

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline for actionable and effective steps to improve your performance and recovery.



SEVEN MOVEMENTS



CUSTOM PROGRAMS



TRACKABLE PROGRESS



FREE FUNCTIONAL MOVEMENT SCREEN ARTICLE DOWNLOAD http://bit.ly/introtofms



ATUSA®
Intrinsically You

Creator - Linda Grech 0408 180 208