

CORRECTIVE EXERCISE CONTINUUM

INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

ACTIVATE

Activate the muscles identified as underactive or weak.

Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

Nasm Ces Manual

A Gutmann



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web so you might create a low scenario where oil prices are say 40 per barrel a middle scenario where oil prices are 70 per barrel and a high scenario where oil prices are 100 per barrel doing that lets you see the range of possible outcomes for a company based on commodity prices

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web this microsoft excel equity valuation spreadsheet is similar to the business valuation spreadsheet except it is more complex and geared specifically towards e p companies the model allows the user to input expected oil and gas prices and vary production growth by year and commodity