



Isometric Muscle & Body Balancing

NEED HELP ? CALL JILL HAYDEN AT: 599-4339

Protect & prevent injury by balancing out small muscle groups which brings the structure of the body back into balance. Isometric Muscle & Body Balancing can help balance out your routine making it more effective & help correct an injury or prevent an injury from occurring.

Work out smart & keep the energy flowing. Go with the flow not with the pain, protect your ligaments, tendons, muscles and nerves. Build endurance muscles to be safe & enjoy a Healthy energetic life.

Check your structure out, look in the mirror and see what is level

- Ears not level
- Head twisted
- Pelvis twisted
- Hands turned inward
- Shoulders not level and or twisted
- Hips not level
- Hand turned away from body
- Sway back
- Knock knees
- Ankle turned in or out
- Stomach curved in or back curved out
- Forward lean
- Foot pigeon toed
- Difficult moving hands behind back
- Flat feet or high arches
- Sideways curve of back
- Bowed legs
- Hyper extended knees
- Bunions or hammertoes