



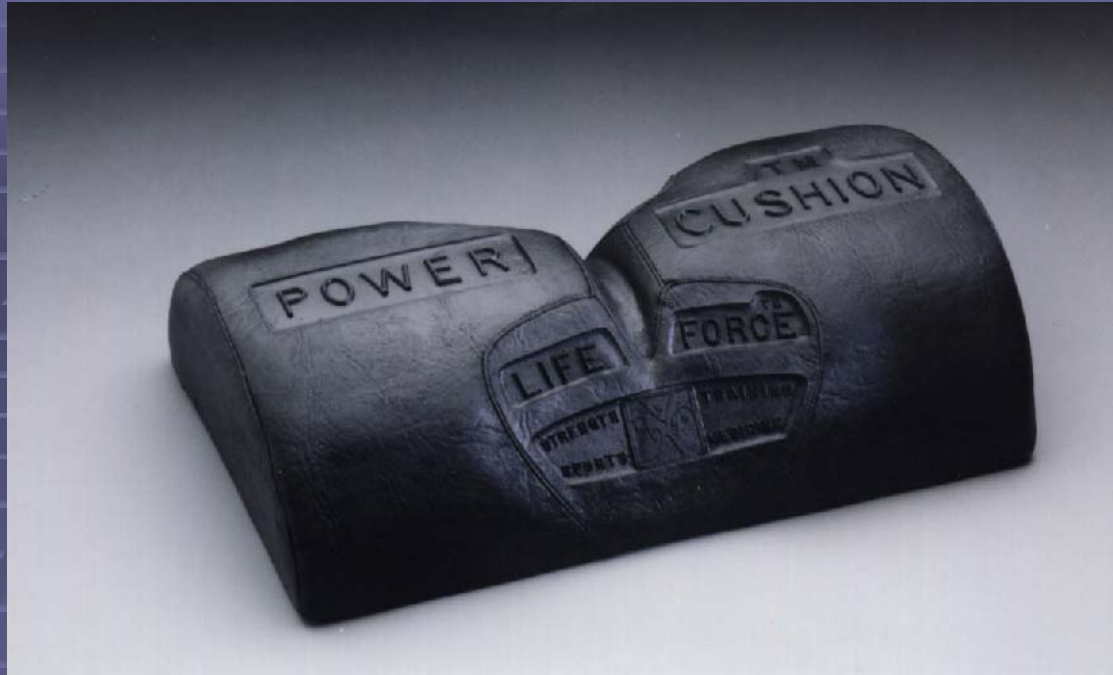
Spinal Fitness

The History of the PowerCushion™ Training the Abdominal Musculoskeletal Complex

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The PowerCushion™ was first introduced in the 1980's. It began in such places as professional football and the U.S. Olympic Training Center in Colorado Springs, Colorado.

In order to refine the design and training procedures, Dr. John Scherger, PowerCushion™ developer, put together a development team of the best professionals in the most highly demanding sports settings.

Jennifer Stone, Manager, Clinical Services,
Division of Sports Medicine, U.S. Olympic
Committee for three Olympic Training
Centers based in Colorado Springs,
Colorado was chosen to direct research at
the Olympic level of athletic talent
representing over 40 different sports.

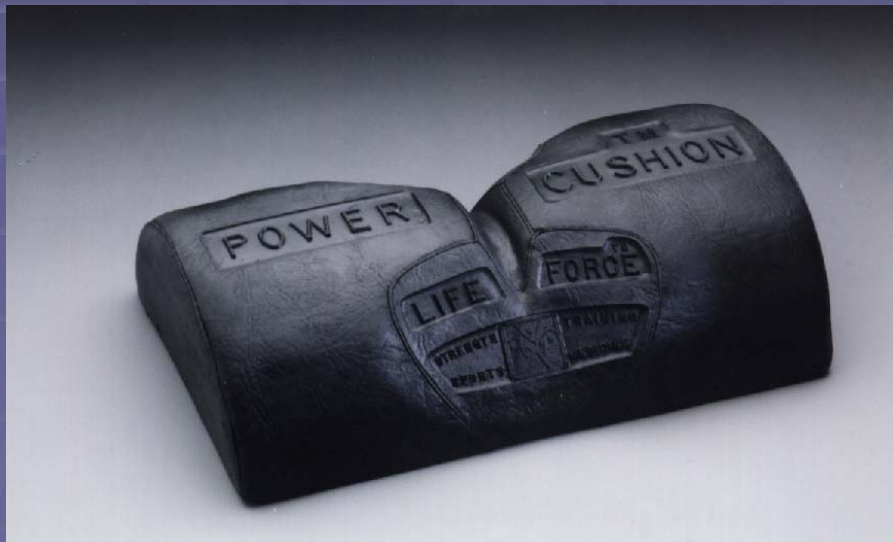
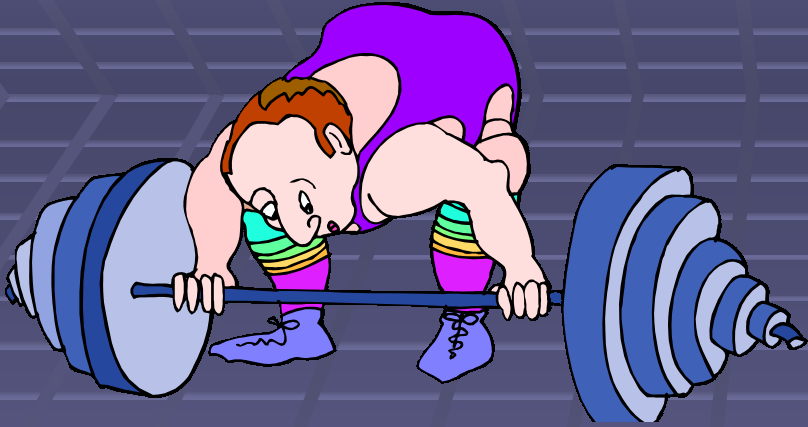
Jennifer, who had personally trained hundreds of athletic trainers wanting to intern for Olympic and Pan Am games, was interested in the training and treatment of the abdominal musculoskeletal complex. She has continued to work with Dr. Scherger for 17 years.

The PowerCushion™ training was introduced into professional football.

In *Longevity Magazine*, Ron O'Neil, athletic trainer for 26 years in professional football, stated "Our guys really use the PowerCushion™. It actually improves the posture of the player."

NOTE: Due to copyrights and contracts, we cannot use team names or initials for professional football in the United States.

The PowerCushion™ training was one of the best kept secrets in professional football. Players use the PowerCushion™ both in the weight room and the training room.



Common player comments after training on the
PowerCushion™ are:

“I feel taller, lighter and stronger.”

“I feel like I could run through a wall, my back feels
strong.”

“My speed and flexibility in my hamstrings have
improved. I feel like I am running effortlessly.”

In an era when training devices come and go, the PowerCushion™ has stood the test of time. Every individual that was part of the original abdominal musculoskeletal training research team, for almost 20 years and into the present, has continued to apply the same biomechanically proven exercises.

Bob Beeten, once the Director, Sports Medicine, U.S. Olympic Committee, now retired after 24 years and back as an assistant coach for high school track and field uses the PowerCushion™ as his sole physical training device.

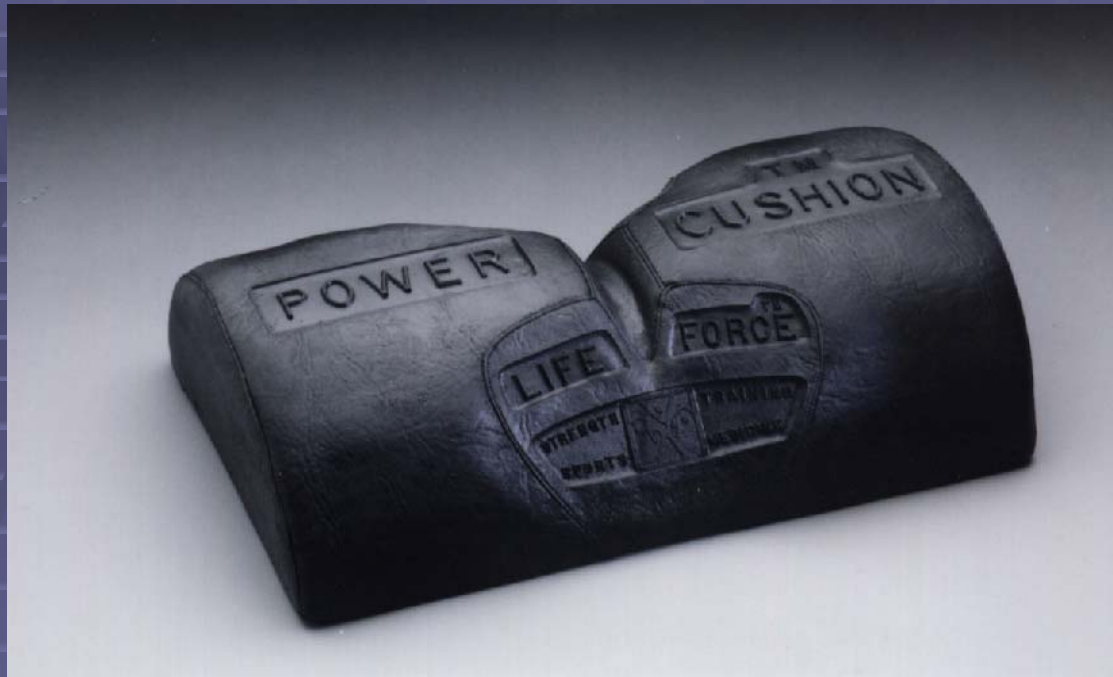
Bob's strengthening program: 4 minutes every turnout working over the PowerCushion™

Bob's trained the girls relays and one pole vaulter. At the 2004 Colorado High School State Meet, his girls took three 1st's, a 2nd and a 3rd. Two of his relays set new state records.

His pole vaulter won and set a new state record. His other two relays set new high school records. The head track coach was awarded High School Track Coach of the Year in Colorado State.

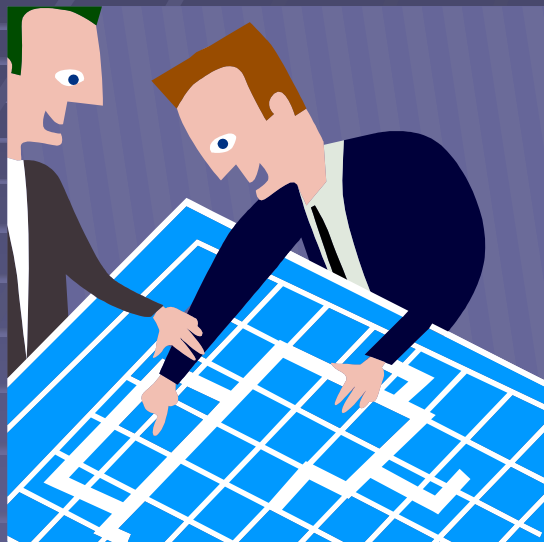
Results:

A coach can go their entire career and never get a state record. One season, Bob gets three. No other individual on the team gets 1st or 2nd and yet they win the Colorado State Meet.



After years of refinement, the PowerCushion™ resulted in this design which best fit the training needs of the musculoskeletal complex.

But even with the best design, the PowerCushion™ was still not released to the public. How it produced fitness and health was put into biomechanical science and submitted to the National Strength and Conditioning Association for peer review.



After undergoing over one year of open peer review by professionals representing the fields of physics, engineering, biomechanics, athletic training, as well as physical training specialists for both the Army and the Olympics for scientific accuracy, the material is accepted and becomes certified educational material by the National Strength and Conditioning Association.

No other training device that we are aware of has ever been subjected to so much scrutiny and development; approximately 20 years worth. The PowerCushion™ did not follow the typical rush to the market place without science or extensive trials first.

