



Spine Alignment Workout

ContouReal Exercise Routine



User should be willing and able to get on and off the device and accept the initial discomfort, if any. The more out of alignment the spine in sagittal plane, the more time it may take to acclimate to the curvature.

Perform the following exercises base on your abilities.

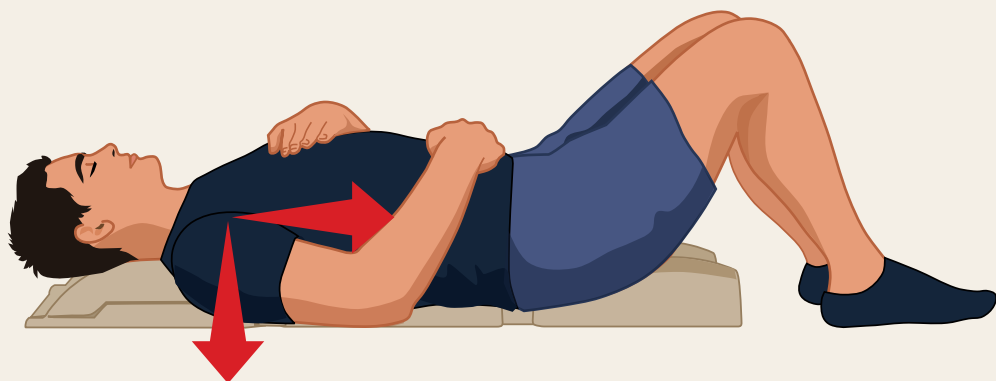
Perform part 1 before, after, and in between exercises.

Perform the exercises based on your comfort level.

Remember to breathe deep while performing these exercises.

1 BREATHE AND RELAX INTO THE DEVICE

Lie down on the device with your knees up, perform slow, deep breathing and relax until you feel comfortable.



At the beginning, if it gets uncomfortable, get off the device and stretch, then try again.

The more flexible the body gets the more comfortable the device should feel. Start with 5 minutes and increase as body gets acclimated to the device.

2 ARM EXERCISE

 Basic level

 10 set repeat 3 times

a. Arms down by the side of body

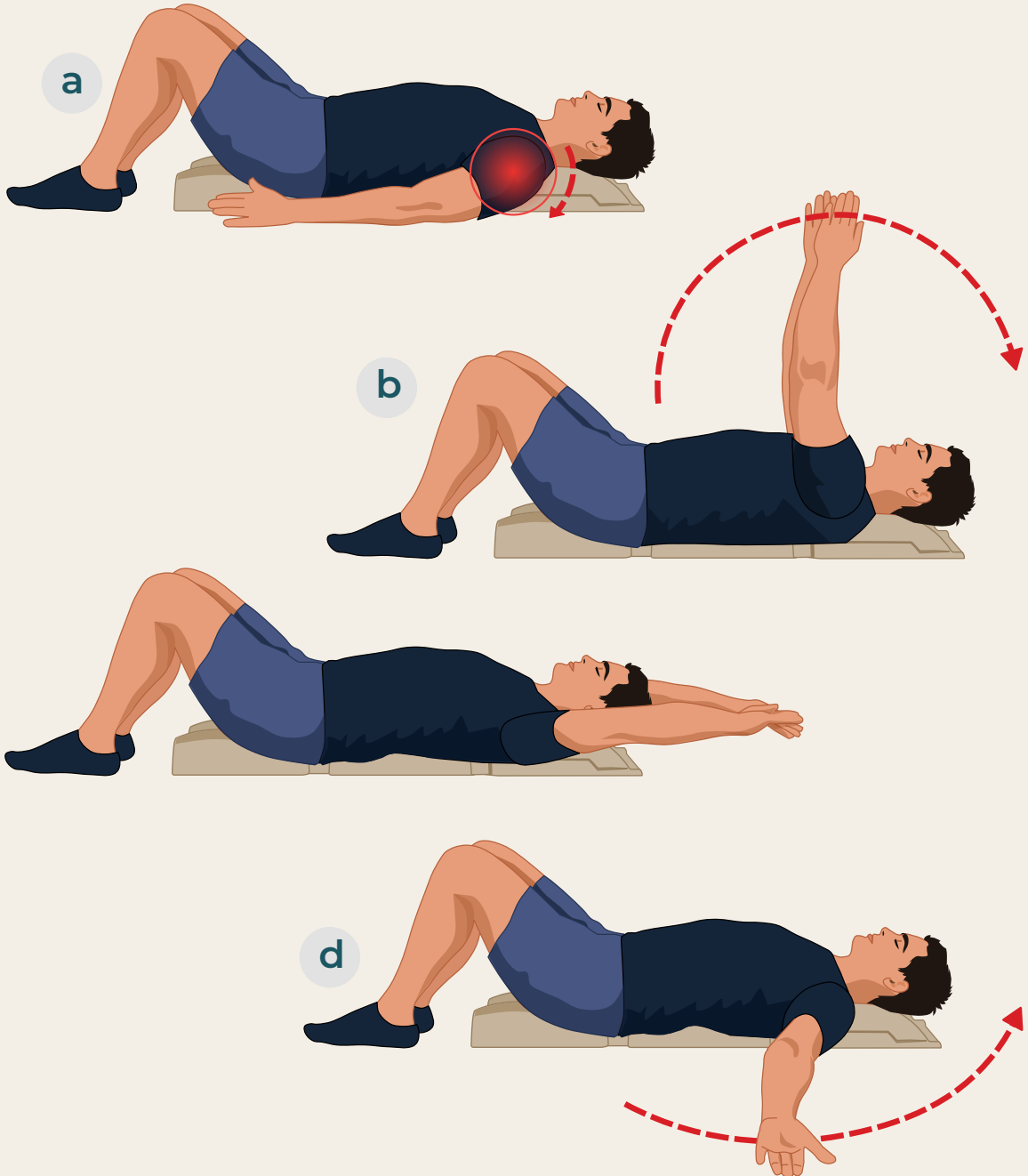
b. Up toward ceiling

c. Up above the head

d. To the sides like butterfly

e. Back to position (a)

Note: Squeeze shoulders down and toward back of the body.



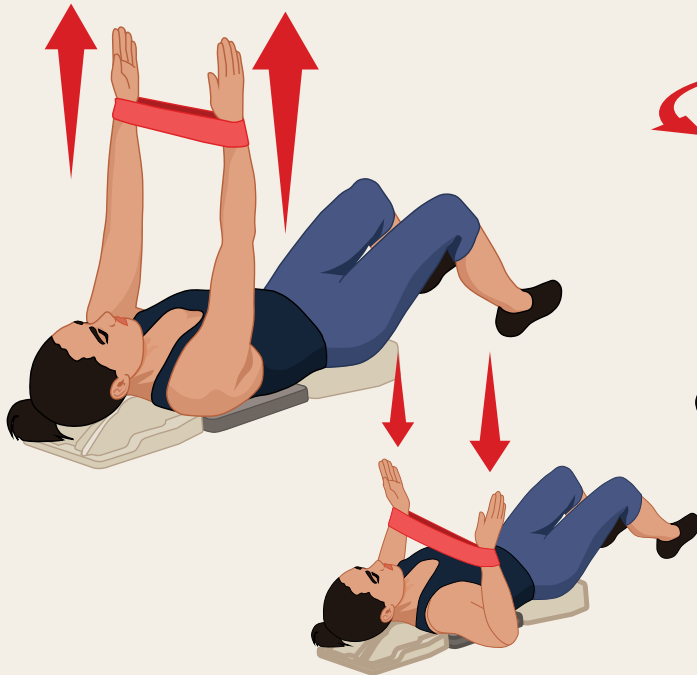
3 ARM EXERCISES

WITH RUBBERBAND ON HANDS,
PRESS SHOULDERS DOWN

 Intermediate Level

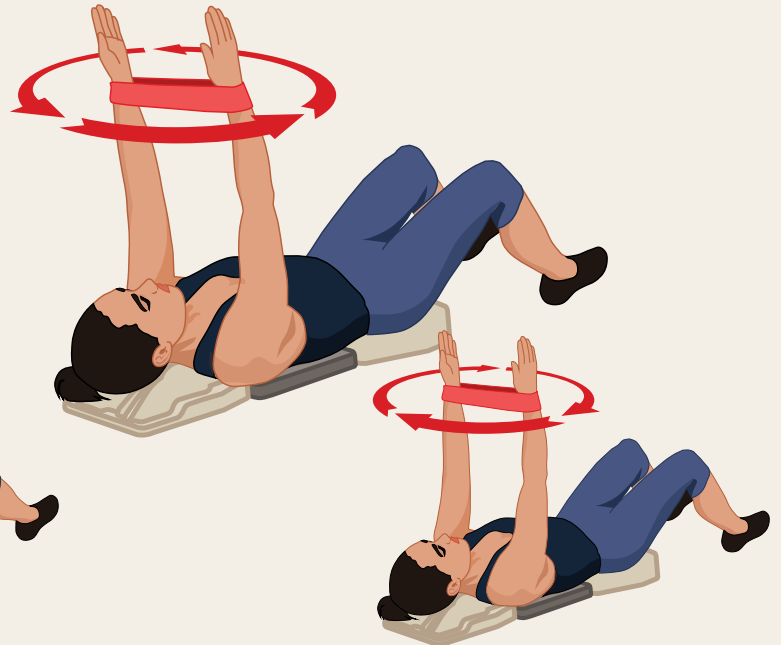
a. Vertical movements,
arms toward ceiling and down

 10 sets



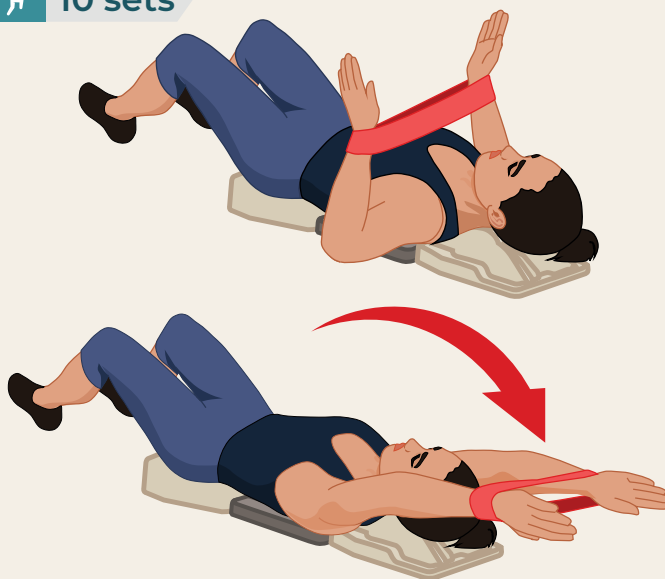
b. Rotate arms clockwise,
then counterclockwise

 10 sets



c. Elbows bent, perform up (above
the head) and down movements

 10 sets



d. Perform figure 8 moves

 10 sets



4 LEGS EXERCISES

 Basic Level

a. Grab and pull knees to the stomach. Relax.

 Hold for 10 seconds 10 sets



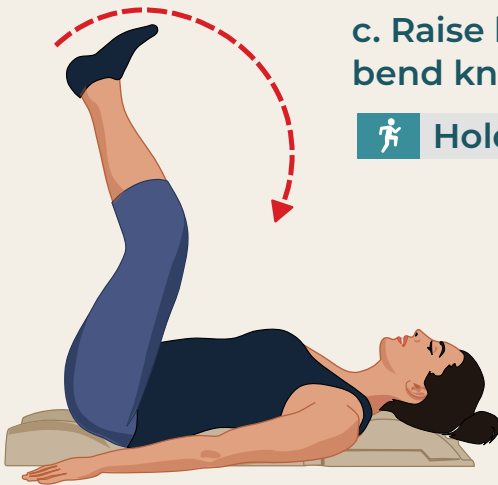
b. Grab and pull one knee at a time. Relax.

 Hold for 10 seconds 10 sets



c. Raise both legs up then bend knees to the stomach

 Hold for 10 seconds 10 sets



5 EXERCISE WITH WEIGHTS

OPTIONAL

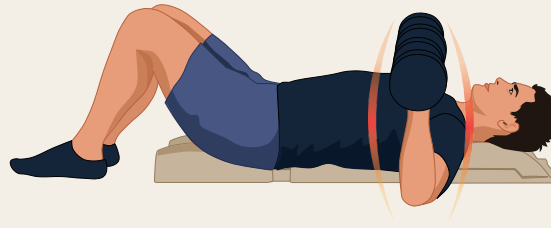
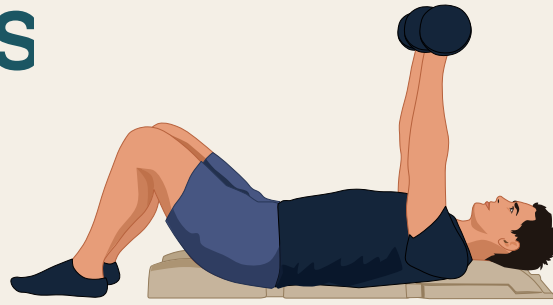


Advanced Level

a. Vertical movement with dumbbell



10 sets



6 SIT-UP AND STRETCHES



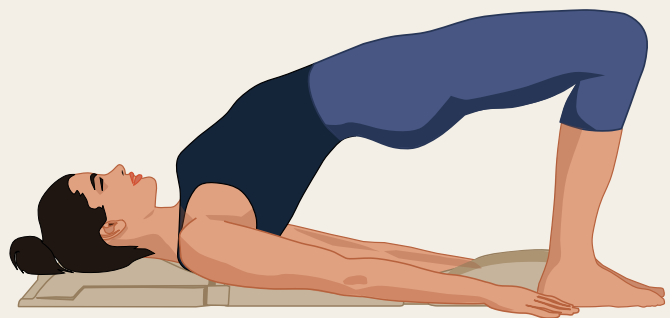
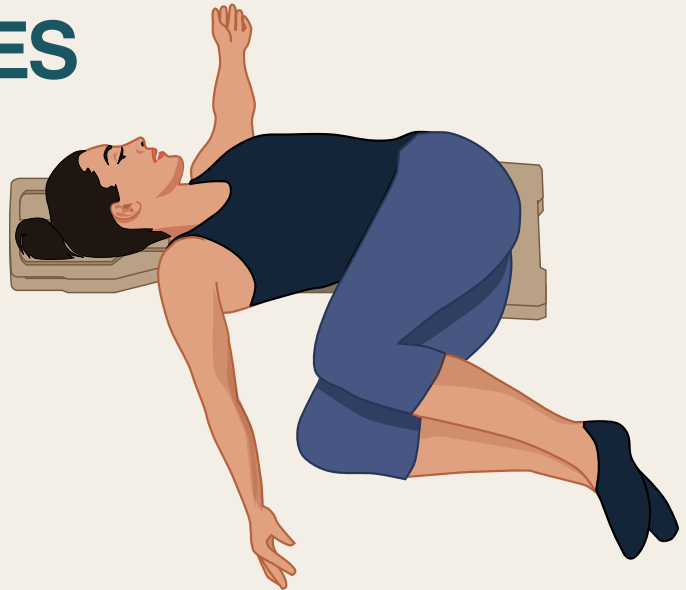
Intermediate Level

Stretch right, then left side of the body



Hold 10 seconds

Repeat 10 times



7 ADDITIONAL EXERCISE

Receive therapeutic care from a professional therapist based on the modalities and techniques used by the practitioner.

The information provided is not meant to diagnose or cure a health, fitness condition or disease.

