



JANUARY 2008

The Greek philosopher and physician Herophilus defined the significance of health as follows:

"Without health, wisdom cannot become evident, art cannot find expression, strength cannot fight, wealth becomes meaningless, and intelligence has no consequences"

Great News about AB-Inforcer® results...



Overall clinical testing has demonstrated that the AB-Inforcer® is more effective at targeting the major abdominal muscle groups and paraspinal musculature when compared to traditional abdominal exercises performed on the floor, or with a pressure cuff device.

Additionally, so many people have neck pain and strain while doing a traditional AB workout on the floor or swiss ball. The AB-Inforcer® has been clinically proven to reduce neck strain.

[more information](#)

In this Issue:

[AB-Inforcer® results](#)

NEWS:

NEWS: Patterson Medical Group has recently added the AB-Inforcer® to the [2008 Medco Athletic Training Catalog](#).

SUCCESS STORIES:

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Betsy Wicker, 70+, FLA.:

"...I have more flexibility and strength in my lower back since using my AB-Inforcer® daily. My morning stiffness in my back dissipates after doing my drills. My friends say I move like a person half my age. I have always believed that the way you carry your body makes you look more youthful. The AB-Inforcer® teaches good postural

Golf: Coaching Tip



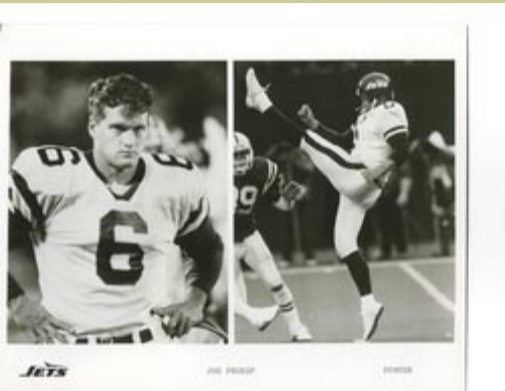
awareness. I wouldn't give up mine for the world!" ~



STEPHANIE VICTOR:
2007 Overall World Cup Champion
2006 Paralympic Champion
2004 World Champion

www.stephanivictor.com

Quote:
"After losing my legs, developing my core became critical not only to maintain posture but to be able to stay in balance. As a professional athlete, winning or losing the race depends on my ability to react and recover, maintain balance and hold the turn. Core strength is the foundation of my being able to succeed. I have worked with a strength and conditioning specialist, Adam Friedman for over ten years and when he introduced me to the AB-Inforcer® I knew he was showing me something special. Within the first week of our using the AB-Inforcer® I saw a dramatic difference in my core workout. My muscles were sore, in a good way, deep in the layers of my abdominal muscles. Something extraordinary was happening. The best part for me was the ability to develop my lower abs. No workout has ever given me the precision through feedback as the AB-Inforcer® does. People often want to know the secret for becoming best in the world, my answer, it all starts with your foundation, and literally my foundation – my core strength - is developed thanks to the AB-Inforcer®." ~



Joe Prokop
NFL Alumni

NY Jets, San Francisco 49er's, Miami Dolphins, Green Bay Packers

"The Ab-Inforcer® is a one of a kind product. No matter what condition you are in, top shape all the way down to novice, you will feel every part of your abdominals working deeply and at their maximum. This is the wave of the future for training your CORE strength which will ultimately result in increasing maximum performance and control through the desired sport movement/activity. I look forward to using this product for years to come."

Many PT's, ATC,s CSCS, CPT, KT's are using the AB-Inforcer® and are getting great results. They have shared their information with us and are using the device for Biofeedback training, Therapeutic training, Strength training and reliable functional core testing. (See their feedback on-line in the "Testimonials" section.)

For all those interested in a Workshop highlighting the AB-Inforcer's® use with regard to reliable testing and functional core training options, Please email us and we will contact you directly with the next upcoming workshop near you.

www.AreYourLightsOn.com /
contact us.

It has been clinically proven that this postural "lights-on" position correlates to the abdominals and lower back musculature co-contracting (bracing). Practice "keeping your lights on" to create a neutral zone "spine-sparing swing"



[Coaching Tip:](#)



Lee Brandon, CSCS

2001 REMAX World Long Drive Champion, 2003 Safeway Classic World Champion (332 Yards), 3 Time LDA tour Champion, First Women in the NFL to work as an assistant Strength and Conditioning specialist in 1990-91. Seen in Sports Illustrated, Golf Tips and Golf Digest. Seen on ESPN and the Golf Channel.



If you are looking for a personalized evaluation of your golf swing and "Posture = power" tips for a longer drive, contact us directly.

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