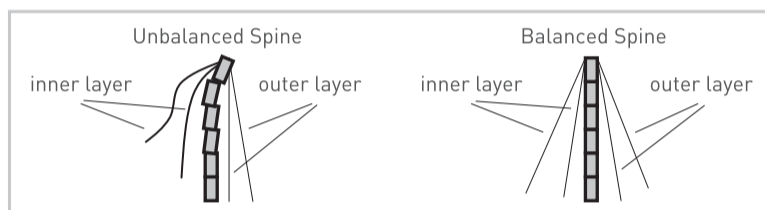


# JOBA CORE TRAINER

## A NEW TRAINING MACHINE BASED ON HORSEBACK RIDING THERAPY

### ++ WHAT IS CORE TRAINING?

Your core is composed of 2 layers of muscles - an outer layer that enables movement of the torso and a deeper inner layer that protects the spine during movement. Deconditioned individuals are more vulnerable to low-back pain and injury. Core training is a systematic approach to re-activating the inner layer of muscles to restore their function and prevent injuries.



### ++ HOW DOES IT WORK?

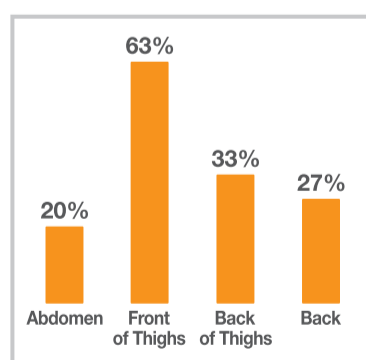
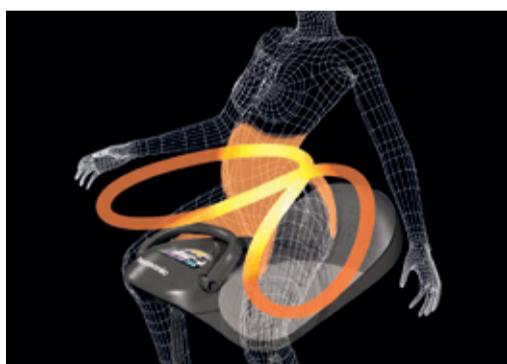
The innovative counter-balance exercise technology constantly moves you off your centre of balance, forcing you to use your thigh, back, stomach and other core muscles to re-gain your balance.

### ++ WHAT ARE THE MAIN BENEFITS?

- + Builds Core Strength
- + Improves Flexibility
- + Improves Posture and Balance

### ++ WHAT ARE THE ADVANTAGES?

- + Low Heart Rate Increase
- + Low Joint Impact



### Build Muscle Strength

Tests have shown that muscle strength in the back, abdomen and thighs can increase anywhere from 20-60%\* after using the JOBA Core Trainer just 20 sessions at just 15 minutes per session.

\* Test participants: 9 people ages 60-71 of average health (3 men, 6 women) Conditions: 15 minutes/day, 3 times/week for a month and a half. Maximum muscle strength was measured before & after (isometric measurement). Test location: Kochi Medical School, Japan, 2001.



# Panasonic