

# TOTAL BACK SYSTEM

forward thinking for your back

total inversion

total mobility

total strength

total flexibility

total balance

total training

total back care

total stability

total versatility

total body

total posture

total efficiency

## Peak Athletic Performance

The TOTAL BACK SYSTEM is the most recommended inversion exercise product available. In addition, to decompressing the spine it offers an ideal exercise for the AB's and lower back muscles.

Every sport player wants to enhance their performance and add enjoyment to their game.

What can the TOTAL BACK SYSTEM do to help?

An exercise program has been developed for the Total Back System by leading Certified Sports Trainers to obtain peak athletic performance...

**Flexibility** - Increase your range of motion by performing the rotational exercises

**Endurance** - Strengthen the back and abdominal muscles to enable you to perform longer

**Power** - Develop a strong torso to increase your overall power and torque.

**Recovery** - Rejuvenate your body after strenuous activity so it is prepared to go at it again.



## Rehabilitation

Adding inversion exercise as an essential component to your total exercise program will do more to lengthen your athletic life span and increase enjoyment of your favorite activities than anything you do for yourself. Bent-knee inversion is the safest, least expensive, most effective inversion exercise method for improving and maintaining musculo-skeletal well being. This system of inversion is the best way of tractioning the most compressed body areas in the lumbosacral and sacroiliac joint. These are the areas where 90% of all back problems come from.

Inversion exercise assures that the compressive effects of our favorite forms of exercise do not accumulate day after day. The overuse of selected muscle groups cause compression of the body's muscles and joints. Regular inversion activates the muscles that suspend the joints and elongate the body, while releasing the muscles that shorten and compress it.

## CORE Training

A healthy back allows you to enjoy your favorite activities.

This simple and safe product was developed to offer a complete system for the important 'core' area of your body. The forward movement / bent-knee position has gained recognition from health professionals, back experts, professional athletes and trainers making it one of the most effective systems for a healthy back on the market today.

The back and ab exercises are ideal because they do not place an unnecessary load on the spine and joint and directly isolate the muscles. In the hanging (or inverted position) you can only move your body by contracting the muscles, so you are isolating the crucial muscles. By adding twists you extend the muscles involved.

### Back Extension

- The most effective hyper-extension over any product. Offers 2 key positions (45° and hanging)
- Directly works the muscles without strain on the joints
- Great for beginners through advanced levels

### Abdominal

- Superior, controlled movements directly isolate the muscles. You can't cheat on these!
- Several exercises for whole abdominal area (lower, upper, oblique)
- Well balanced AB's lead to a healthy '2nd spine'

### Flexibility

- Ideal body position to perform rotational exercises
- Gravity and body weight assist with the twisting and rotational movements
- Healthy circulation and rejuvenation for the spine.

### Inversion

- Back Pain Relief in only 90 seconds for instant results
- Lengthens and decompresses the spine
- Used for centuries for a variety of health benefits.

### Competition

- No pressure on joints and ankles
- Ideal body position is suitable for all ages
- Completely adjustable to individual user & foldable

= RESULTS Your entire 'core' area is developed

total back system

# total back system

total inversion

total mobility

total strength

total flexibility

total balance

total training

total back care

total stability

total versatility

total body

total posture

total efficiency

total back system

## Increase Golf Performance

Every golfer wants to enhance their performance and add enjoyment to their game.

What can The TOTAL BACK SYSTEM do to help?

An exercise program has been developed for the Total Back System by leading Certified Sports Trainers to obtain peak golf performance...

**Flexibility** - Increase your range of motion by performing the rotational exercises

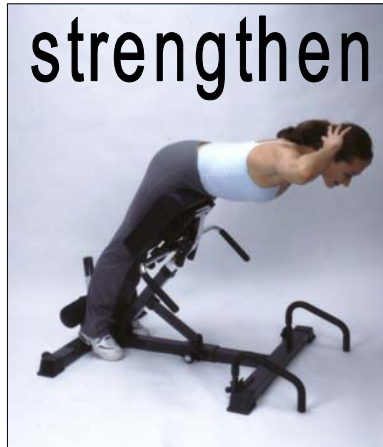
**Endurance** - Strengthen the back and abdominal (torso) muscles to enable you to practice, play and perform longer

**Power** - Develop a strong one piece take-away which will increase your overall distance and power.

The compressive effects of Golf can limit your performance potential more than any other single factor ... the 'coil-recoil' action inherent in the golf swing shortens and compresses the major muscles of the body, thus limiting your body's range of motion.

Inversion significantly contributes to reduced pain and joint stiffness while improving stroke ease and consistency by aligning and elongating the hip, lower back, neck and shoulder region of the body.

The Total Back System will help to improve your "X" factor - the ability to turn your shoulders greater than your hips. And this will improve your golf game!



All these activities can benefit and be enhanced from a regular inversion therapy and exercise pro-

- |                   |                     |
|-------------------|---------------------|
| Golf              | Pilates             |
| Tennis            | Weight Training     |
| Skiing            | Rowing              |
| Running           | Softball / Baseball |
| Bicycling         | Basketball          |
| Water Sports      | Football            |
| Gardening         | Wrestling           |
| Martial Arts      | Gymnastics          |
| Yoga              | Rugby               |
| Walking           | Active Sports       |
| Kayaking          | Track & Field       |
| Rotational Sports | Snowboarding        |

**Back pain** is one of the most common physical complaints in the world today, with an estimated 85% of all persons facing some type of back problem in their life.

The medically proven Total Back System is a simple, safe and effective way to relieve back pain, prevent back problems and improve your fitness level. Great for the home, simply use once or twice a day for 1-3 minutes.

**Relief:** Relief of Back Pain

*Instant results...*The Total Back System provides relief from back pain by utilizing inversion and the natural forces of gravity. The comfortable and correct body position supports the user while it gently decompresses the spine. Decompression instantly releases the strain on the skeletal discs and nerve roots. By elongating the spine, the Total Back System can relieve back pain, joint stiffness and reduce overall body stress, strain and fatigue.

**Prevention:** Prevention of back

problems

*Hang out for just two more minutes...*Strengthen and condition the important abdominal and back muscles - paramount in maintaining a strong, healthy, pain-free back. Only a few minutes a day are required to improve spinal alignment, increase stability, increase flexibility which will help reduce the possibility of future back problems and injuries.

**Fitness:** Overall Fitness

*Superior exercise...*A complete back and abdominal workout begins with the Total Back System. Combines the most proven methods for a healthy back: inversion, strengthening, flexibility and circulation.

More than 15 exercises and stretches can be performed on the quality built TBS. Adjustable height, everything included, fold-away handles, soft and supportive PU pad, 5-year warranty. SRP\$299 Contact Motion Fitness for more information: Toll-free: 1-877-MOTION-4



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