

BEGINNING MOVEMENT® LOAD TRAINING

BMLT

FROM
JAPAN

- **EMPHASIZES** Joint Rotation Training
- **ENHANCES** Flexibility, Joint Mobility, and Explosiveness
- **INCREASES** Blood Oxygen Levels During Training, Allowing for Daily Workouts Without Fatigue
- **AIDS** in Injury Recovery
- **IMPROVES** Blood Circulation and Enhances Cardiopulmonary Function
- **ENHANCES** Athletic Performance

✓ Young People

Improves Muscle Flexibility, Boosts Metabolism, and Enhances Body Coordination

✓ Senior Citizens

Increases Joint Mobility, Maintains Muscle Strength, and Enhances Physical Function

✓ Professional Athletes

Strengthens Coordination and Explosiveness, Enhances Sports Performance

✓ Injured Individuals

Aids in Rehabilitation, Speeds Up Injury Recovery

**XPORTS**

“Japan Tottori World Wing”
Beginning Movement Load Training
Coach Certification



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