

PRĪMFIT

S O L U T I O N S

(Prevention • Rehabilitation • Improved Fitness)

- Improved Fitness
- Improved Sports Performance
- Injury Rehabilitation and Prevention

- Improved Athletic Ability
- Improved Functional Ability
- Fall Prevention

Improve the way you Move!

Re-train your Brain



Hip mobility

Improve Posture



Reduce lower back pain

Enhance your core



Knee Stability

Balance improvement



(Scan the QR code on your smart phone)

- Stronger Core, Lower Body and Muscular Endurance
- Balance, Coordination, and Stability
- Reaction Time and Proprioception
- Range of Motion and Flexibility

- Biomechanics
- Neuromuscular Function
- Running, Jumping and Throwing Ability
- Speed, Quickness and Agility

Improve the way you Move!

Get PrīmFit footwear, programs, and support at primfitsolutions.com