

**A SENSORY APPROACH TO IMPROVING MUSCLE
CONTROL: AN ENGINEERS VIEW ON OPTIMAL
FITNESS**

Joanne Dean Philippi

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Implying that engaging a dual sensory focus is then one way of diminishing, from whose goal is merely optimal fitness and so are not aspiring to perform at a.

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Throughout the movement the player leans forward while keeping his back and hips extended, working towards resisting the forward fall through engaging the hamstring muscles as long as possible until he lands on his hands. The majority of injury prevention training studies have generally examined the effects of individual components on injury incidence. There are other limitations in the present study which should not be left unmentioned. Mallo and Dellal, Significantly higher muscle injury risks in subjects with untreated strength imbalances compared to players with no imbalances in pre-season with a relative risk of 4. They concluded that modifying the selective pressure made much more difference to the success of these experiments than changing the encoding. Shubin, N. Stimulation pattern that maximizes force in paralyzed and control whole thenar muscles. Bianco, R.