

The Gym@AIBP



WHY YOU SHOULD DO **UNILATERAL STRENGTH TRAINING**

Unilateral training is where you are only working one limb at a time. In most traditional training movements, we use both limbs concurrently to complete the task at hand. For example, you can perform an alternating dumbbell press whilst one arm is in the extended position, promoting stabilisation of supporting muscles and driving mechanical stress and fatigue.

WHAT ARE THE BENEFITS?

- Corrects Imbalances
- Core Stabilisation
- Boost Sport Performance
- Decrease Injury Risk
- Improve Muscular Stimulation
- Speed Injury Recovery
- Develop Motor Skills