

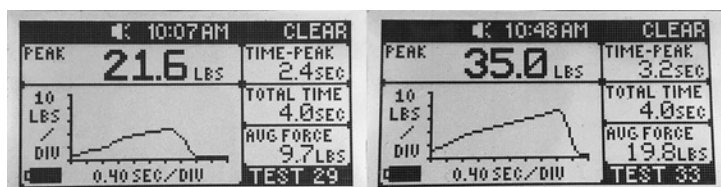
Chapter 1 - Hardwired Protective Reflexes



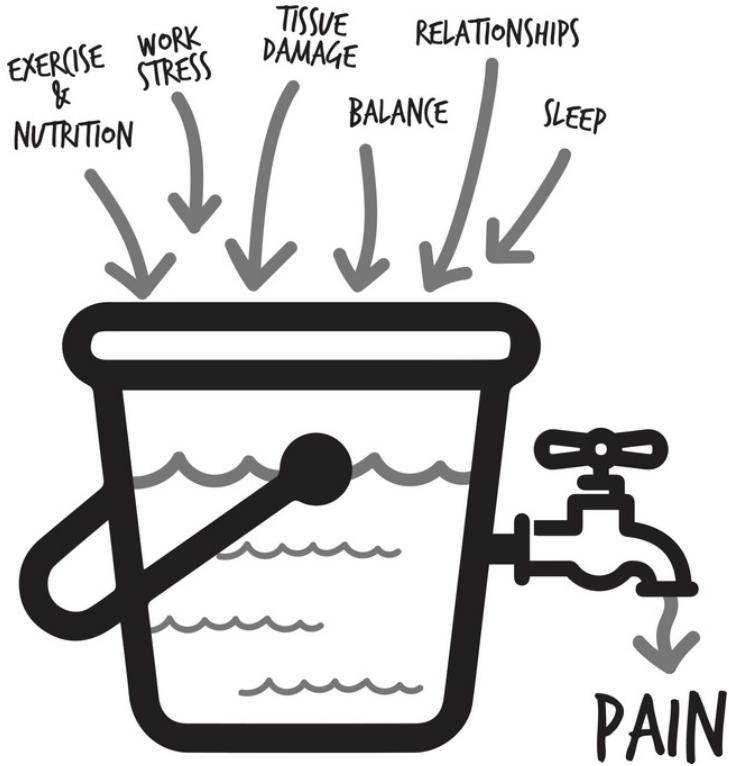
Chapter 2 - Mapping with the Neubie



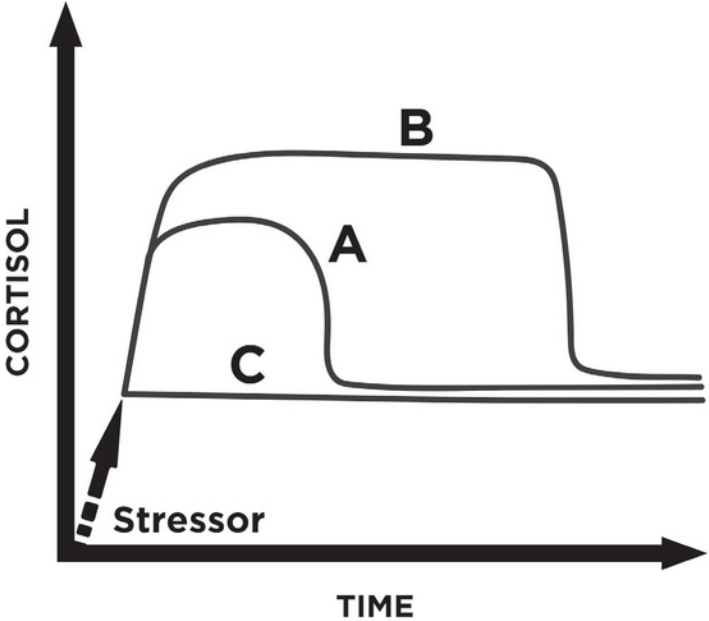
Chapter 3 - Trent's Pre- and Post-treatment Dynamometer Readings



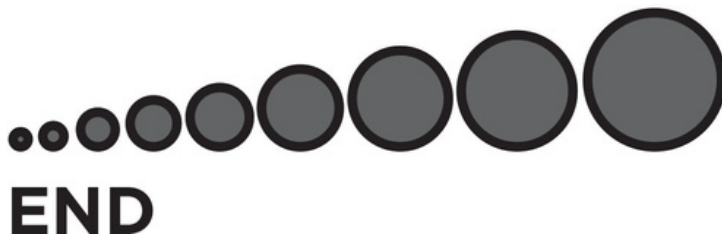
Chapter 4 - The Threat Bucket



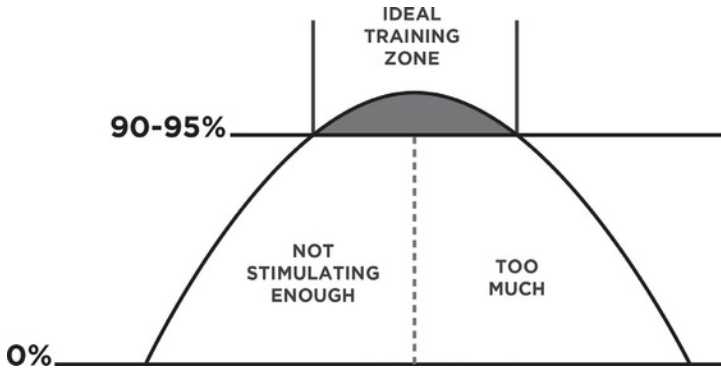
Chapter 6 - Different Responses to Stressors



Chapter 6 - Increasing Motor Unit Recruitment During ERA's and Yielding ISO's



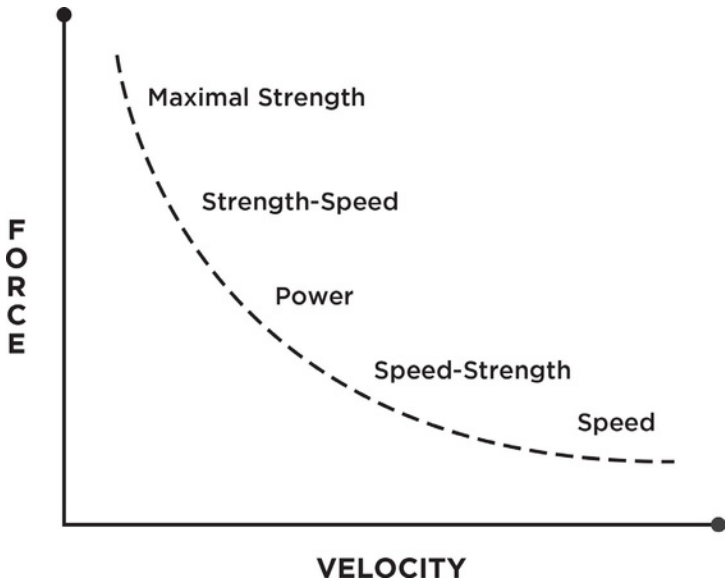
Chapter 7 - Bell Curve of Performance During a Training Session



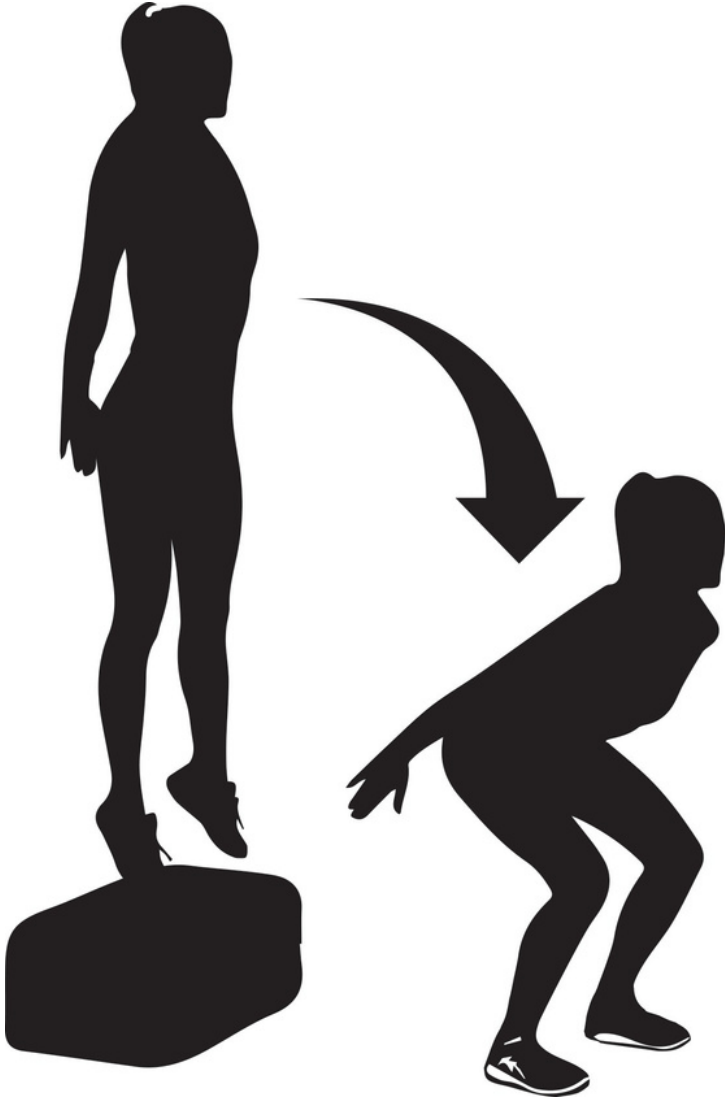
Chapter 7 - The Performance Pyramid



Chapter 7 - The Force-Velocity Curve



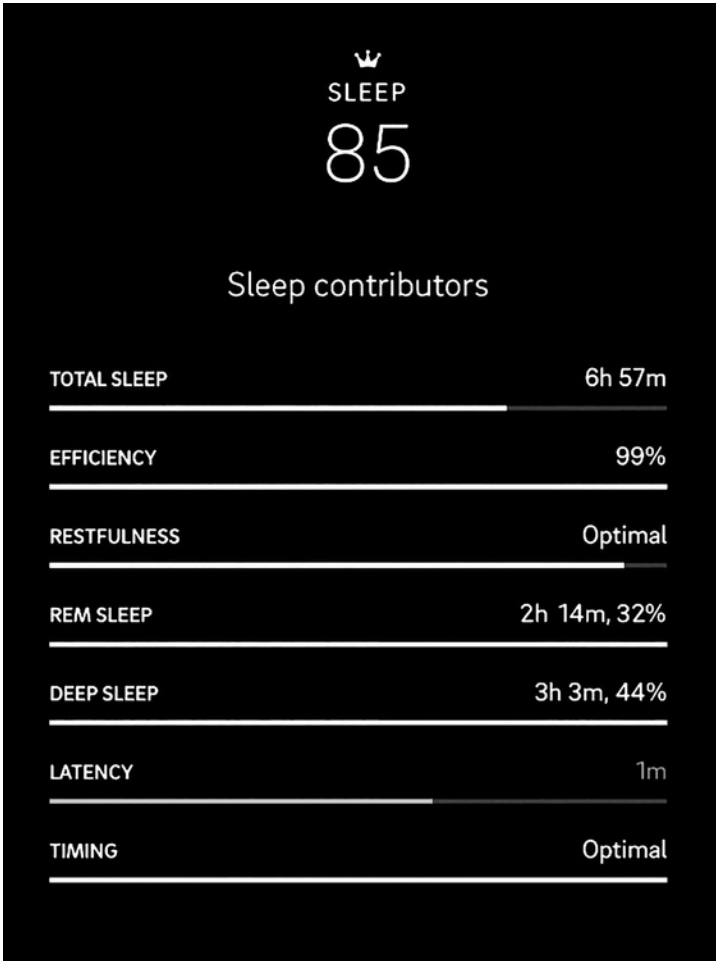
Chapter 7 - Plyometric Landing in a Squat










Chapter 7 - Plyometric Landing in a Lunge



Chapter 8 - Sample Oura Ring Sleep Score



Chapter 8 - Bristol Stool Chart

TYPE 1		Separate hard lumps, like nuts (hard to pass).
TYPE 2		Sausage-shaped but lumpy.
TYPE 3		Like a sausage but with cracks on its surface.
TYPE 4		Like a sausage or snake, smooth & soft.
TYPE 5		Soft blobs with clear-cut edges (passed easily).
TYPE 6		Fluffy pieces with ragged edges, a mushy stool.
TYPE 7		Watery, no solid pieces. ENTIRELY LIQUID.

Chapter 9 - Diaphragmatic Action in Breathing

