

GET STRONG TO THE CORE

The Core Spinal Fitness System



**The Core**
Spinal Fitness System™



The Core
Spinal Fitness System™

Serious Inner Strength™



The Core Spinal Fitness System.

***STRENGTH. STABILITY. FLEXIBILITY. ENDURANCE.** The Core Spinal Fitness System by MedX is the medically based workout system that delivers these four factors essential to spinal health. A strong and flexible core provides a sound foundation for all body strength. Whatever the goal of your clients' exercise regimens – from aesthetics to sport-specific training – The Core is the first step to success.*

The Core workout is delivered through a series of bio-mechanically precise exercise machines specifically designed to target, isolate, and strengthen spinal muscle groups, or to promote and improve flexibility. Exercise sessions are short. And clients begin to feel positive results at once.

A Pedigree of Medical Exercise Superiority.

***UNIQUE. PATENTED. PROVEN.** The Core Spinal Fitness System by MedX is a direct descendent of the most technologically advanced medical rehabilitation equipment in the world. MedX is the definitive leader in spine care technology and medical exercise equipment. Clinics around the globe rely on MedX for treating chronic and sub-acute back and neck pain due to soft tissue injuries. Clinical studies have shown that MedX-based testing and exercise therapy relieves pain, restores function, and reduces the need for spinal surgeries. The Core Spinal Fitness System is designed to provide similarly effective exercise as those used in the medical rehabilitation arena.*

Bio-mechanical precision and a pedigree of proven medical effectiveness set The Core by MedX apart from any other exercise system you can offer. Please visit www.medxonline.com for specific academic and clinical findings.

*Targeted muscle isolation. Bio-mechanical precision.
Measurable results. The Core workout system provides
serious exercise for spinal strength and flexibility.*



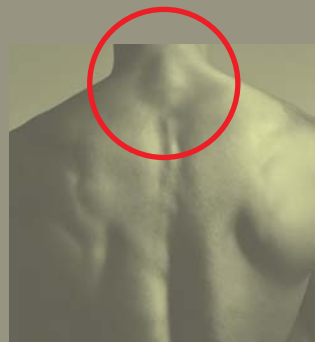
Core 4-Way Neck

Core 4-Way Neck



STRENGTH

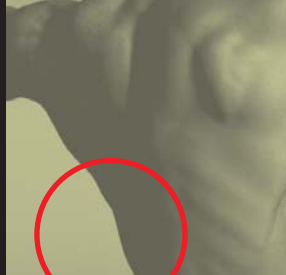
The patented **Core 4-Way Neck** is a bio-mechanically precise 4-way neck machine that trains the flexion and extension muscles of the neck to allow for improved range of motion. It both stretches and strengthens the cervical spinal muscles. This allows for decompression of the upper spine and promotes increased omni-directional strength and flexibility of the entire neck. The Core 4-Way Neck is based on the superior bio-technology of the MedX Medical Neck Extension machine now being used in spinal rehabilitation facilities around the world.



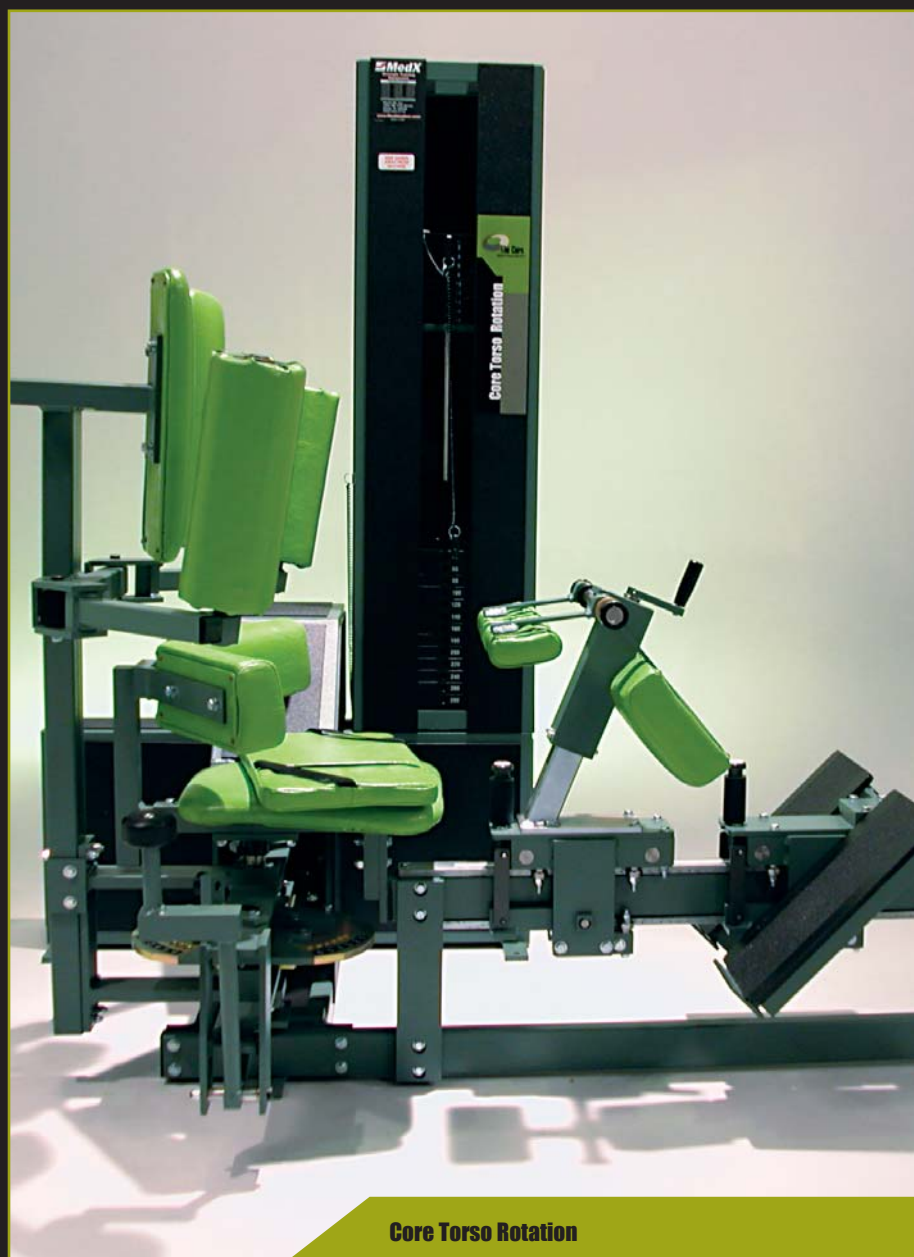
Get Strong To The Core

Be better. Be faster. Be smarter. Whether you're a fitness club owner or personal trainer, a demanding coach or rehabilitation specialist, you know that all fitness and performance hinges on a strong, flexible spine. The Core Spinal Fitness System by MedX can give you a serious edge on the competition. You'll attract more members. Keep more clients. Win more games. **BECAUSE AT THE CORE, YOU'RE JUST GOING TO BE STRONGER.**

Core Torso Rotation



Revolutionary in its ability to truly isolate waistline muscles, the **Core Torso Rotation** is the most effective design of its kind. Shoulder, arm and chest muscles are neutralized by a unique padded restraint system. A separate system of padded restraints effectively locks the pelvis and prevents the hip and gluteus muscles from assisting in rotation of the torso. Core Torso Rotation increases strength and flexibility right at the core of the body. Not surprisingly, it's a favorite among golf pros looking to increase club head speed.



Core Torso Rotation

EMERSON



Core Lumbar Strength

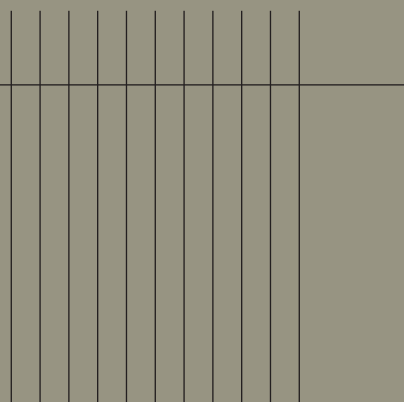
The unique advantages of The Core:

- Spine specific.
- Based on clinically proven medical technology.
- Extremely low friction operation, eliminating weight stack guide rods.
- Short-stroke weight stacks, and 2-pound resistance increments for effective muscular overload that brings rapid progress.
- Standardized measurement systems to accurately track and evaluate workout performance and progress.
- High-grade components and engineering excellence requiring only minimal routine maintenance.
- Compact equipment configurations for floor space efficiency.
- 5-year warranty on moving parts.
10-year warranty on frame.
- A unique workout experience that will trigger a buzz throughout your community.

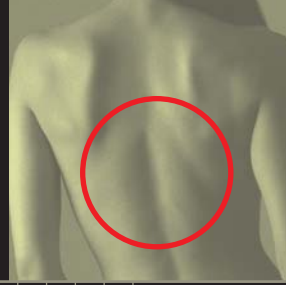


Only the **Core Lumbar Strength** features a patented and effective pelvic restraint system that keeps gluteus and hamstring muscles from interfering with the targeted spinal exercise area. This provides isolation of the lumbar spine muscles, increases stability and allows for specific, intensive strengthening in one of the body's most vital and vulnerable areas. Regular use of The Core Lumbar Strength may help prevent injuries, remedy chronic back pain, and contribute to disc hydration.

Core Lumbar Strength



Core Super Stretch



Flexibility is key to spinal health and injury prevention. The **Core Super Stretch** is easy, pleasurable and its effects can be felt immediately. One-of-a-kind, this patented technology places the body into bio-mechanically advantageous positions for effective stretching. The hanging stretch, in particular, facilitates spinal decompression. The total 7-stretch program enhances movement around the knee, hip, spine, shoulder, elbow and wrist in addition to stretching seven major muscle groups including vulnerable hamstrings and hip adductors.



Core Super Stretch

Flexibility



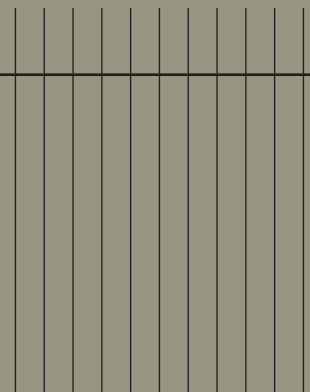
Core Ab Isolator



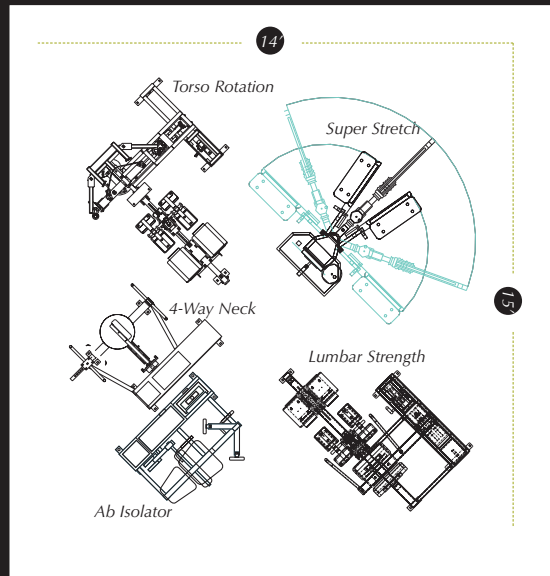
STRENGTH

Strong abs are vital to spinal support. The patented bio-mechanical design of the **Core Ab Isolator** provides the highest degree of isolation for abdominal muscles available. Unlike other ab machines, the Core Ab Isolator neutralizes hip flexor muscles and restricts arching in the base of the spine. This provides core abdominal muscle isolation, while eliminating the hazard of lower back discomfort. The result is a superior abdominal burn.

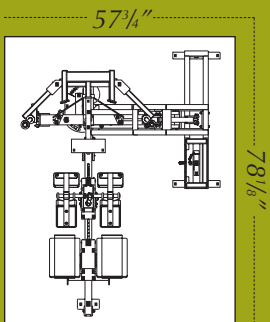
Core Ab Isolator



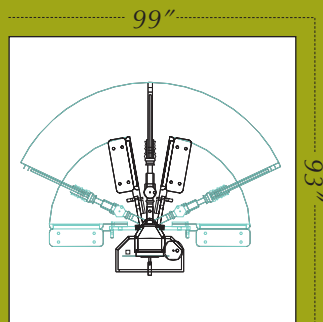
Floorspace Configuration



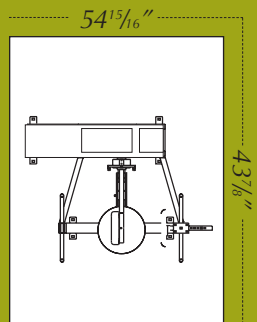
(15' x 14' total)



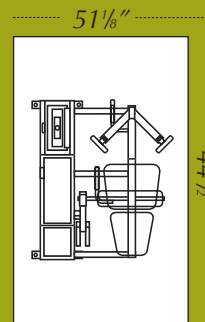
Core Torso Rotation



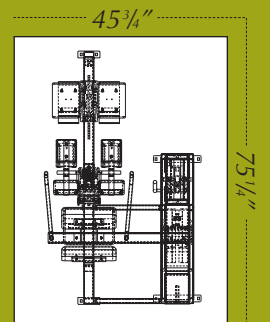
Core Super Stretch



Core 4-Way Neck



Core Ab Isolator



Core Lumbar Strength



Find out more about The Core Spinal Fitness System by MedX now.
 Call Toll-free 866.814.0719 or visit us online at www.CoreSpinalFitness.com
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