

# RETURN TO CENTER

Strength Training to Realign the Body, Recover from Pain,  
and Achieve Optimal Performance

**ROCKY SNYDER**, CSCS

The traditional approach to strength and conditioning has been all about getting bigger and stronger, but at what cost? Joint pain, tendinitis, bursitis, non-contact sports injuries, and lower back pain are just a few of the potential by-products. In *Return to Center*, Rocky Snyder takes a refreshing approach to improving human performance without the drawbacks of pain and reduced mobility. This new methodology bases each program on the individual, their posture, and their unique gait pattern. No two people have identical lives, so why should they have identical programs?

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