RESEARCH HUB

REDEFINE HEALTHY AGING WITH FUNCTIONAL TRAINING

STRENGTH. BALANCE. INDEPENDENCE.

KEY BENEFITS



15% BETTER BALANCE



BETTER MOBILITY FOR DAILY ACTIVITIES



STAY ACTIVE + INDEPENDENT

FUNCTIONAL TRAINING
EXERCISES

RESEARCH HUB

SQUATS



FARMER'S WALK



STEP-UPS



BAND CHOPS



LUNGES



MED BALL THROWS



RESEARCH
HUB



SCAN QR CODE
TO LEARN MORE