

UNLOADED MOVEMENT TRAINING

Examples:

Speed Agility Quickness, Play / games, Tai chi, Ground to standing, Movement prep, Martial arts, Team Sports.

Benefits include:

- Rapid nervous system activation
- Improved Motor learning
- Speed, agility, quickness improvements
- Increase functional reaction capabilities
- Strength / Power
- Improved inter-muscular coordination
- Whole body integration

