

Fitness Gear Review:

The Total Back System—By Motion Fitness

Bent Knee Inversion Decompresses the Spine, Helps Relieve Back Pain, and Helps Prevent Future Back Problems—Are You Ready to “Hang-Out” with The Muscleman of Technology®?

By Bruce Pechman, The Muscleman of Technology®
www.mrbicep.com

October, 2005



I'm Just Hanging Around

And guess what? If you knew what I knew, then you would be hanging out with me on the Motion Fitness “Total Back System.” Through the course of my 30 years of weight training, I’ve had my share of minor to full-blown back injuries—they’re never pretty and some can be downright debilitating. Approximately eight out of ten Americans experience back injuries during their lives, most of them resulting from improper lifting. For every back injury that takes place on the job, more than twice as many happen at home or in frivolous activities (like when I jumped over my dogs and landed on my back). The fact of the matter is this ingenious piece of home equipment called the Total Back System utilizes a technique called Bent Knee Inversion (90/90 body position) which makes your back feel great because it decompresses the spine. It also improves your lower back flexibility, strengthens the lumbar region, and can help prevent those future nagging back injuries from cropping up altogether. I love the fact you can reap all the benefits of inversion exercise without those death defying contortions (and no pressure on joints and ankles)...and do it safely!

The Benefits of Inversion

According to Brian W. Fahey, Ph.D., “Adding inversion exercise as an essential component to your total exercise program will do more to lengthen your athletic life span and increase enjoyment of your favorite activities than anything you do for yourself.” So what exactly is Inversion Exercise you ask? Inversion is simply turning your body upside down—a method of decompression and elongating the spine using the natural forces of gravity. And why exactly do we want to decompress the spine? When we decompress the spine the space between the vertebrae is increased, taking the pressure off discs, ligaments and nerve roots. By the way, inversion is nothing new. Inversion Therapy has been used for centuries as a means to decompress the spine, fight gravity and increase circulation, blood supply and oxygen throughout the body.



My Very Own Total Back System

The Motion Fitness Total Back System is one the best \$300 investments you can make for your overall health...and your back will thank you for it. The company motto is “Forward thinking for your back.” After placing my order, I couldn’t wait for my Total Back System to arrive. About a week later a small box came—uh oh...is this going take a year to assemble? After taking all the parts out, I heaved a big sigh of relief. Two thirds of the parts (yes, the complex stuff) are pre-assembled at the factory. You just need to do the final assembly and tighten it all up. After about 40 minutes I was hanging upside down like a bat on Halloween. The detailed instructions and manual were extremely informative and helpful. Keep in mind the Total Back System is the safest way to achieve decompression therapy because you simply lean forward and grab the handles to invert. The foam padded rollers on the leg holder secure your legs in place on the supportive thigh pads. The machine is completely adjustable and can accommodate almost anyone. The weight limit has a 300lb. capacity and it can fit folks from 4’11” to 6’4”. My impression was this is a very well constructed home exercise machine with an attractive dark grey finish. You will appreciate the fold-away design and wheels in the Rear Stabilizer to quickly collapse down for easy storage. I also love the fact that by pulling out the leg holder with the quick release Lock Knob and inserting it into the Rear Stabilizer, you just converted the Total Back System into a regular 45 degree Hyper-Extension Bench...yes, it’s two machines in one!

Of course you’ll be happy to know it takes only 70 to 90 seconds in the inverted position to decompress your spine (never stay inverted for more than 3 minutes). Remember when inverted to relax and take a deep breath from your diaphragm—tense muscles are a leading cause of back pain. Just like any other form of exercise do not over do it when starting out. I would recommend less than 30 seconds your first week until your body gets used to the feeling of blood rushing to your head. Always perform each exercise in a slow and controlled manner. Please consult your doctor before using the Total Back System. The manual goes into the various exercises for getting the most from the machine. The inversion movement will help you excel in many activities, and is especially effective for golfers and fitness enthusiasts. Your back is a complex system of bones, discs, muscles, and nerves—I can’t urge you enough to take care of it!

“Back” to Reality

I have been using my Total Back System for about a month and absolutely love it—I use it to decompress my spine after every work out, every day. I also use it in the morning or when I feel tight. If you want to start realizing the benefits of improved health, instantly release the strain on the skeletal discs and nerve roots, elongate your spine, reduce joint

stiffness (and body stress), plus relieve back pain then you should immediately make the best \$300 investment for your back with the Total Back System (5 year warranty). Motion Fitness offers Inversion, Back Care, & Fitness products. Their products offer great value without compromising quality and function. For more information about the Motion Fitness Total Back System, be sure visit their site at: www.motionfitness.com or call 1-877-MOTION-4 (668-4664) for more info or order.