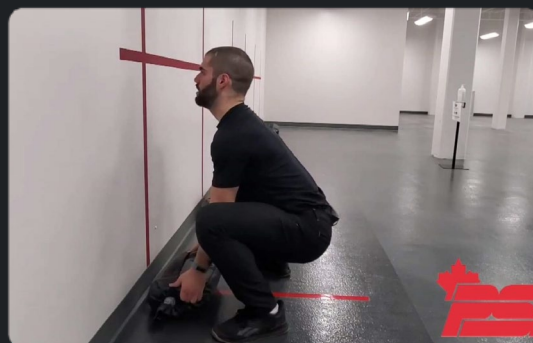
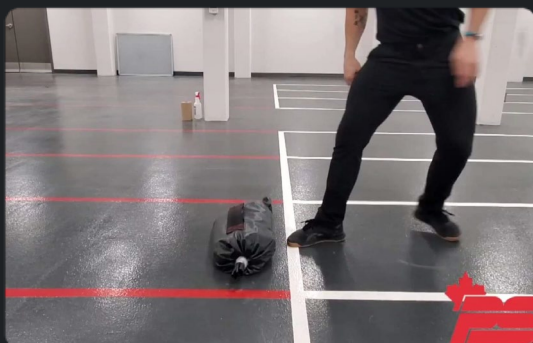




FORCE TIPS

Learn specific drills and exercises that will help you improve each of the 4 components of the FORCE.



Receive tips on timing, form and posture to reach the next level in your FORCE profile.

