

360 Core & Stretch was influenced by familiar yoga, pilates and other fitness methods of exercise, but has redesigned the movements from a healthier, safer and more functional approach. The tools and design of these exercises can give you a core workout that's 408% more effective than ordinary crunches – and you feel good while doing them!

What is **360 Core & Stretch**?

- Exercises that challenge today's trends in fitness
- Controlled movements that are more effective (408% more powerful than traditional crunches!)
- Holistic approach to core health (front, back, sides, pelvic floor)
- Majority of the exercises are done on the floor using a ball for support to keep the natural curve of the low back

Have you considered:

- Your core begins in your feet
- A "6-pack" has nothing to do with true core function
- Whether your current exercise adds value to your life, and if you can sustain it into your 80s and 90s

360 Core & Stretch benefits to you:

- Feels good while doing it – not beating up our body –comfortable yet challenging
- Protects and preserves the body – movement with better quality
- Strengthens and stretches simultaneously
- Training for movement that helps in daily life
- Can tremendously help low back pain
- Finding the asymmetry in your body – correct deficits in your movement system
- Discover your neutral vs natural body position; just because your body goes there doesn't mean it's supposed to be there!

Who should check out **360 Core & Stretch**:

- If you've wondered whether you're really moving closer to wellness or closer to pain with the exercises you're doing
- You've never taken time to evaluate what you're doing and how you're doing it (with fitness)
- You're an over-exerciser or generally an intense person – **360 Core & Stretch** is challenging yet restorative
- You're an under-exerciser and want to start Day 1 & build up from there
- If you can't identify (*and most importantly engage!*) your pelvic floor muscles (*especially critical for women who have ever given birth*)
- If you think "drawing the belly button to the spine" is using your core
- If you've been injured or in pain from other forms of exercise such as pilates, boot camp or, yes, even yoga
- You struggle with relieving low back pain problems

