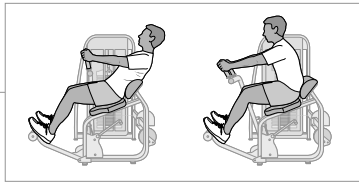


ABDOMINAL

- Patent pending pelvic stabilization system with adjustable foot brace allows user to “lock into” the hip pad, for optimal pelvic stabilization
- Isolates abdominal muscles and trains a more complete range of correct spinal flexion movement without adjustment
- An innovative input design allows a wide variety of user sizes to perform correct movement without adjustment
- Hip pad includes a curved lumbar section to promote full range of motion



12

BACK EXTENSION

- Contoured lumbar pad encourages comfortable spinal extension into hyperextension while isolating the spinal erectors from hip extensors
- Patent pending pelvic stabilization system with adjustable foot brace allows user to “lock into” the hip pad, for optimal pelvic stabilization
- Range Limiting Device maintains integrity of force curve while providing adjustment for appropriate starting position. Available in two configurations: Start RLD and Total RLD

