

RELAX THE BACK



SPECIAL INVITATION

Relax The Back® is excited to announce its partnership with AB-Vanced Neu-Spine® Technologies, L.L.C. bringing the AB-Inforcer® to the Tampa Bay area. The AB-Inforcer® is a revolutionary abdominal exercise device with built-in biofeedback. It was designed and engineered to help people (beginner to advanced) achieve the ultimate core workout by improving core-strength, addressing unknown imbalances, restoring flexibility and encouraging better postural awareness. This core trainer is unprecedented in the sports fitness and rehabilitation industries and is highly effective in abdominal training and spine stabilization.

The AB-Inforcer®'s innovative design incorporates 3 torso devices in one: bi-lateral core trainer, postural trainer and a relaxing massager. The interactive SMART Logic™ built into the system provides immediate feedback and positional awareness (in the form of lights, vibration and sound) while exercising the core muscles. This immediate feedback encourages better training form and increased postural awareness to maximize training results and improve posture. Scientific research suggests that one of the keys to correct abdominal training and spine stabilization is to improve one's motor skills and coordination in controlling pelvic/low abdominal and lumbar spine movements, in addition to strengthening the low back and abdominal muscles. The AB-Inforcer® is a training tool that is highly effective in teaching these co-contracting skills. Here's what the health and fitness industry leaders have to say about it:

"The AB-Inforcer® is a clinical time saving tool which adds 3 powerful values in one machine to any training facility: Functional Core Training with Feedback, Functional assessment for reliable testing, and ROM training in a neutral spine postures." – Dr. Donald A. Chue, Ph.D., ATC, PT, CSCS, NSCA-PT, A leading authority in Sports Medicine.

"A great tool in our training arsenal." – Pepper Burruss, Head ATC for the Green Bay Packers

"As a doctor specializing in Spinal Stenosis and Disc Disease, torso stability is essential. The proper balance between right and left and abdominal and back muscles is necessary to protect the disc and allow maximum space in the spinal canal. The concept of strengthening combined with bio-feedback is a great idea and is a very helpful part of my treatment plan." – Rick H. Morris, D.C., C.C.S.P., Q.M.E., A.B.A.A.H.P

The invention of this innovative tool is the product of years of research and development by Lee Brandon, C.S.C.S., President and CEO of AB-Vanced Neu-Spine® Technologies, L.L.C., a true pioneer in the health and fitness industry. Ms. Brandon's extensive list of achievements includes the title of 2-time World Long Drive Champion, the first female Strength and Conditioning Specialist in the history of the NFL, motivational speaker, fitness magazine columnist and corporate fitness consultant.

Come experience this unique product for yourself! Relax The Back®, the product's exclusive retailer, is providing you two opportunities to meet Lee Brandon and **take the AB-Inforcer® for a test drive**. You can experience the AB-Inforcer® and the many other therapeutic products Relax The Back® has to offer at either of the events below on **Saturday, November 22, 2008**.

Relax The Back®
18867 U.S. Hwy. 19, North
Clearwater, Florida 33764
10:00am

Emerald Greens Golf & Country Club
13941 Clubhouse Drive
Tampa, Florida 33618
2:00pm

The Emerald Green Golf & Country Club event will be followed by Lee demonstrating her "Spine Saving Secrets" at the driving range and offering tips gained from her research to generate greater club head speed. Select the location that is most convenient for you and take advantage of this unique opportunity to discuss the benefits of this powerful system with the inventor and learn how it can positively impact your business and your clients!

Space is limited so RSVP NOW by simply emailing your preferred seminar location along with your name, company name, address and phone number to RSVP@relaxthebackfl.com