

OZEMPIC: 3 Ways to Train Lower Leg Mechanics | Peter Attia, M.D. & Beth Lewis

<https://silosolo.com/115303>

Summary

The video discusses the importance of frontal plane motion of the foot for efficient shock absorption. Two exercises, super nation and balancing on the front of the foot, are introduced as ways to train frontal plane motion. It is emphasized that stability and avoiding internal rotation of the femur are important during these exercises.

Silo sample questions

- Why is frontal plane motion of the foot important?
- What exercises can be used to train frontal plane motion?
- What should be avoided during these exercises?

Topics

Frontal plane motion of the foot

Super nation exercise

Balancing on the front of the foot

Key Takeaways

- Frontal plane motion of the foot is important for efficient shock absorption
- Training frontal plane motion can help improve foot mechanics
- Exercises like super nation and balancing on the front of the foot can be used to train frontal plane motion
- Maintaining stability and avoiding internal rotation of the femur is crucial during these exercises

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