



ELDOA Kickstart

You've done the prep work, watched all the lead-up videos for the ELDOAs and now it's time for action. Here's what you'll do this week: Commit to your first 3 ELDOAs to be under your belt THIS WEEK! You can do 3 days in a row or every other day or do one session in the AM and another in the PM...just look at your schedule and write it in 3 times over this week. I know that's a big ask but here's why...

I have 2 main goals with this:

- 1) This frequency will help you to cut the time it takes to do your ELDOAs in half or less.
- 2) Get you to not need the Full Session ELDOA video at all. Just the Handout will Suffice. When you learn the *Warm up, *"Factors of Progression" and a simple *Cool down you'll own it and can do it whenever and wherever you like.

A third advantage is that you'll be able to better experience how your body will respond to ELDOAs. This movement method is cumulative. Each time you do them, it stacks the coordination and restorative building benefits. You will feel the change happening in your body and this will illuminate the importance of ELDOAs in your weekly schedule.

Enjoy!