

Eastern European Special Forces Training Secret Revealed

Special Forces training secret shows the value of the Muscle Balance and Function Development(R) system for injury reduction, pain relief, and performance enhancement. The MBF(R) system is a step-wise progression, physics-based exercise system where programs are designed individually based on postural evaluation, health history, and symptoms.

April 7, 2010 (FPRC) -- Washington, D.C. After several years of secrecy, the Commander of Slovakian Special Forces revealed that his teams use individually designed exercise programs for performance enhancement and injury reduction in the field.

It all began when the Commander was handed the Muscle Balance and Function Development® CDROM by a contracted training instructor. The Commander (and all SF personnel must remain nameless) simply followed the basic exercise regimen prescribed on the computer disc and within a week he could feel the transformation within his body take place, despite the rigorous demands of special forces training.

'Within one week all my pain was gone,' stated the Special Forces Commander, who then mandated the use of the MBF® exercises for all those under his command.

The MBF® education system, created by Geoffrey M. Gluckman, MSc, is based on principles of physics for the creation of proper exercise selection and sequencing. In 1994, the system came to world attention in a groundbreaking article featured in Shape Magazine (November issue).

'MBF® system creates awesome long-term conception as an injury prevention method. Also, in our battlefield job, it gives us a serious edge and pretty much keep us active in our job. It has quickly become our core injury prevention method which we use daily—even during the missions,' stated Slovak Special Ops team member, 'Kaucuk'.

According to Gluckman, who holds a masters degree in exercise science and biomechanics, the programs work equally well for the non-exerciser as for the elite. Each program is designed for the individual based on a postural evaluation, health history, and symptom inventory.

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