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science of moving
better, Hargrove
discusses the
essential qualities of
good movement
(coordination,
responsiveness,
distribution of effort,

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division of labor,
position and
alignment, relaxation
and efficiency, timing,
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and individually
customized). I
especially love his
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believe this to be a
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decrease pain, create
controlled, safe
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gently. Pain is a threat warning, so give the mind time to process the change in the body, and don't make the change extreme. Use graded exposure. Introduce movements that have problematic in the past progressively.

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I recently finished the
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MT, strength coach, fitness enthusiast, or you are alive and moving, you should stop reading this blog, and go and get the book here. What is my one sentence review of A Guide to Better Movement? - "All of the knowledge, with none of the pretentiousness."

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Science And
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A Guide to Better
Movement by Todd
Hargrove CR CFP ...
I recently read Todd

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Hargrove's book, "A Guide to Better Movement". I don't recall who initially recommended Hargrove's book to me, but it was after I had mentioned that I was reading and Katy Bowman's "Movement Matters" a few years ago.

Reflections on Todd

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In this episode, I sat down with one of my movement teachers and mentors, Todd Hargrove. Todd is a genius when it comes

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how to move with
more freedom. He's
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Posture Exercises: 12

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