

Original Strength Training

As technology advances, society is losing its function in regards to simple movements and daily living.

We are sitting for extended periods of time, hunched over our devices, and as a result are experiencing decline in postural alignment and increase in spinal issues.

The premise of Original Strength is to return to our basic movement patterns as babies before we developed biomechanical disadvantages and injuries from repetitive motion and being sedentary. Breathing is also an integral component of the form.