



I'm not a robot



Doug Holland, LMT explains the difference between What's the difference between a Watch our guide to Pre-Event & Post-Event Stand up postural assessments are not always convenient or necessary to do, but they can be useful to see how the body stacks. Dawn Morse, founder of Core Elements Training introduces the Level 3 and 4 Sports and Dawn Morse of Core Elements Training and Katie Campbell demonstrate Scapula Release For more info head over to career-insights.co.uk Interested in a career in Susan Findlay of the North London School of View a clip from Michael McGillicuddy's