

Low-Threshold Strategy

Involuntary Subconscious Control

Posture, Alignment, Motor Control

Non-Fatiguing

Interplay of Contract & Relax

Local Stabilizer Dominant

Recruited < 40% MVC

Low-Load, Low-Force, Low-Velocity

Parasympathetic Breathing

Reflex Driven Sequencing

True Stability

Threshold Is High

SJ Ball



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