

RESOURCES

Website:

<http://shiftmovementscience.com/>

Prehab Guide: *What I presented! - Scroll down to middle of the page

<http://shiftmovementscience.com/freeresourcelibrary/>

Whole Circuit:

<https://www.youtube.com/watch?v=1QGaesobUZI>

Video Playlists Per Body Region:

https://www.youtube.com/channel/UC-02cxHdKhvj-xfuykkGFUQ/playlists?disable_polymer=1

Thanks for the opportunity to come in and speak with the team! I had a blast sharing my love for the sport and how to better care for your body!

Good luck on Friday! I will be there cheering you on 😊!

Feel free to reach out at any time!

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