

AMP® with eQuilibrium® at the Gym



Weightless EST Position

1. Elbows at shoulder height
2. Shrug gently
3. Tension in the Sling



Weightless Standing Bench Press

Start from the EST position



Arms slowly extended



Controlled Bilateral Shoulder Joint Recruitment



Targeted Left Curl

Targeted Right Curl



Weightless Controlled Rotation



Weighted EST Position



Core Builder Weighted Rotation Half Sling



Long Anchor Loading-Stretch





Heavy Core Builder Rotation

