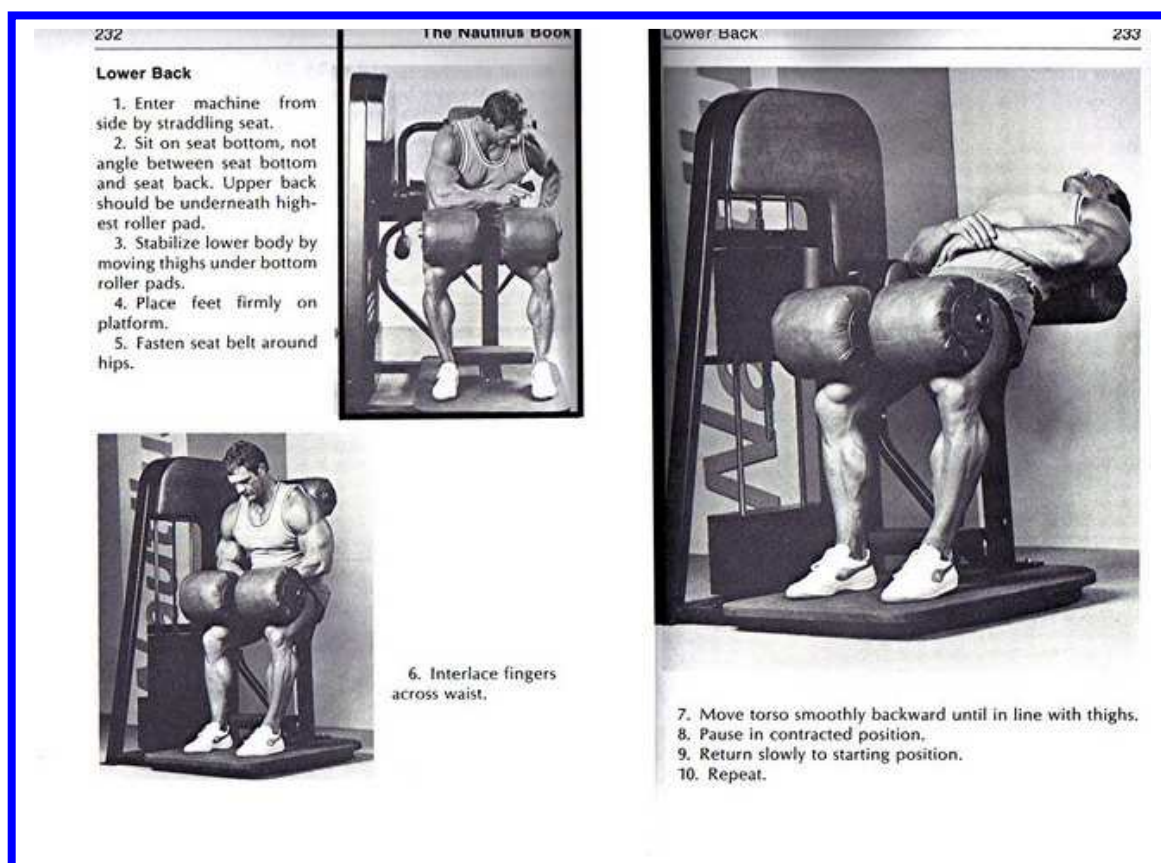


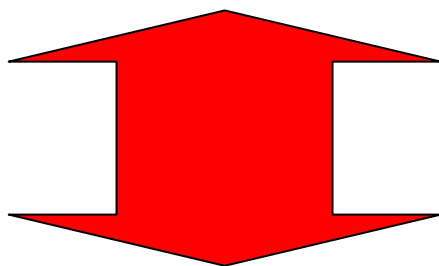
The 3 simple steps to the lower back solution

**The only Machine**  
 ever Created to stimulate the lower back/hip muscles  
 (Erector Spinae group)  
 (without any downward weight loaded pressure on  
 the spine)



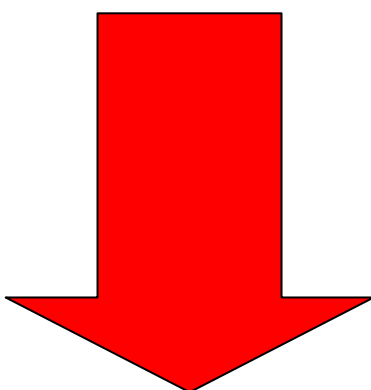
This Machine is 'one of a kind and Healy's Health have access to this technology for special Personal training Clients who are on the Healy's Programme.

\*access to this machine and the methodology of how to train correctly (especially for lower back problems) and general core strength are exclusive to Healy's and use of this machine is **'by appointment only to a private studio'**)



**Phase 2 of the Lower back/core strength Program** is use the second machine that exclusively isolates the rectus abdominis (ABS)

See second page

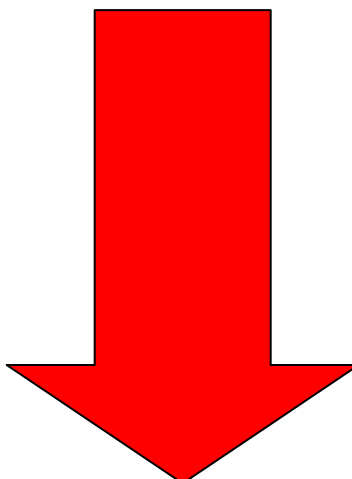


Phase 2  
The only Abdominal Machine to successfully completely isolate  
the Rectus Abdominis (ABS)

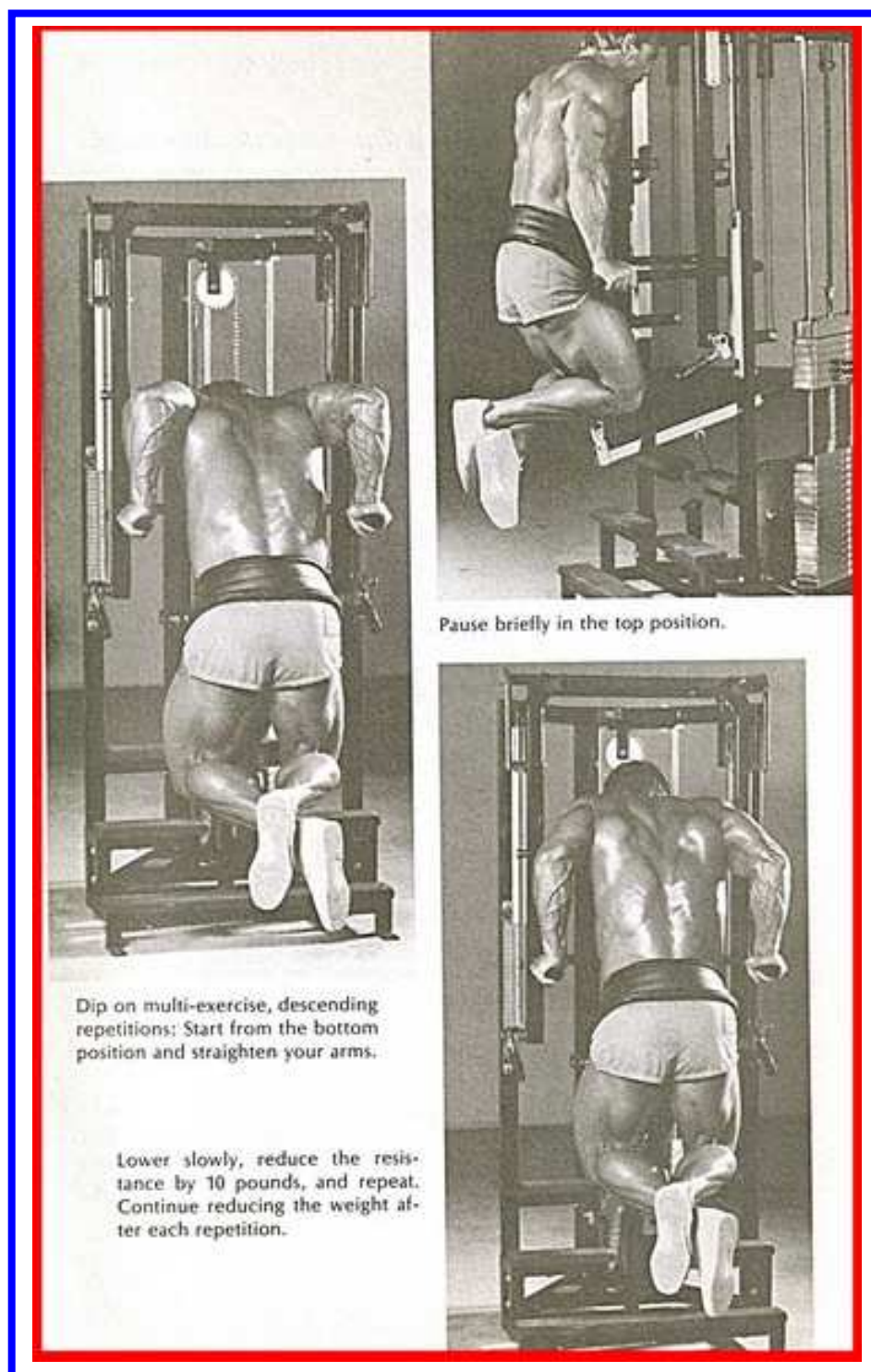


Healy's have exclusive use of this machine in a Private facility for Personalized Clients  
on our 'special Programme'.

Phase 3 next page



**Phase 3**  
**Stretch and click into alignment**



While Healy's can conduct support sessions without the above equipment(at our preferred health center Movements Fitness) to improve Lower back/ Abs/ hamstring /Core Strength and flexibility as indicated on the other articles on our 'Lower Back' page .

It is recommended that a 'Exclusive session' periodically using the above machinery can make a great improvement to your core strength.

These sessions are exclusive to Healy's  
*and are by appointment* only and *must be booked and paid for in advance*  
you will be taken personally by Graham Healy to the Private Studio  
where you will be supervised  
and instructed by the Master trainer Graham Healy personally.

**Contact us now if you are interested in these 'exclusive sessions'**

**Contact Graham Healy**

**Mobile 0411 393 503**

**[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)**

**em [healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)**