

# 13M Test

A comprehensive, numerical analysis  
of your body mobility

Measured with 13 different body movements  
Performed with the help of TE3 Mobility Stick  
Suitable for everyone



## THE TEST RESULTS WILL HELP YOU TO:

1. Avoid tension and pain
2. Prevent the risk of injury
3. Improve performance
4. Shorten recovery time

**DURATION: 30 minutes**

Ask more from your trainer!

TE3

[www.te3mobility.com](http://www.te3mobility.com)  
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