



**Hulk Enterprises  
Presents:**

**Torque the internal capacity to generate power**

Movement is never linear, from a network of discontinuous tension and continual fascial network our anatomy is simply designed to dissipate force and load through a network of Tensegrity comprised of different types of tissue.

From our ankles to our neck the degree of rotation available to our joints and structure allow us for optimal movement. The presence in which available rotation and relative control are available will dictate our ability to fully exert force that enables gross motion to take place. Along our lives however the ability in which our active control will enable motion starts to dwindle resulting in an inevitable loss of power and motion.

Our central nervous system is highly complex with centers of information gathering sending orchestrated programs of systematic movement and control to our periphery. Neurotransmitters play a huge role toward regulation of synaptic programming, either increasing or redirecting tension within our physiology. Environmental factors such as pollution and nutrition play a vital role toward delivering the right chemical signals allowing the most optimal neurotransmitter production and output possible, modern day life however often causes havoc to a positive electron outcome.

Orchestration of movement is truly a masterpiece of beauty, subtle yet complex strategy is constantly being programmed by our bodies to prevent excessive strain and harm. Through systematic contraction our body simply has the potential toward either pain free movement or excessive tension. The greatest negative impact on movement is a lack of rotation of our anatomical structures and proprioception of our neuromuscular centers.

Balance of both low neuromuscular threshold activity and highly intense weight training may provide a safe and effective strategy toward lifting weights for longer. The pelvis and spine are both points of great concern to which our focus should be driven, an increase of femoral and spinal rotation will lead to greater gross anatomical movement

with a potential outcome of increased global proprioception. The secret is knowing when to implement a rehabilitative routine as apposed to a more aggressive hypertrophy workout. Pain and lack of motion are both clear signs toward a need for recovery strategy of movement.

Knee, neck, elbow or lower back pain? Extremities away from our center of mass usually fall victim to strain due to lack of awareness to our core. Tissue around our rib cage regulates breathing tone and subsequent oxygen exchange, stress however will cause our diaphragm to impair its function. Intense training coupled with poor diet may lead our physiology into a state of hyper tonicity (excessive tone), which in short will create a massive shift to our breathing tone and subsequent muscle contraction potential. When the tissue around our center of mass is too stressed to stretch, force redistribution does not dissipate throughout our continuous fascial network. Instead force will congest around an area of greatest rotation capacity. From the center to the surface when our bodies are unable to harness and utilize energy efficiently the outcome will be overuse of the surface. Lack of spinal movement and pelvic rotation will cause excessive rotation to our knees, neck, shoulders, wrists, ankles and elbows.

Power and strength are both generated by the best possible scenario of orchestration between the central and peripheral nervous systems. With excessive excitation to our anatomy, relay of signals become lost to the point in which we overuse accessible tissue with the outcome of inhibition to our center of mass. In order to produce greater power, torque of all anatomical structures should act in synergy toward greater gross movement of balance and control. At times holding back the throttle toward increasing the volume of stretching one does may lead to a better more powerful training session.

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By

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