

Add Variables

Variables are the things that effect the change the Navitent makes. This Navitent will make change because it has or is...

ADD SELECTED (0)

- Active Rest
- Aerobic
- Anaerobic
- Ballistic Stretching
- Bodyweight
- Callisthenic
- Cardio
- Circuit
- Closed Kinetic Chain
- Concentric
- Dynamic Stretching
- Eccentric
- Exertion
- Functional Exercise
- Functional Fitness
- High-Impact
- High-Intensity
- High-Repetition
- Interval
- Isolated Movement
- Isometric
- Large Muscle Group
- Low-Impact
- Low-Intensity
- Low-Repetition
- Maximum Heart Rate
- Muscle Failure
- Open Kinetic Chain
- Passive Stretching
- Pilates
- Plyometric
- PNF Stretching
- Power Movement
- Proper Technique
- Resistance
- Slow-Twitch
- Small Muscle Group
- Static Stretching
- Stretching

CANCEL

ADD SELECTED (0)

ADD RELATED NAVITENTS

ADD NAVITENTS

Navitent Title

No Related Navitents Selected
[Add some](#)

ANALYTICS & FEEDBACK

ADD ENVIRONMENTS

ADD AN ASSESSMENT

SCIENCE

ADD VARIABLES

ADD ATTRIBUTES

ADD HYPOTHESIS

PUBLISHING OPTIONS Can be changed in your Navitent Settings

- Restricted** Other Trailblazers cannot add this to their Navitents.
- Unrestricted** Other Trailblazers cannot add this to their Navitents.
- Unpublished** Only available to those who have the link
- Publish** Publishes your Navitent and its elements to the Marketplace.

CANCEL

CONTINUE

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- Guides
- Maps

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- Campfires
- Campsites
- Campgrounds

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Examples

- Athletic Coach
- Lifestyle Coach

