

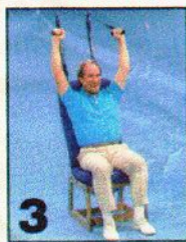
Eight simple steps to prevent back pain.



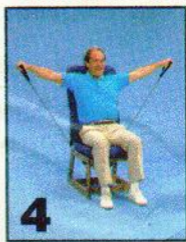
1
Hamstrings



2
Quadriceps



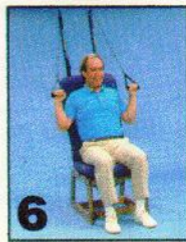
3
Upper Back



4
Shoulders



5
Chest



6
Triceps



7
Biceps



8
Abdominals

Fifteen minutes every other day is all it takes for effective back care. With the Nordic Fitness Chair "Basic 8" Program you'll gain the strength and flexibility to enjoy your life to its fullest. It strengthens the muscles in your back to guard against injury and prevent future discomfort. Call today to receive free information on back pain prevention.

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