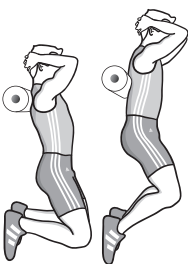
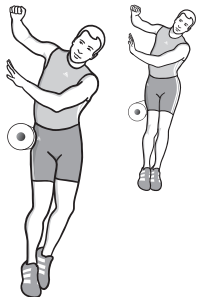
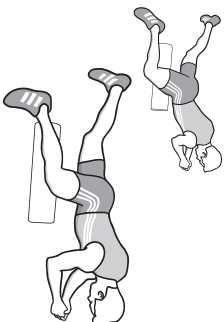
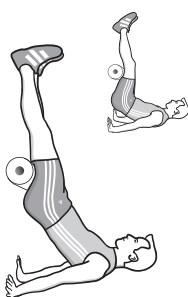
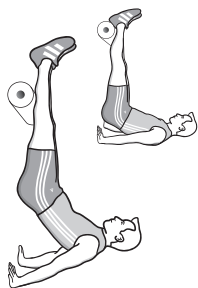
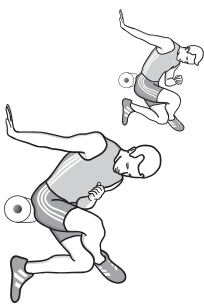
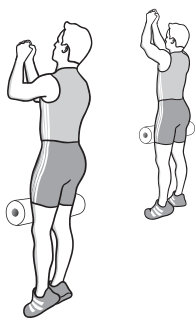
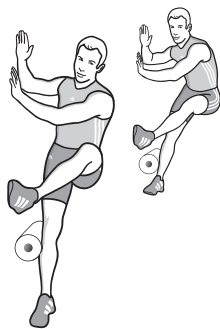


The most important aspect is the execution of the movement. Only when an exercise is performed in a controlled manner and in its correct form, it can subsequently be carried out with a heavier load. Breathing should stay consistent. Breathe in to prepare, exhale during the most strenuous part. Regeneration exercises have the effect of a sports massage and may involve light discomfort. May you experience strong discomfort or pain, we strongly suggest to seek medical advice.



REGENERATION & MOBILISATION & WORKOUT

