

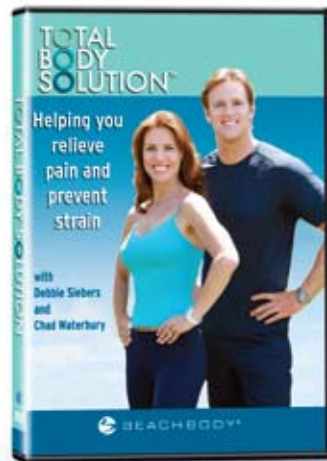
# Total Body Solution™

## Help Relieve Pain and Prevent Strain.

If minor or major post-exercise soreness has sidetracked your workout program, it's time to get back on track.

Created by Debbie Siebers and neurophysiologist Chad Waterbury, Total Body Solution is an incredible preventative and rehabilitative series of drills to help you recover without pain pills or chiropractic visits.

Even if you're not suffering from pain, you can use Total Body Solution as part of your warm-up to help prevent muscle strains and pains before they happen. Take control of joint and muscle health today so



you can maintain your workout routine—and be comfortable doing it—for a long, long time!

### THE BEACHBODY® DIFFERENCE

“After years of working out and often overdoing it, it was inevitable that I would strain my body.

I’ve suffered the aches and pains that come from an active lifestyle, and I can’t tell you how much time and money I’ve spent over the years trying to fix a bad back, tweaked neck, or strained shoulder. Doctors, physical therapists, spas, massages, acupuncture . . . I’ve tried everything, but nothing really worked until I met author and neurophysiologist Chad Waterbury.”

—Debbie Siebers

#### DID YOU KNOW?

A moderate degree of **stress** on muscles during exercise is normal. Still, it puts strain on your joints. The body needs to fully **recover** and fully **warm up** to perform at maximum levels during each workout. By skipping these important steps, you can compound stress on your joints, making it uncomfortable or even painful to work out, which can wreak havoc on your program.

#### UNIQUE FEATURES & USAGE

- Five simple drills for your neck, shoulders, core, lower back, and knees
- Helps **prevent injuries** before they happen and **rehabilitate them** when they do
- Helps you **assess the degree to which your range of motion has been affected** by stress or injury
- Works with you using easy-to-follow drills to help **restore strength and mobility** to affected areas
- Provides an **excellent warm-up** before working out to **protect problem areas**

In as little as 15 minutes, every other day, you can feel better than ever. No gadgets, no gimmicks, no expensive doctors or medications. These drills will retrain your body to work the way it was designed to work, helping to alleviate pain, stiffness, and nagging injuries.

Consult your physician before beginning any exercise program.

The contents on this page are for informational purposes only, and are not intended to provide any medical advice, diagnosis, or treatment. Always seek the advice of your health provider with any questions you may have regarding your unique needs and medical condition.