



April 2008

"One ship drives east and another drives west, With the selfsame winds that blow. 'Tis the set of the sails, And Not the gales, That tell us the way to go. Like the winds of the sea are the ways of fate; As we voyage along through life, 'Tis the set of a soul that decides its goal, And not the calm or the strife. **Ella Wheeler Wilcox**



**Come take the AB-Inforcer® Challenge...**

**Two upcoming events Featuring the AB-Inforcer® :**

**National Strength and Conditioning Association hosts:**

**SOUTHERN CALIFORNIA STATE CLINIC**

Clinic Date and Time

Saturday, April 12, 2008

8:30-5:30pm

**Clinic Location:** Ther-ex Health Institute

9080 Irvine Center Drive/ Irvine, CA 92618

+1 949-540-5641

Speakers:

**Alwyn Cosgrove, PT, CSCS** Internationally Renowned Trainer.

**Gunnar Peterson, CSCS-** Celebrity Fitness Trainer and creator of Core Secrets

**Derek Steveson, DPT, CSCS-** Rehabilitation Consultant for the Arizona Diamondbacks

**Lee Brandon, CSCS-** Two Time World Golf Long Drive Champion & Celebrity Fitness Trainer- Latest Core Strengthening Techniques to Increase Distance for Golfers.

**In this Issue:**

**AB-Inforcer®  
Challenge: 2  
workshops**

**UPDATES:**

**Performance  
+ Plus and Medco**

## New Catalog

**Launch of Spinal  
Triangulation™ at  
NSCA Southern  
California event**

**What experts are  
saying about the  
AB-Inforcer®**

**Darrell L. Tanelian, MD, PhD, MBA**- Noted Sports Nutrition Physician.

**Pavel Tsatouline**- Renowned Fitness Instructor and Founder of the first National Kettlebell Instructor

**Jeff Fish, CSCS**- Strength Coach for the Oakland Raiders.

**Aaron Mattes** - Olympic Trainer

Continuing Education Units (CEUs)

0.9 - NSCA                      9.0 - NATA

register online: <http://www.nasca-lift.org/stateclinics/searchclinic.asp>

[more information](#)

## **Lecture Series Core Strength and the AB-Inforcer®**

Clinic Date and Time

April 26, 2008 at 12 PM

**Clinic Location: Lafayette Health Club in Northern California**

85 Lafayette Cir., Lafayette, CA 94549

925.284.7732

"An in depth explanation of core strength as it applies to neutral spine and the AB-Inforcer®."

[www.lafayettehealthclub.com](http://www.lafayettehealthclub.com)

[more information](#)

**UPDATES:** Patterson Medical Group has recently added the AB-Inforcer® to the

## **2008 Performance +Plus Catalog.**

[http://www.medco-athletics.com/Supply/Product.asp?Leaf\\_Id=563591](http://www.medco-athletics.com/Supply/Product.asp?Leaf_Id=563591)



Workshops and "Posture = Power"  
Demonstrations available upon request.

[read more](#)

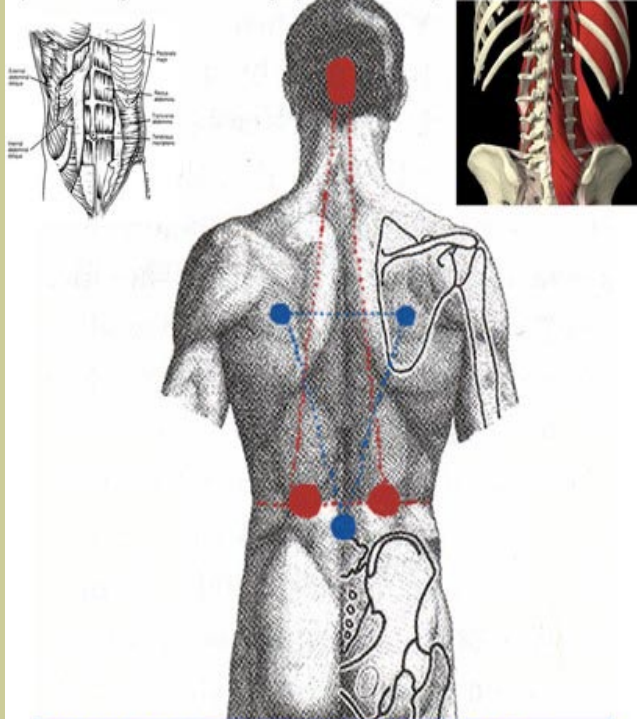
Come to the NSCA event and see the presentation of the

## Spinal Triangulation™

by Lee Brandon, CSCS

**Spinal Triangulation™** is the scientific theory of core stability which involves two intersecting triangles. Each triangle consists of three critical points of stability for the spine.

Spinal Triangulation™ Theory by Lee Brandon, CSCS



**Spinal Triangulation:** It is the Scientific theory of core strengthening and stability which involves 2 intersecting triangles.

The AB-Inforcer® is a great tool that teaches Spinal Triangulation™.

Benefits:

1. A strong triangulated neutral spine anticipates dynamic forces and stabilizes prior to any movement.
2. A Neutral triangulated spine will provide a firmer foundation for more distal speed without core distortion.
3. Neutral is the place where the spine optimally absorbs forces. Maintaining neutral zones using spinal triangulation allows the every system to duplicate spine sparing mechanics and angles.

4. "Breathe and Brace" coordination skills are critical to performance. Intra abdominal pressure (IAP) and spine stability go hand-in-hand. Spinal Triangulation™ teaches an athlete to coordinate and duplicate these patterns.

**What the experts are saying about the:**

## **AB-Inforcer®**

"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. Chu, Ph.D., ATC, PT, CSCS, NSCA-PT, A leading authority in Sports Medicine.**

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 AB-Inforcer® has helped me develop the musculature and create awareness around my posture to improve my golf swing and keep my spine more biomechanically neutral throughout my entire swing. I now hit the ball farther and straighter than ever. **Jeffrey J. Litow, M.D. FACEP**

"This biofeedback technology (the AB-Inforcer®) is a pre-step to all functional movement patterns." **Daniel W. Jones PhD RKT, Associate Professor, Cal State Long Beach**

"A great cost effective tool for therapeutic training." **Ethan Ezaki, DPT Clinic Director**

"The Ab-Inforcer® is a one of a kind product. No matter what condition you are in.."



Joe Prokop  
NFL Alumni  
NY Jets, San Francisco 49er's, Miami Dolphins, Green Bay Packers

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