

# Where are you on the continuum?



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*At The Continuum Method, Personal Trainers, and MAT (Muscle Activation Techniques) specialists apply the latest researched-based techniques across the full range of exercise protocols.*

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What if there was a way to **immediately** determine if your exercise was helping you or putting you at risk for future injury? What if there was a way to speed up your progress and push yourself harder, without waiting weeks to see change?

Typically, a considerable amount of guesswork is involved in exercise program design, movement choices, how much recovery is needed, how much “warm up” to do, and so on.

The advice to simply “listen to your body” is fine, **but what happens when communication between the brain and muscle is missing**, so we can’t “hear” anything from that area? This is called **muscular inhibition** and is a significant cause of limited performance, restricted movement, and more.

This is why our three-step process to check for muscle imbalances, correct them, and challenge them is so powerful. **Our tailor-made programs have no guess work and give you the power to challenge yourself with immediate feedback of its effectiveness and minimal-to-no “recovery” needed.**

Whether you are experiencing pain, struggling with a yoga pose, want a higher level of sport performance, or anything in between, **the Continuum Method three-step process can help.**



## Where are you on the Continuum?



First, we'll check your muscles for imbalances. Many times injuries and pain are actually caused by muscle imbalances and NOT the endless list of commonly blamed: overuse, age, incorrect exercise form, wrong shoe wear, sleeping "wrong", etc.

Our team will first check for imbalances, correct them immediately, and follow up with exercise or movements, challenging your body to ensure you're on a path to success.



Then, we focus on immediately on correcting the imbalances. At The Continuum Method, we can find hidden strength, flexibility, stability, and balance, so that you receive all the benefits of your exercise without the guesswork, inefficiencies, and risk.

Anything from walking programs, yoga, Pilates, group classes, to CrossFit will help you experience immediate feedback about your exercise effectiveness, receive the ultimate in program design, and change your definition of recovery.



Finally, by challenging your performance, we'll prove, reinforce, and increase your exercise tolerance. Our team of exercise scientists can deliver immediate changes in muscular strength, flexibility, balance, and stability, with little to no homework.

During this process, we objectively gather information to help determine the intensity, frequency, and duration of training and practice sessions.

