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The Original Strength Screen & Assessment (OSSA) is the world's most effective human movement screen and functional assessment. The screen provides a baseline view of how well connected an individual is and an overall look at their movement ability.

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Original Strength for the Tactical Athlete presents the basic concepts behind the Original Strength System and applies them towards the life of a Tactical Athlete with the goal of allowing them to live their lives to their fullest potential. Original Strength for the Tactical Athlete explores some of the Original Strength RESETS and how to ...

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The 30 Day Crawling Challenge A free report on the myriad benefits of crawling ... Now, keep in mind that its only a fraction of the full Original Strength system - about 12.5% of the material taught in the workshops, to be (almost) precise.

### **The 30 Day Crawling Challenge - Aleks Salkin**

This is a short version of Tim's other descriptions of the theory behind "original strength" It has all the "resets" and plenty of good pictures; but if you want more of the background get his original book or his new book (just out).

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