



Apiros Principles

1. Consistently Produce Results
 1. Apiros measures what matters and understands that each person has different needs to achieve their best self.
 1. Improve Sensory Awareness
 2. Improve Muscular Contraction Quality
 3. Increase Tissue Capacity.
2. Athletes graduate bulletproofed.
 1. Apiros knows that the athlete will not always have an Apiros coach or therapist around to cue them. We prefer to educate our athletes in what specifically they need for their body and their sport.
3. Get athletes out of dysfunctional patterns quickly to begin high performance training.
 1. If an athlete arrives with pain or poor movement qualities, our goal is to find and fix the cause as quickly as possible to begin high performance training.
4. Leave an impact.
 1. Athletes and coaches that graduate from Apiros make impact in sports or other peoples' lives.