

SpineGym[®] *core exerciser*

SpineGym – Unique Core Exerciser for your wellbeing

SpineGym core exerciser offers a totally new method of exercising your back and abdominal muscles, as well as doing body rotation exercises. It is easy to use in the home, office or gym! For complete exercise you only need a few minutes a day.

Exercises can be done in normal clothing and settings, for example, in your living room while watching TV. SpineGym is easy to assemble and disassemble. It comes with a convenient carrying bag. It has a three year warranty and a world-wide patent.

When exercising with SpineGym,

very small movements activate the deep muscles. The more strength you have with the exercise movement, the more you activate also middle deep and more superficial muscles.

Do 20-30 repeat movements of each of the three basic exercises (back exercise, abdominal exercise, body rotation). You can change from one exercise to another without taking any break in between the three types of exercises.

According to studies, a basic short daily exercise is able to prevent the deep muscles from becoming weak. After your back becomes stronger, you may want to start doing the exercises several times a day. If you need more challenge to the exercise, you may also increase the number of series and repeats.



Mettler Electronics Corp.

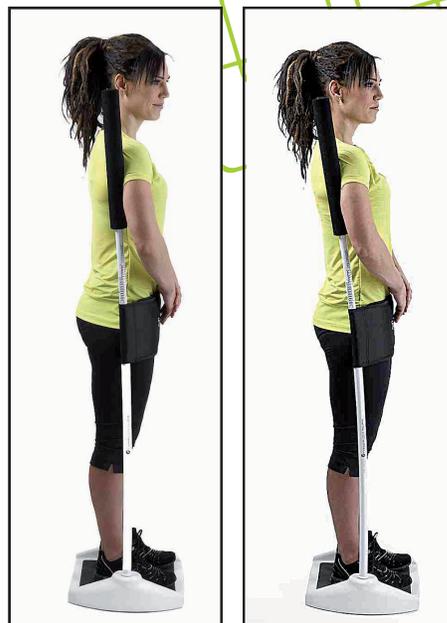
1333 South Claudina Street
Anaheim, CA 92805
Toll free: 800.854.9305
Tel: 1.714.533.2221
Fax: 1.714.635.7539
Email: mail@mettlerelectronics.com
www.mettlerelectronics.com



SpineGym[®] core exerciser

Back exercise

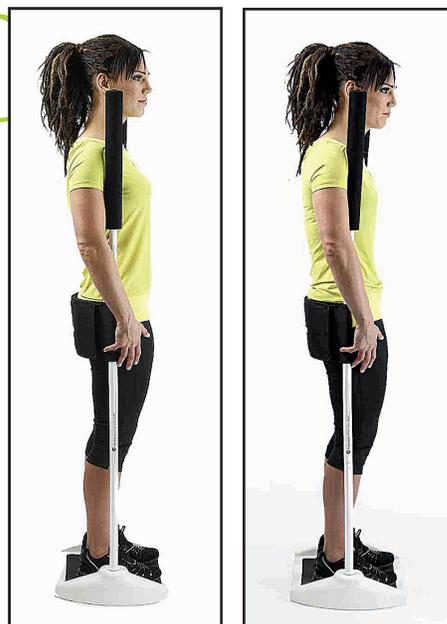
Place yourself in a standing position on the platform, with the support belt in front of you and the padded bar behind your shoulders. Adjust the height of the support belt to hip height. Keep your arms relaxed, on the side or in front of you. Push your pelvis forward against the support belt and bend your back steadily backward into an arch. Keep your abdominal muscles slightly tensioned during the entire movement. Keep your ankles and knees straight. Do not rock your body. Do not lean backwards to be supported by the bars. Instead perform the movement by only arching your back. The bars bend only a few centimeters. Feel the tension in the back muscles.



Back exercise

Abdominal muscle exercise

With the support belt behind your buttocks and the padded bar in front of your shoulders, place yourself in a standing position on the platform. Bend your upper body steadily forward by tightening your abdominal muscles. Keep your ankles and knees straight. The movement advances from your pelvis upward to your upper body and your lower body stays as straight as possible. Feel the resistance in your abdominal muscles, but do not pull harshly. Keep your abdominal muscles tensioned and return steadily to the starting position.



Abdominal muscle exercise

Body rotation exercise

With the support belt behind your buttocks and the padded bar in front of your shoulders, place yourself in a standing position on the platform. Rotate your upper body steadily to the side. Feel how the resistance of the bars increases the more the rotational movement advances. Keep your body straight, do not bend. Steadily continue the movement to the very end until stopped. Do not try to jerk or pull harshly for more rotation. Keep the movement steady and relaxed to the very end. Change directly over to the opposite side, continue the movement in a similar manner, still steadily rotating your body. Focus the movement on your upper body, keeping your legs as straight as possible and in the same position.



Body rotation exercise