




BackCare Trainer
flexibility recovery system



New Equipment Demonstration

**Your Health Club
100 Main St
Los Angeles CA
Monday March 22
8 AM to 8 PM**



BackCare Trainer is a technological leap forward in flexibility fitness equipment

Comfortable: Full body support during the entire 4-8 minute exercise.

Effective: Slow speed minimizes muscle resistance to stretching while maximizing flexibility.

Relieves Discomfort: Decreasing muscle tension reduces pressure on the joints and spine.

Targets Essential Areas: Provides exercise for the back, hips, shoulders and neck.

Controls at Your Fingertips: Easily adjust the intensity of the stretch.

Reduces Stress: Smooth wave-like motion produces a deep level of relaxation.

Feels Great: No exertion and no sweating - this is the ultimate flexibility experience.

BackCareTrainer.com