





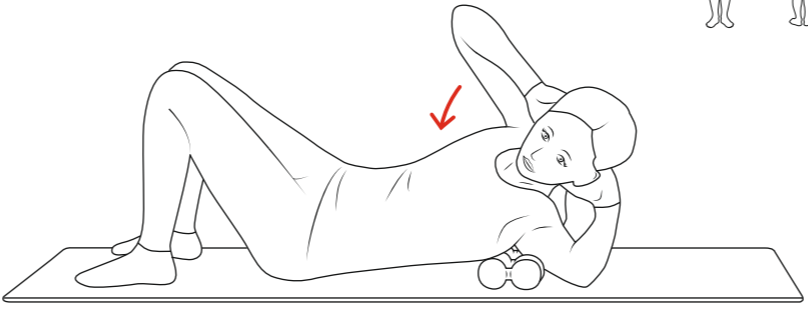




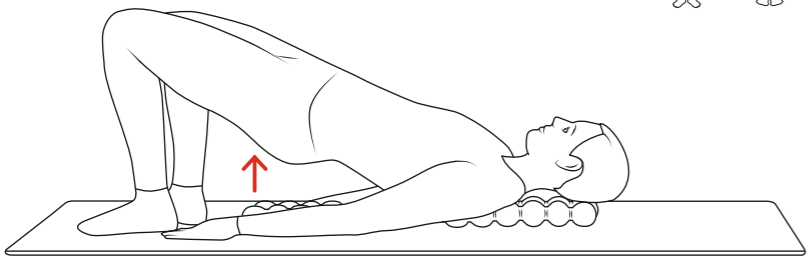



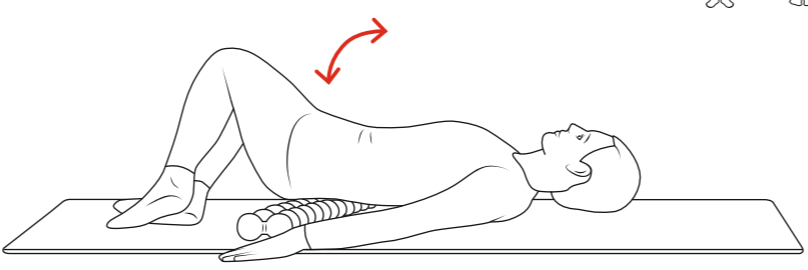

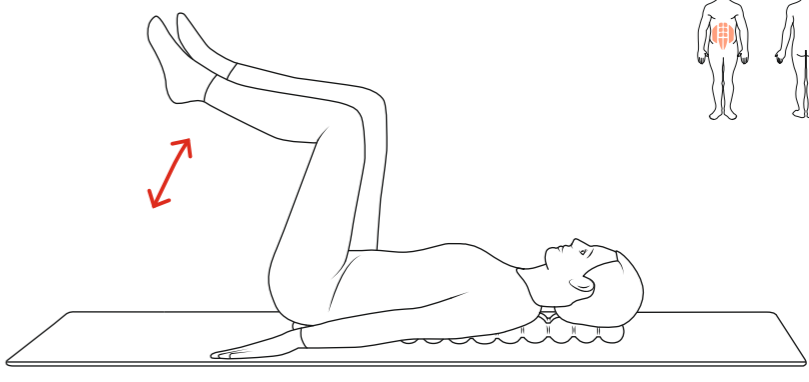
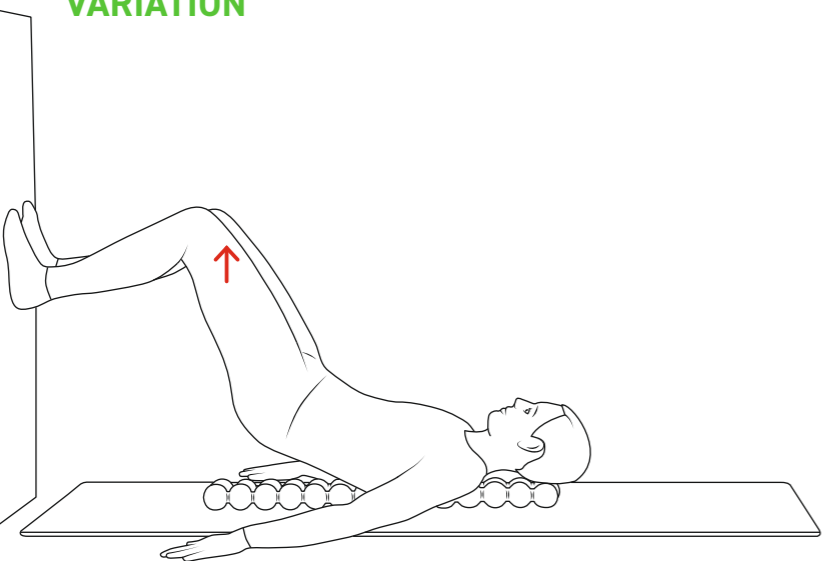


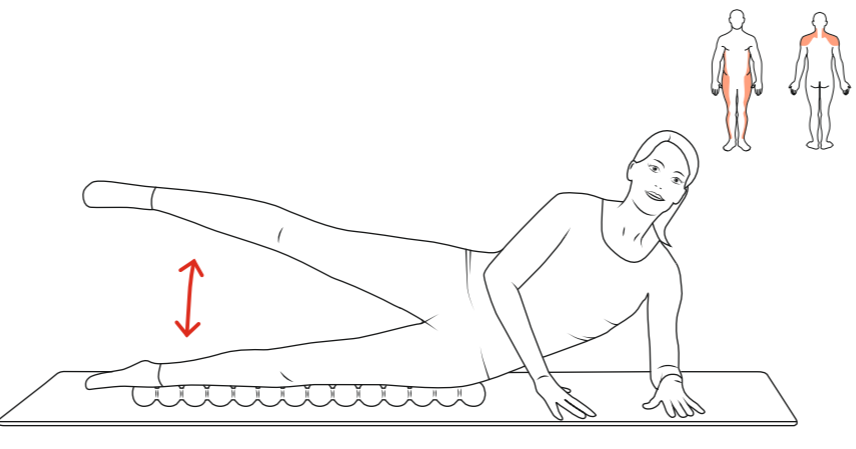

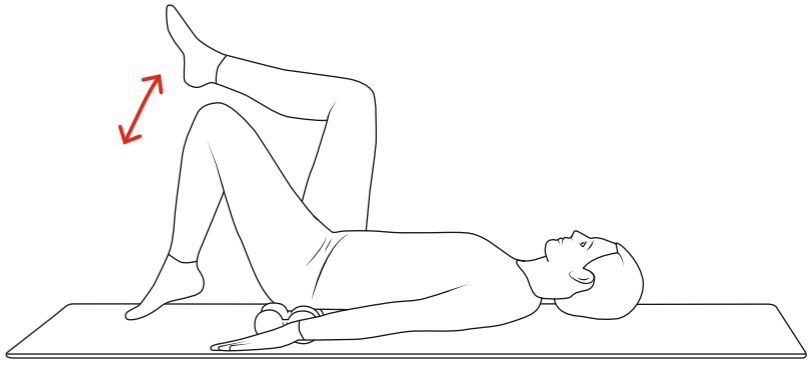


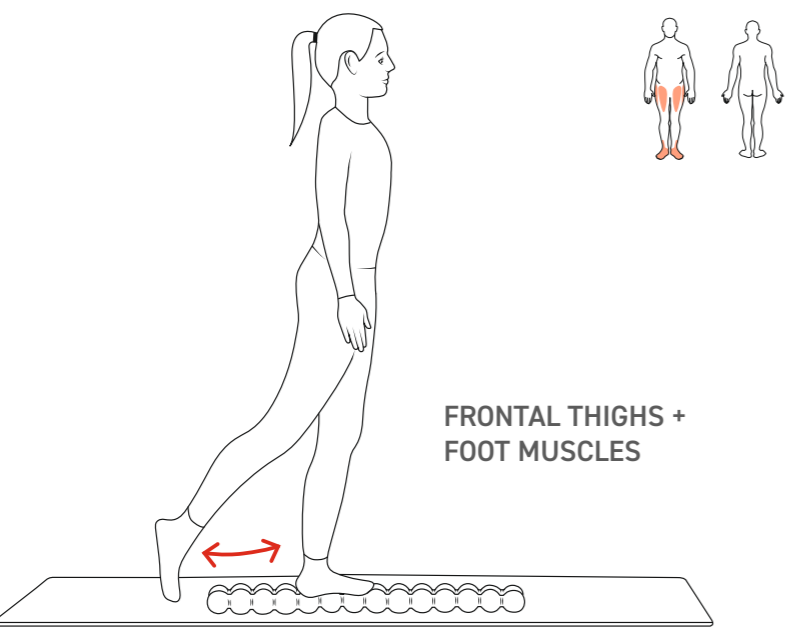


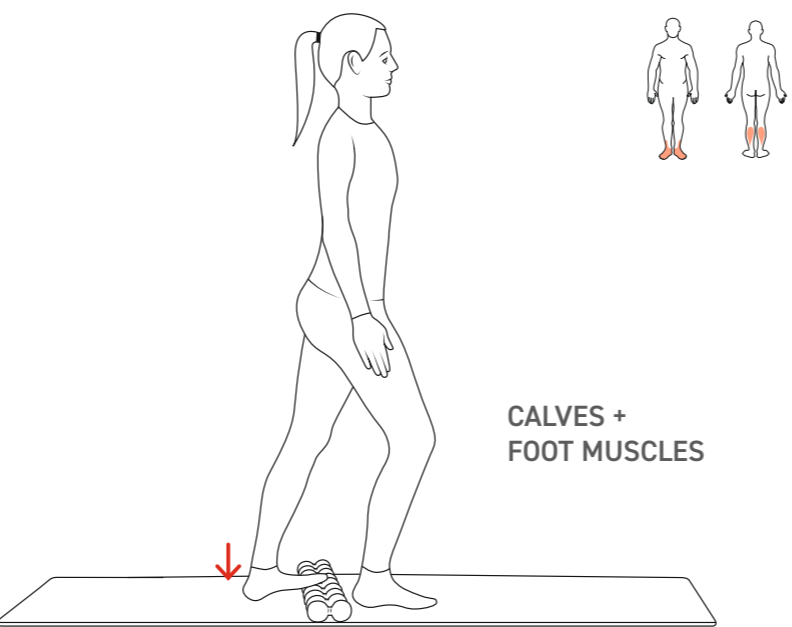

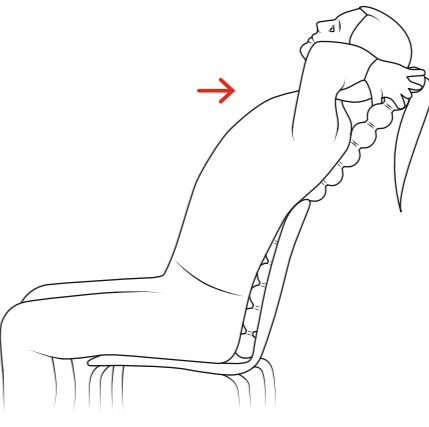
# SPINEFITTER® BY SISSEL®

SPINEFITTER® by SISSEL® Trigger Tool 



## SPINEFITTER

BACK IN BALANCE

<p>1 </p> <p> &gt; 30 sec. &lt; 2 min.</p>  <p>UPPER BACK + SHOULDERS</p>	<p>2  </p>  <p>UPPER BACK</p>	<p>3 </p> <p> &gt; 30 sec. &lt; 2 min.</p>  <p>MIDDLE BACK</p>
<p>4 </p> <p> &gt; 30 sec. &lt; 2 min.</p>  <p>MIDDLE BACK</p>	<p>5  </p> <p> &gt; 30 sec. &lt; 2 min.</p>  <p>POSTERIOR</p>	<p>6 </p>  <p>ABDOMINAL MUSCLES</p>
<p>VARIATION</p> 	<p>7  </p>  <p>OUTER THIGHS + SHOULDERS</p>	<p>VARIATION </p> 
<p>8  </p>  <p>FRONTAL THIGHS + FOOT MUSCLES</p>	<p>9  </p>  <p>CALVES + FOOT MUSCLES</p>	<p>10 </p> <p> &gt; 30 sec. &lt; 2 min.</p>  <p>MUSCLES ALONG THE SPINE</p>

