

## SPINE & CORE STRENGTHENING

Designed for progressive work, from simple warm-up exercises to intensive muscular strengthening and reconditioning, this state-of-the-art, automated technology is equipped with highly perceptive sensors that precisely isolate muscle groups to strengthen areas of weakness or instability.

SpineForce was designed and developed by leading European physicians, physical therapists, strength conditioning coaches and experts in Biomechanics to offer the most state-of-the-art three dimensional rehabilitation/exercise equipment in the world today.

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Reinforcing and conditioning the entire spinal structure, SpineForce effectively optimizes the biomechanics of movement in all sports.

The SpineForce virtual trainer provides repetitive and consistent movement patterns that mimic athletic performance in sports such as golf, baseball, hockey, football, tennis, basketball, golf and boardsports such as skiing and surfing.

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## ATHLETES & SPORTS ENTHUSIASTS

INCREASED STRENGTH  
BALANCE & EXPLOSIVE POWER  
COORDINATION & PROPRIOCEPTION  
SPEED AGILITY & EQUILIBRIUM  
RANGE OF MOTION



3-D REHAB EXERCISE  
TECHNOLOGY

LPG

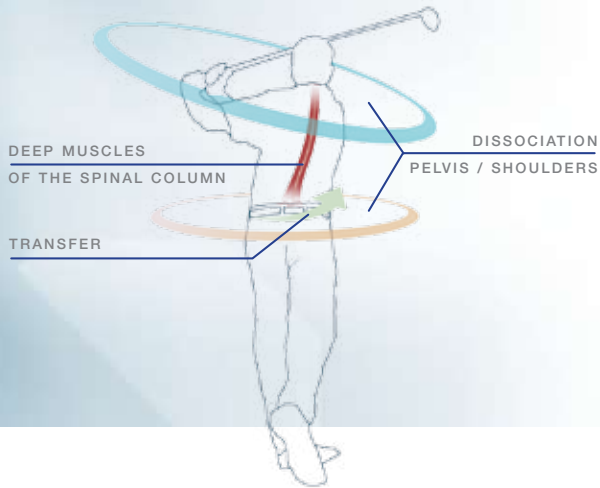




# Play Better, Harder, Faster & Longer

**1 STRENGTHEN & ENHANCE PHYSIQUE**  
 A strong, stable spine is essential to sports performance and injury prevention. SpineForce's provides intensive targeted core and spinal muscle strengthening to provide a solid foundation of support.

**2 INCREASE EXPLOSIVE POWER**  
 SpineForce increases agility in athletes, helping them perform more efficiently with greater symmetry and explosive power. A moving unstable environment forces the shoulders and hips to move separately to dynamically build core power.



SpineForce can help improve three of the most common golf swing physical limitations: poor shoulder flexibility, limited upper and lower body separation and poor spine posture.



**3 IMPROVE BALANCE AND EQUILIBRIUM**  
 The functional exercises performed with SpineForce utilizes the naturally occurring interaction between neurological input and muscular performance. SpineForce creates a kinematic muscular reaction in which the spine and supporting core spinal muscles strive to maintain equilibrium which challenges the somatosensory system to improve coordination, balance and posture.

**4 ENHANCE COORDINATION & PROPRIOCEPTION**  
 SpineForce's rotating platform provides an unstable environment to improve balance and symmetry of movement enhancing an athletes fluidity and agility. Coordination scores for left and right symmetry are provided after each session.

**5 IMPROVE RANGE OF MOTION**  
 A moving column and rotating platform provide a 3-D environment for a wide range of targeted, dynamic exercises to stretch spinal musculature, improve flexibility and increase proper range of motion.

SpineForce is safe and effective for all ages and is challenging for beginners and professional athletes alike.

## 6 Spineforce® Precision Strength Training

