

Here's something to think about:

"No pain, No Gain" who thought of that statement? Often people misinterpret pain as a good thing but actually pain is a warning that something is wrong within your system. Soreness is a byproduct of training and hard work, pain is an indicator that something is not functioning correctly within your system.

What is causing the pain? Consider the following:

- You have poor form
- You have poor technique
- You didn't warm up or engage the correct muscles for activity
- You have muscle imbalance
- The right and left sides of your body aren't working together
- You have faulty breathing mechanics
- Have you inhibited your faulty patterns adequately
- Improper equipment
- Adequate rest, nutrition and hydration
- Engrained faulty patterns/training