AMP® with eQuilibrium® at the Gym



Weightless EST Position

- 1. Elbows at shoulder height
- 2. Shrug gently
- 3. Tension in the Sling

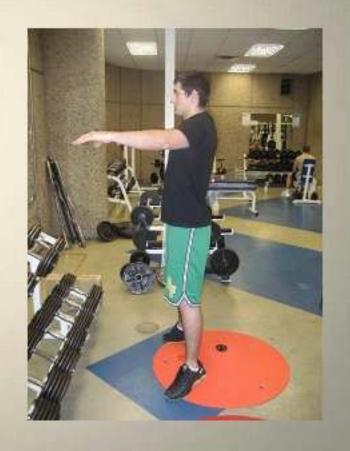


Weightless Standing Bench Press

Start from the EST position



Arms slowly extended

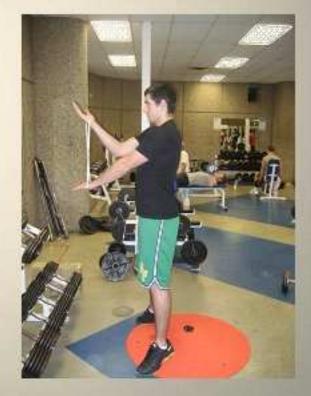


Controlled Bilateral Shoulder Joint Recruitment

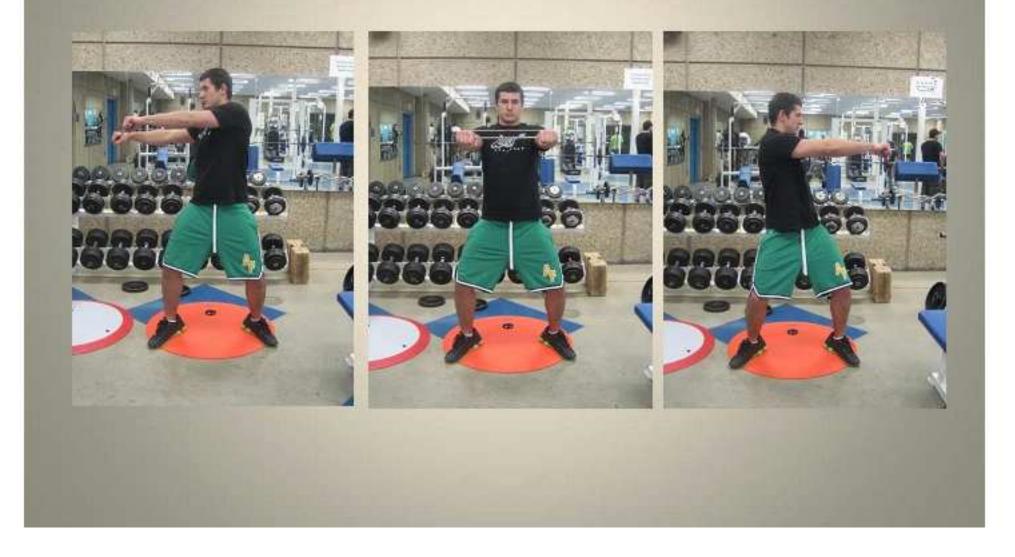


Targeted Left Curl

Targeted Right Curl

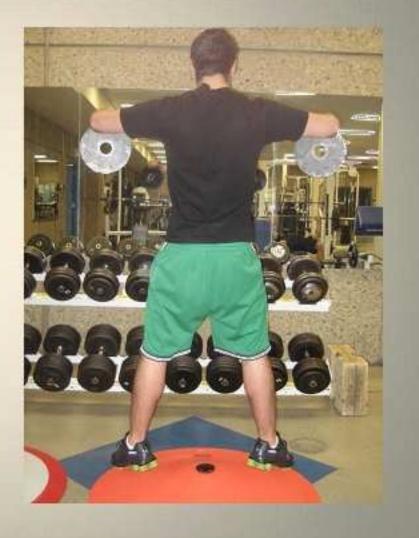


Weightless Controlled Rotation

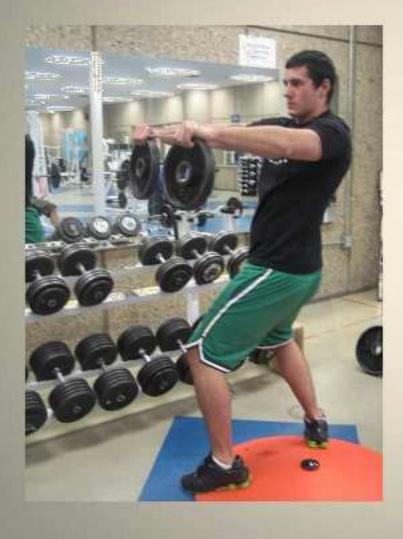


Weighted EST Position





Core Builder Weighted Rotation Half Sling





Long Anchor Loading-Stretch





Heavy Core Builder Rotation



