

## **Advance Your Game with Performance Technology!!**



## Spine Alignment

Prevents rounding of the shoulders that can cause a distorted rib cage, which will decrease lung capacity and negatively affect an athletes stamina

Alignment flows downward...

Stable Pelvis
Speed & Agility





Stable Knees

Aligned hips leads to stable knees and this will lead to stable foot-to-ground platform from which athletic performance flows

Stable Foot-to-Ground Platform

INJURIES TO THE HIPS, KNEES, ANKLES AND FEET WILL BE MORE FREQUENT IF THE HIPS ARE NOT ALIGNED PROPERLY DUE TO AN UNBALANCED BITE.

Power Output