

MOBILITY

The ability to move well and with full range of motion is extremely important.

- It reduces the risk of injury – it means you can perform movements correctly and safely.
- Keeps your joints healthy.
- It makes you stronger – if you can move well and with full range of motion you'll find you will be able to.
- Lift and perform movements at a heavier weight. If you feel your mobility is restricted, work on it before attempting heavy lifts – stay safe. Ask any of the coaches for tips if you need help on mobilizing.
- Moving well means you are using the right muscles for lifts and movements.
Before and after class we will always do a warm up and try to include stretches for a cool down. →
- Try to come 5-10 minutes before class starts and mobilize areas specifically for you.
With the ability to move well you will be able to add in more intensity. The combination of good technique and intensity leads to the best results.

