

How the SPINALCORE PLATFORM™ Will Make You Money!

Expand Your Club Membership and Improve Retention with Innovative Programs to a New Customer Base

The SpinalCore Platform™ is safe and effective for anyone at any age. Over 100 biomechanically correct, joint-friendly bodyweight exercises open new opportunities to expand your membership.

1. Extreme Aerobic CoreTraining™ for the Professional Athlete.

2. Functional Bodyweight Exercises for Women.

3. Safe and Effective Training for Kids.

4. Programs for People Who Suffer with Lower Back Pain.

The SpinalCore Platform™ is the only machine that can safely decompress the spine while strengthening supportive core muscles.

5. Easy to Use Joint-Friendly Exercises for the Senior Citizen.

6. Wheelchair Accessible and Joint-Friendly Ring Training Allow for Specialized Fitness Programs for the Physically Handicapped and Rehab Patient.

7. Standardized Initial and Periodic Fitness Testing to Attract New Members and Motivate Old Members. Our easy to administer, **20 Minute SpinalCore Platform Efficiency Test™** provides instant feedback of functional core strength and overall fitness.

8. Time-Efficient Workouts for the Time-Strapped Professional.

Six professionally designed **SpinalCore Aerobic CoreTraining™ Exercise Programs** combine the benefits of a cardio-vascular workout with bodyweight strength training to produce maximum benefits in less time — because **TIME MATTERS to Everyone.**

9. The Perfect Machine for Circuit Training Large Numbers of Members in Less Time.

The SpinalCore Platform™ is the only fitness training machine that can immediately accommodate any body shape, weight or height. No waiting for body size or machine resistance adjustments.

Finally . . .

10. Reduce Membership Turnover by Eliminating 2 Major Reasons for Quitting . . .

Failure to experience desired results in their most important area of concern, their mid-section, and joint and muscle injury from biomechanically incorrect exercise.

How Much Money are You Losing . . .

by not offering the SpinalCore Platform™ and our exclusive Aerobic CoreTraining™ programs to your membership?

Take the 20 Minute SpinalCore Efficiency Test — You May Not Be as Fit as You Think!

Call for Seminar Dates and Locations, or a Private Demonstration

SPINALCORE PLATFORM, INC.

424 S. Kentucky Ave., Evansville, IN 47714

(812) 491-3176

www.SpinalCorePlatform.com

™ © 2007 SpinalCore Platform, Inc. All Rights Reserved