

Total Back System: Exercise Program

The Key CORE areas we will work: Inversion, Flexibility, Abdominal, Back extension muscles

PRE WORK-OUT ROUTINE:

It is beneficial to warm-up the muscles and stretch your body prior to beginning any form of physical activity. By the TBS a person will be able to relieve any pressure on their back, stretch their muscles, and prime the muscles for activity.

Stretching: (Can be done in upright position and 45° angle position.)

- 1) Stand on the rear frame with hands on the main pad. Relax and perform a few shoulder shrugs. Reach both hands upward and stretch. Return your hands.
- 2) Reach over the main pad and grab the upper handlebars. Slowly bend forward. Feel a good stretch in your hamstrings, calves and lower back. Take a few deep breaths. Return to upright.
- 3) For an advanced stretch, reach both hands toward the lower handlebars.

Inversion & Decompression Therapy to relieve pressure on the spine (use Inversion position)

- 1) Revolve forward as instructed in 3 easy steps. Hands behind the neck. Feel comfortable in the hanging position. Take a deep breath from diaphragm. Exhale. Repeat. (feel the spine stretching and becoming elongated) (feel the pressure come off the discs)
- 2) Rest. Slowly Return to upright position. Pull yourself up to 45 degree angle, pause, then to full upright while still holding bar, pause. To stand-up position. Take two deep breaths.

ABS: (Inverted Position)

- 1) Abdominal standard. While in inverted position. Hands loosely behind the neck, make sure only resting on the neck and head for support, thumbs under chin. Slowly move head straight forward toward bar. Hold for 5-10 seconds. Back to starting position. Perform again.
- 2) Ab crunch. Perform standard movement, but slightly curl upward. Hold for 5-10 seconds. Relax. Repeat.
- 3) Oblique: Twist to either side of the front bar. Hold for 5-10 seconds. Relax. Repeat.
- 4) Advanced Oblique: Go straight forward toward bar. Hold. Slowly twist upper torso to either side.

Back Extension: (Inverted Position and 45° angle position)

- 1) Back Standard: hands loosely behind neck or alongside head. Slowly hyper-extend (only a few inches are effective) up to 45 degree angle. Hold for 5-10 seconds. Relax. Repeat.
- 2) Back Advanced: twist to either side, then hyper-extension.

POST WORK-OUT ROUTINE:

It is very important to properly cool-off from physical activity. After a workout, the spine has been compressed from the load placed on it. The TBS will allow you to decompress your spine, promote proper circulation to help restore the muscle cells quicker and increase your flexibility.

Inversion: 70-90 seconds to relieve pressure on Spine from load bearing activity.

Flexibility:

- 1) Unassisted Twist: In inverted position rotate upper torso to either side. Keep spine angle in 90 degree position. (concentrate to keep spine in direct line and do not curl)
- 2) Assisted Twist: Utilize the upper handle bars or lower handle bars to GENTLY twist the upper body to either side. Keep spine angle in 90 degree position.

Reminders:

- Perform ALL movements **SLOWLY**
- **Relax, Relax, Relax.** Benefit will only be realized if you are relaxed. If your muscles are stressed they will tighten up.
- Take deep breaths from the diaphragm (not the lungs). Place your hand over the belly-button and breath into this area.
- Inversion only takes 70-90 seconds to achieve maximum results. Total routine is less than three minutes.