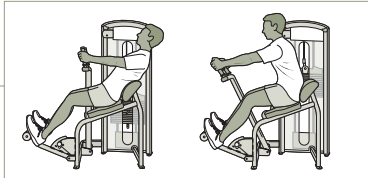


## ABDOMINAL

- 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
- Hip pad includes a curved lumbar section to promote full range of motion



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## BACK EXTENSION

- Patent pending pelvic stabilization system utilizes adjustable foot brace allowing the user to "lock into" the hip pad causing hip extensor engagement for optimal pelvic stabilization
- Contoured lumbar pad encourages comfortable spinal extension into hyperextension while isolating the spinal erectors from hip extensors
- RLD maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and non-RLD

