



CROSSCORE® BASICS

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OVERVIEW

Heightened proprioceptor and instability are effective training techniques for performance and functionality. The CrossCore® Rotational Bodyweight Training™ (RBT™) system allows us to focus on dynamic stabilization, true rotation and time under tension for complete strength.

OBJECTIVES

This workout will introduce participants to the unique parts of the CrossCore® unit and some of its many benefits for one on one or small group training sessions. We will practice exercises that are a great introduction to anyone who is new to suspended bodyweight training.

SUMMARY

This workout will demonstrate what sets the CrossCore® Rotational Bodyweight Training™ (RBT™) system apart from all other suspension training systems on the market. This workout is appropriate for all fitness levels.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**