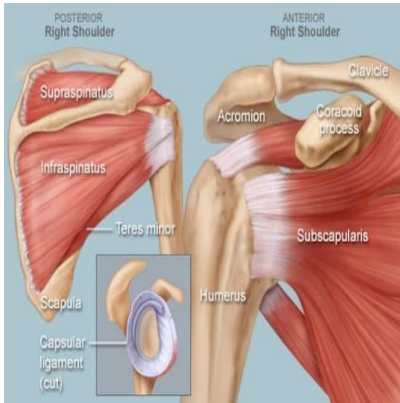




Functional Range Conditioning

Description

Functional Range Conditioning (FRC) is a comprehensive joint training system, focusing on improving range of motion, mobility, and joint strength. For Ashtangis, FRC can be particularly beneficial in enhancing their yoga practice. It helps in developing strength at the end ranges of motion, crucial for advanced yoga postures. FRC emphasizes controlled articular rotations (CARs) which are movements that take a joint through its full range of motion, promoting joint health and flexibility. Incorporating FRC into an Ashtanga practice can aid in injury prevention, increase body awareness, and improve overall movement efficiency, making the rigorous sequences of Ashtanga yoga more sustainable and effective.

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