



Perfect 10 Posture: Applying Pilates and Posture Training for Success in Gymnastics (and Other Sports)

Paula R. Lord

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Perfect 10 Posture (P10P) is a unique training program, designed to align and strengthen the body at its core, thereby enhancing gymnastics performance for athletes at all levels. When properly utilized it will unlock your gymnast's full potential, taking her far beyond what traditional gymnastics training can do. The program helps athletes to establish efficient postural movement patterns, which leads to increased strength and stability at a deep skeletal level. With greater strength and stability the athlete will progress more safely and learn gymnastics skills more easily. The faster and safer a gymnast acquires skills, the faster and safer she can achieve gymnastics success! Perfect 10 Posture (P10P) is a 4-step training program borrowing from a number of tried and true methods. These movement training methods have proven to work together in the gymnastics setting to greatly enhance the athletes' gymnastics experience. When used as part of a well-rounded gymnastics training system, Perfect 10 Posture (P10P) will maximize the athlete's time in the gym and, therefore, contribute to her forward progress and competitive success.

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