

El Eggs - Mobility Program

WHAT'S INSIDE

A 6+ month program split into 3 different levels with continuous progression and additional advanced mobility and flexibility skills.

- ✓ Lifetime access to exclusive content
- ✓ additional downloadable PDF File
- ✓ High Quality online Videos
- ✓ Unique Mobility Cross Flow System
- ✓ Exact execution and description of every exercise
- ✓ Recover from & prevent Injuries
- ✓ Eradicate Imbalances & Weak Points
- ✓ Fits to every Level of Performance
- ✓ 15-40 min per Workout, 3-6 times a week
- ✓ usable as warmup with included shortened flow
- ✓ Additional tutorials for Splits, Handstand Press and V-Sit

Mobility is a form of movement to increase the stability and active range of motion in your joints. It's very dependant on your mind, because your brain can limit or increase the range of motion in all of your joints. If you're not able to control your muscles, you're not able to improve your mobility. If you want to improve your handstand, your squat, your pullups or even pushups and many others, mobility can help you to increase strength, by correctly controlling the muscles that are involved in those movements. It can even help you if you have had accidents or injuries, which limit your performance, if you notice it or not. That's why almost everyone will profit from proper mobility training, like in our Mobility Program.

Proof Content

