

UNLOADED LINEAR TRAINING

Examples:

Skill development, TRX, Running, Cycling, Yoga, Swimming, Activations / Rehab, Pushups, Pilates.

Benefits include:

- Re-education of neuro-muscular system
- Stability / Mobility training
- Targeted tissue improvement (muscle)
- Improved intra-muscular coordination
- Cardio and motor efficiency
- Metabolic improvement

