

TEETER Can Improve Your Golf Game

PRODUCT TRAINING

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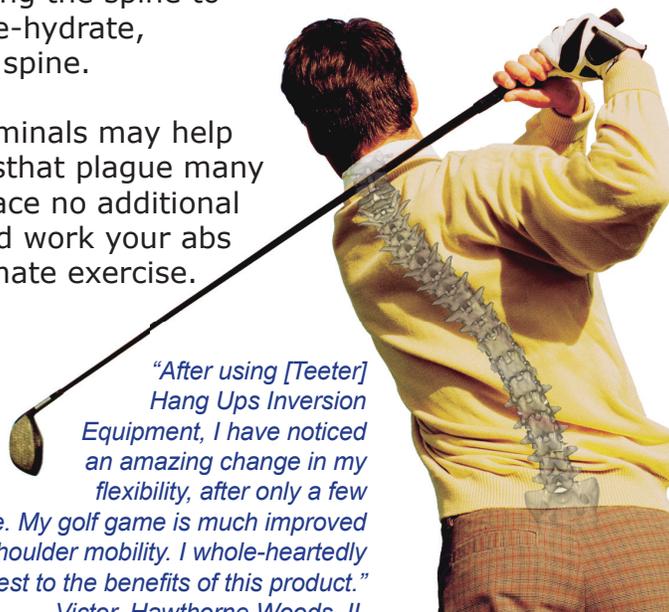
To play your best golf game, it takes good posture, strong abdominals, upper and lower back strength and overall flexibility. Teeter inversion tables offer a platform to gain these qualities through a daily, five-minute program of inverted decompression.

Better Posture: Inversion helps realign the spine, creating a symmetrical axis for rotation. With improved posture, also comes improved balance, both of which contribute to a more accurate and consistent swing.

Upper and Lower Back Health: One-sided and rotational activities like golf can cause the body to overcompensate for the strong-side muscle groups, pulling the spine out of alignment. Inversion with movement helps correct misalignment caused by rotation of the shoulders, hips, and twisting of the lower back.

Flexibility: Muscle and joint stiffness can hinder the golfer's stance and raise the risk of injury. Inversion is a nearly effortless activity that uses gravity to the body's advantage—relieving tense muscles in the neck, shoulders and lower back. Inversion also helps to relieve compression fatigue, allowing the spine to elongate and the discs to re-hydrate, resulting in a more flexible spine.

Core Strength: Strong abdominals may help to prevent the back injuries that plague many golfers. Inverted sit-ups place no additional loads on the lower back and work your abs against gravity for the ultimate exercise.



*"After using [Teeter] Hang Ups Inversion Equipment, I have noticed an amazing change in my flexibility, after only a few weeks of use. My golf game is much improved due to greater shoulder mobility. I whole-heartedly attest to the benefits of this product."
Victor, Hawthorne Woods, IL*

SALES TIP

Sports enthusiasts of any physical sport can benefit from inversion therapy to decompress over used joints, stretch sore tired muscles, and build core strength to reduce the potential for injury.

*Baseball
Basketball
Football
Horseback Riding
Running
Racket Ball
Skiing
Surfing
Bowling
Tennis
Volleyball
Walking*

Just ask about your customers' most vulnerable stress area to start discussing how inversion can help them too!