGTH & MOBILITY

## WHY?

SICK

PARTS  
MUSCLES

HIGH INTENSITY  
INJURY ACCUM.  
INFLAMMATION  
STAGNATION

FITNESS

BODY  
RIGID? MOBILE

INTENSITY

HEALTHY

MOBILE ACTIONS  
MOVEMENTS

LOW/MODERATE  
RESTITUTION  
FLOW → NUTR. DISTRIB.  
- SYNOVIAL, GRAD. SUBSTANCE  
FLOW → DETOXIFIC.  
AGING REVERSAL

## WHAT?

EXTERNAL  
FORCE + LOOKS + SIZE

FOCUS  
MUSCLE

EXT. + INTERNAL  
WHOLISTIC RESILIENCE

NRG  
COEFF.  
-

REPETITION  
QUANTITY  
GOAL

FOCUS  
TRAINING

TECHNIQUE  
QUALITY  
PROCESS

NRG  
COEFF.  
+

REPETITION QUANTITY  
SIMPLE MECHANICS  
SENSITIVITY MOTOR SUICIDE  
DISEASES OF CAPTIVITY  
WEAK STRUCTURE, FR. W/ INB.  
OVERCOMPENSATION

BRAIN ORCHESTRATION, PROPRIOCEPTION  
MECHANOTRANSDUCTION  
CELL GEN. SIGNAL. AND GENETIC EXPRESSION  
NATURAL MOVEMENT  
SENSITIVITY MOVEMENT → CELL/TISSUE BIO  
FLEX., STAB., MOBILITY  
REL. ANTAGONISTS  
MPH ECM

## HOW?

### TOOLS

1. DECOMPRESS THE JOINTS - 3D MPE
2. ACTIVATE THE CORE - FULL BODY STR. MOV.
3. SWITCH ON/WARM-UP, ~~CONDITION BUILD~~
4. ADD KETTLEBELL, LIGHT WEIGHT
5. RELAX & INTENSIFY SLOW, SHAKE/VIBR. IN-BETW.  
ENJOY THE MOVEMENT FOR 5-15 MIN

