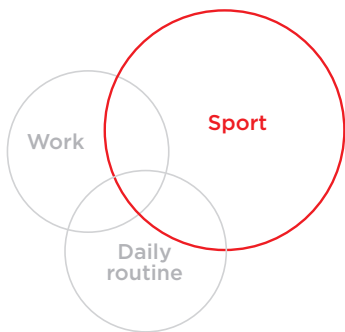


QUANTIFYING MECHANICAL STRESS

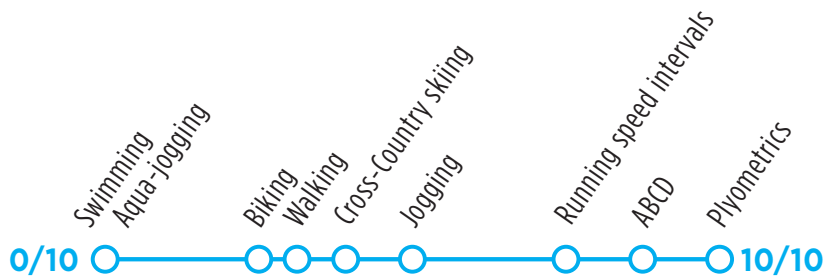
THE BODY WILL ADAPT

As long as the applied stress is not greater than the body's capacity to adapt, it will. Daily quantification of the applied mechanical stress is the best way to avoid injury.

STRESSEURS



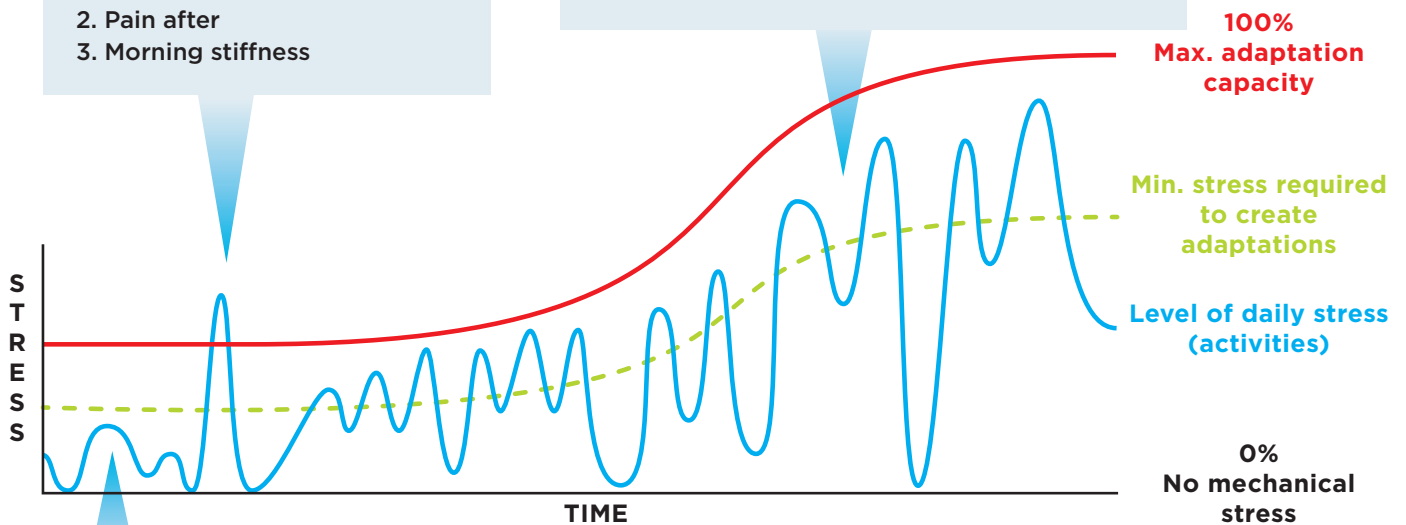
NIVEAU DE STRESS



Over-stepping your maximum capacity to adapt will result in :

1. Pain during your effort
2. Pain after
3. Morning stiffness

ADAPTATION
Appropriate stimulation will increase the body's capacity to sustain mechanical stress



UNDER-STIMULATION
No stress = No adaptation !