

NTS

**NEUROMUSCULAR
TRAINING SYSTEM**

MANUAL

Technical Manual for the Trainers Training Course

NEUROMUSCULAR TRAINING SYSTEM

This manual has been edited and created by ELAV
in collaboration with
Reaxing Training Academy.

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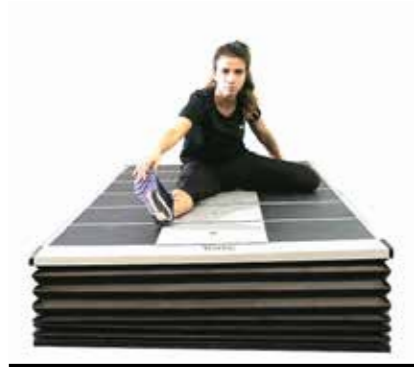
FUNCTIONAL MOBILITY

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FUNCTIONAL MOBILITY

EXERCISE: HURDLER HANDS ON TOES
METHOD: Mobility

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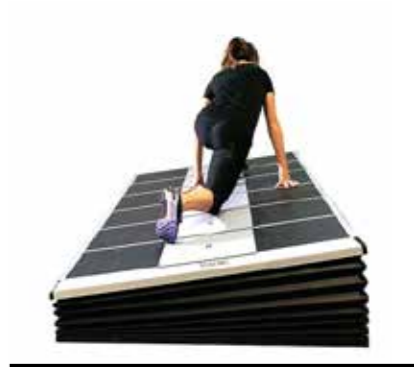


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FUNCTIONAL MOBILITY

EXERCISE: ALTERNATE SAGITTAL FRONT SPLIT
METHOD: Mobility

L E V E L



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FUNCTIONAL MOBILITY

EXERCISE: DOUBLE LEG SCORPION
METHOD: Mobility

L E V E L



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