



Trigger Point DVD - SMRT Core Level 3

available while stocks last

Not for amateurs! If you've mastered Level 2, it's time to tackle Level 3!

CHF 14.50



"Push & Pull" is joined by pressure and isometric tension when it gets most intense. We take you to the hardest point of the exercise - and you are supposed to pause in that position. It takes strength to perform the exercise and incredible stability to hold the contraction. Body control is a requirement for SMRT - Core Level 3! .

Language: English

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