

Introducing...a complete product for back wellness

The Total Back System helps to alleviate back pain, while increasing flexibility and strengthening core muscles to allow you to enjoy your favorite activities. This *all-in-one* system combines bent-knee inversion, flexibility movements, abdominal strengthening and back extensions.

Decompression and elongating the spine can help reduce back pain by releasing pressure on the discs and nerve roots.

Inversion with the TBS supports your torso in the correct biomechanical body position to perform a gravity assisted stretching movement. This counters the daily stresses our lifestyles place on our body.

Inversion has been known to improve posture, increase oxygen to the brain and cells, increase mental and physical energy, remove toxins, reduce anxiety and stress.

Instant Results within 1-2 minutes per day. You can relieve the stress and strain on the back and neck; Increase circulation throughout the body; loosen and relax your muscles; develop spinal mobility.

Safe for all users and ability levels. The quality construction of the TBS adjusts in height for ease of use and has a comfortable pad to support your upper thighs with no stress on the body.

Prevent future back problems by strengthening key muscles; improving flexibility and rotation; and endurance and power with a strong torso.

45° Incline Position gives ideal support for strengthening and stretching movements without being fully inverted. Our easy to adjust system gives multiple options.



SPECIFICATIONS

- Easy adjustments
- One size accommodates users up to 6'4"
- Everything included in one complete system
- Fold-Away Handles for extra assistance
- Wheels allow for easy movement
- Multi-position feature gives user options
- Soft, high quality thigh pad
- Weight: 65 lbs Capacity: 300 lbs.
- 5 year warranty

	STEP 1
	STEP 2
	STEP 3: RELAX & HANG
	BACK STRENGTHEN
	FOLDS FOR STORAGE

**A complete product
for your back**

STRETCH YOUR BACK

FLEXIBILITY

STRENGTHENING

