



# Move Like Humans: Feel Better, Move Better, Discover How Your Body Moves

*Sean Schniederjan*

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# Move Like Humans: Feel Better, Move Better, Discover How Your Body Moves

*Sean Schniederjan*

**Move Like Humans: Feel Better, Move Better, Discover How Your Body Moves** Sean Schniederjan  
Easy techniques that work - desk jockey with messed up hips does front splits on the first try.

Is your body becoming an increasing mystery to you? Do you feel the more aches and pains you get, the more you research about it, but the more confused you get?

Move Like Humans is a movement restoration system that will restore strength and movement quality to your body and increase strength, flexibility, mobility.

But more than that, Move Like Humans is designed to give you a clear, big picture look at how the human body moves and stabilizes based on teachings that you can actually understand by sensing - using your sense of touch.

What good is knowing about the musculo-skeletal system if you can't actually feel it?

This book walks you through key muscle groups and shows you how to activate them for both movement and stability, relax them, and stretch them. Not being limited to one method, this book helps give you a "big picture" look at your movement system.

Simple Assessments and Correctives

The goal of the program is to get you strong and flexible enough to handle the weight of your legs in 6 different positions that test the function of your pelvis and upper hips.

These simple assessments and correctives are only found here and are called the "6 Leg Lift Test." There is a section on the test, variations, and correctives at the end of the book, along with general movement and flexibility programs.

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Forward –Physical Educators are Artists, Not Scientists  
Muscle and Movement - Move Like Humans Philosophy

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The Human Body is Amazing - Conclusion

The Six Leg Lift Movement Test, Other Tests and Correctives

Move Like Humans Function and Flexibility Programs

COMING SOON: INSTRUCTIONAL AND FOLLOW-ALONG VIDEOS

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#### **Maryann Goldberg:**

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#### **Cleora Yarbrow:**

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