

NEWSLETTER

SPINALCORE PLATFORM

THE #1 SOURCE FOR PROFESSIONAL CORE TRAINING!

The Fastest Way to ...

**ROCK
SOLID
ABS**

and Healthy Lower Back

Aerobic CoreTraining™

Combining the Benefits of a
Cardio-Vascular Workout with
Bodyweight Strength Training

Featuring ...

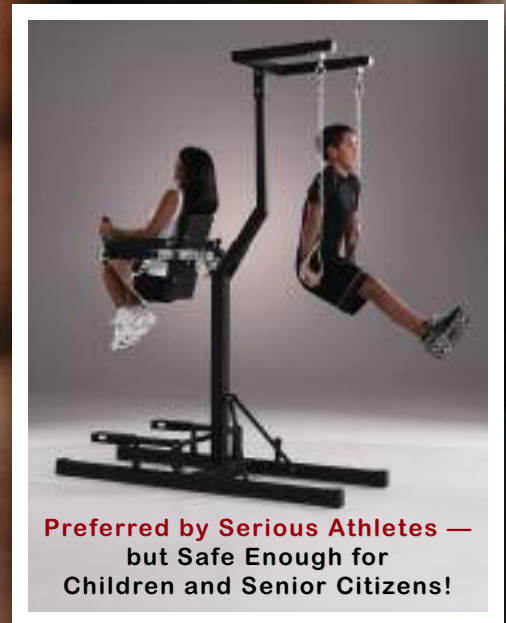
The 6 Minute Extreme SuperSet

The Perfect Core Conditioning Machine

**Take the 20 Minute Test
for Core Strength —**

***You May Not be as Fit
as You Think!***

**Over 100 Exceptional
Joint-Friendly Exercises**



**Preferred by Serious Athletes —
but Safe Enough for
Children and Senior Citizens!**

A Revolutionary New Paradigm in Fitness Training!

Maximum Benefits in Less Time

Since TIME MATTERS to Everyone!

You Will Experience More Profound Strength and Cardio Benefits
Than With Any Other Machine or Aerobic Exercise Program on the Market Today!

SPINALCORE PLATFORM, INC. (812) 491-3176

Introducing . . . The Perfect Core Conditioning Station

SPINALCORE PLATFORM®

Featuring Our Exclusive
Scientifically Proven
Aerobic CoreTraining™ and
Permanant Weightloss Program.

**Amazing Results
the Very First Week!**

**A Single Platform for
Conditioning the Body's
Most Important Area –
The Core!**

SpinalCore Efficiency™ and Aerobic CoreTraining™ are Trademarks of SpinalCore Platform, Inc.
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Critical Adjustments Create Biomechanically Safe and Correct Exercises For All Body Types

Premium Materials Quality Workmanship

- 360° Swivels
- Heavy Gauge Steel
- Highest Quality Welds
- Marine Grade Vinyl
- High Resilency Foam
- High Quality Grade 5 Bolts
- Pivoting Foot Rest for Extra Body Support
- Highest Quality Ab Straps and Accessories
- Lifetime Limited Frame Warranty



Adjustable Back Support
for Varying Difficulty
-15° to +45°



Adjustable Arm Lengths
for the Short Woman
or the Tall Man

Made with Pride in the USA

**Preferred by
Serious Athletes —
but Safe Enough
for Children and
Senior Citizens!**



Adjustable Shoulder Widths
for the Young Child
or the Football Lineman



Self-Locking
Height Adjuster

Adjustable Height
7'6" to 8'8"

YOU ARE ONLY AS STRONG AS YOUR CORE!

**Maximum Benefits in Less Time
Since TIME MATTERS to Everyone!**

**You Will Experience More Profound
Strength and Cardio Benefits Than With
Any Other Machine or Aerobic Exercise
Program on the Market Today!**

**The Most
Versatile Fitness
Machine Ever . . .**

**Perfect for the
Whole Family!**

**Preferred by
Serious Athletes —
but Safe Enough
for Children and
Senior Citizens!**



**For Millions of People who Suffer
with Lower Back Pain**

**The Key to a Pain-Free Lower Back . . .
Periodic Spinal Decompression
and Strong Supportive Core Muscles.**



SPINALCORE PLATFORM®

**Safely combining core training with
gravity-assisted spinal decompression.**

**Priority #1 – Build A Rock Solid Core . . .
Then Move On To Everything Else!**

The SPINALCORE PLATFORM®

One Machine – 4 Stations

SPINALCORE EFFICIENCY TEST™

Hold each of the 10 positions for up to 1 minute (60 seconds). The goal is a total of 10 minutes (600 seconds) of "hold time" completed within 20 minutes of "test time". Discontinue use if faintness is experienced.

TEST	STATION
1. Plank Hold	Low Rings
2. Left Single Leg Hold	Low Rings
3. Right Single Leg Hold	Low Rings
4. Superman Hold	Low Rings
5. Double Leg Hold	Ab Chair 30°
6. Incline Hold	Medium Rings
7. Double Knee Hold	Ab Straps
8. Left Oblique Hold	Ab Straps
9. Right Oblique Hold	Ab Straps
10. Scissors Hold	Ab Straps



SPINALCORE EFFICIENCY TEST™ RESULTS

How To Calculate Your SpinalCore Efficiency™ for Each Test:
The optimum level of SpinalCore Efficiency™ is based on 60 seconds of "hold time" for each test. The scale below will indicate what level of SpinalCore Efficiency™ you are able to maintain for each test. The longer you are able to correctly hold any position, the greater your fitness level for that test. To calculate your SpinalCore Efficiency Score™ (%) for each individual test, divide your hold time, in seconds, by 60.

$$\frac{\text{Individual Test Seconds}}{60} = \text{Score}$$

How To Calculate Your Overall SpinalCore Efficiency™.
Add all 10 test results (total seconds) to determine your overall level of SpinalCore Efficiency™, using the table below.

$$\frac{\text{Total Seconds}}{600} = \text{Score}$$

LEVEL	TOTAL SECONDS	SCORE
Beginner	0 – 200	0 – 33%
Intermediate	201 – 400	34% – 66%
Advanced	401 – 600	67% – 100%

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(812) 491-3176

20 Minute Test for Basic Core Strength

One Purpose — A Rock Solid Core!



Includes Two Indestructible 20" X 24"
Self-Testing and Basic Exercise Floor Mats



**More Than Ever Before . . .
Kids Need a Safe and Effective Fitness Program**

**The Good Habits of Adult
Fitness Begin at Youth!**



**Simply, Unfit Children
are More Vulnerable to
Lifelong Obesity, Diabetes
and Heart Disease.**

**Terrific 10
Aerobic CoreTraining™
Junior Workout**

**The Perfect Machine and
the Perfect Workout for the
Health-Minded Middle School
and Junior High Student**

Bodyweight Ring Training . . . Safe, Fun and Easy to Learn!

NO OTHER ATHLETE has Greater Functional Strength, Muscle Endurance, and Rock Solid Core than a Ring Gymnast!

If You Want the Toned Body of a Ring Gymnast — Then Train Like a Ring Gymnast!

Nothing has a More Profound Effect on Athletic Performance than a Strong Mid-Section

The **SPINALCORE PLATFORM®** is the ONLY Machine on the Market Today Featuring Over 100 Exceptional Joint-Friendly, Biomechanically Correct Bodyweight Exercises.

Anyone at Any Age Can Safely Train Like a Serious Athlete

3 Stations of Varying Height Provide an Endless Variety of Safe Exercises.



Low Rings



Medium Rings



High Rings

SPINALCORE PLATFORM®

Aerobic CoreTraining™ and Permanent Weightloss Program

The Fastest and Most Effective Method for Permanent Weightloss, Flat Abs and Total Body Sculpting

Our Exclusive Aerobic CoreTraining™ Program is combined with a dietary plan featuring MotherSOY® “Essential Protein” — the ONLY High Protein, High Fiber, High Potassium, Low Sodium, Alkaline Protein product on the market today. MotherSOY® “Essential Protein” is specifically formulated for Healthy Weightloss and Vital Nutrition, and has been time tested over the last decade with over One Million users.

- Force Your Body to Burn Excess Body Fat
- Increase Energy Levels and Endurance
- Curb Hunger Cravings for Hours
- Produce Amazing Results the Very First Week



Permanent Weightloss
can only be maintained
when vital nutrition
is combined with an
effective exercise program.

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SPINALCORE PLATFORM®

Commercial-Quality
Construction

Lifetime Limited
Frame Warranty

Requires Only
12 Square Feet
of Floor Space

2 Commercial Models

- Fixed Height – 7'6"
- Adjustable Height – 7'6" to 8'8"

2 Powder Coated Finishes
Porcelain-Like White
or Textured Black

Visa M/C Amex

**Financing
Available**

Our Total Package Features Our Exclusive
**6 Professionally Designed
Aerobic CoreTraining™ Programs**

- Terrific 10 Junior Workout
- Adult Beginner
- Adult Intermediate
- Adult Advanced
- The 6 Minute Extreme SuperSet
- Permanent Weightloss Program

Includes:

- SpinalCore Efficiency™ Test Forms
- Aerobic CoreTraining™ Exercise Forms
- 1 Full Color Basic Exercise Floor Mat
- 1 Full Color Self-Testing Floor Mat

Commercial-Quality Parts and Accessories

- 1 Set (2) Low Rings
- 1 Set (2) Medium Rings
- 1 Set (2) Ab Straps
- 4 Suspension Chains
- 10 Carabiners

**Plus, an Intensive
3-Hour Introductory Seminar
Free for 2 People!**

A Revolutionary New Paradigm in Fitness Training™

SPINALCORE PLATFORM®

The Perfect Total Body Fitness Machine

Scientifically Proven Aerobic CoreTraining™
Produces Amazing Results the Very First Week

A Revolutionary New Paradigm in Fitness Training!

The Safest and Most Powerful Program For . . .

- Rapid Weightloss
- Flat Abs
- Increased Muscle Strength
- Cardio-Vascular Endurance
- Total Body Fitness, EVER!

SPINALCORE PLATFORM, Inc.
424 S. Kentucky Ave., Evansville, IN 47714
(812) 491-3176



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Children and Senior Citizens!**

www.SpinalCorePlatform.com

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