

# Micro-Coaching

Micro-coaching is the best possible form of coaching. It is highly customized to each client and each exercise. This is particularly helpful if the client has a focus on a particular sport, such as golf, volleyball, or equestrian activities.

Sometimes these suggestions are almost silly-simple, such as “point your toes” or “tuck your hips.”

Sometimes they are subtle, such as when the instructor pushes on your ribs or deflects your pelvis into the right position. They all seem trivial until the client performs the exercise properly and instantly feels the difference the adjustments made. As one client said, “If it doesn’t make your muscles ache, you’re not doing it right.”

Micro-coaching involves not just verbal cues but visual and tactile ones as well. In this way we tap into each client’s “proprioceptive system” which is the

system that enables our bodies to sense our position and movements. The proprioceptive system is distributed throughout the muscles, joints, ligaments, skin, and bones. It is much more in tune with the body than the eyes or ears. At Breakthrough Fitness, we make sure the client's body is not just in the correct position, but that they are activating and feeling the correct muscle groups, the proper balance, and using the optimal posture.

To get the full benefit, clients need expert help to perform the exercises properly. Benchmark Fitness has the expertise our clients need.