

Shifting

vs. Lifting - *Moving a mass through a field of gravity (shifting) vs. against a field of gravity (lifting).*

BENEFITS

- Tensile Strength: the ability to lengthen muscles under load (without tearing)
- Create stability while moving mass away from midline
- Positional Strength: Strength in specific postures including odd-positions
- Strengthen collagen in tissues
- Improve multi-directional movement

