



Total Body Conditioning Programme

Increases respiratory fitness and stamina.
Strengthens and sculpts for complete
body fitness.
Maximises calorie burn to shape
your physique.



- Improves posture and core stability
- Strengthens back muscles (BPS)
- Tones back, shoulders, arms and core
- Increases heart rate and calorie burn
- Improves blood circulation and lymphatic system
- Reduces stress and improves mood

3
30
100
120



The only fitness-inspired workout programme combining total body
conditioning exercises with POWERbreathe training.

ActiBreathe Total Body Conditioning Programme



1. Improves posture and core stability
2. Strengthens back muscles (BPS)
3. Tones back, shoulders, arms and core
4. Increases heart rate and calorie burn
5. Improves blood circulation and lymphatic system
6. Reduces stress and improves mood



Back Care Conditioning Kit Includes Exerciselet Support Ball 15 Min V

Suzanne Martin



Back Care Conditioning Kit Includes Exerciselet Support Ball 15 Min V:

15-Minute Better Back Suzanne Martin, 2022-03-01 Banish aches and pains with these simple 15 minute back exercises If modern life back injuries and poor posture are causing back pain then these four 15 minute workout plans for beginners are for you This exercise book is filled with easy workouts for back pain relief and a stronger more flexible back All you need is a mat Here s what you ll find inside Four illustrated step by step sequences developing the back revitalizing the back energizing the back and soothing the back At a glance summaries of the complete 15 minute sequences plus yoga for back pain Four sequences with clear step by step instructions allowing readers to get an instructor led experience at home General information on back anatomy posture and protecting the muscles Advice for beginners on safe practice and healthy living Relief is here In a few minutes a day you can gain back strength maintain core strength and improve your posture This workout book combines proven exercises from yoga pilates and physical therapy that will strengthen stabilize and soothe the four main parts of your back cervical spine thoracic spine lumbar spine and sacral section It also includes sciatic stretches that will help increase mobility Each section has clear step by step photographs paired with easy to follow instructions to explain exactly what to do how to move safely and protect your back At the end of each 15 minute program there s an at a glance summary of the routine 15 Minute Better Back will inspire you to make these simple exercises part of your weekly routine so you can remedy back issues once and for all The 15 Minute series are easy to use exercise books for time poor people with a step by step approach for effective results Fit exercise into your busy life with short but effective programs Include 15 Minute Gentle Yoga 15 Minute Pilates 15 Minute Stretch for a total body workout 15 Minute Better Back will inspire you to make these simple exercises part of your weekly routine so you can remedy your back issues once and for all

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