

THE LYNX BOARD

GET ON BOARD FOR BETTER HEALTH AND FITNESS

Life is one big “to do” list with not enough hours in the day. Between work, family, and never-ending household chores, sometimes it’s difficult to make it to the gym two or three times a week. Wouldn’t it be wonderful if you could get a total-body workout in 20 minutes, in the comfort of your home? With the Lynx Board, that’s totally do-able. Why, you could do the laundry while you work your core ... and take multitasking to an entirely new (and much healthier) level.

SIMPLE YET EFFECTIVE

The Lynx Board from Lynx Fitness is the solution for those who are strapped for time but don’t want to sacrifice optimal fitness. The Lynx Board is a simple yet effective fitness tool made up of a rectangular plate measuring 55” by 40” (140 cm x 100 cm) with pads. It’s the world’s most advanced friction-based fitness system that burns more calories than a treadmill or a group fitness class, in a fraction of the time.

The Lynx Board was developed by some of the fitness industry’s top experts and world-class athletes. In one single exercise, you are activating several muscle groups along horizontal, vertical, rotational and diagonal vectors without the use of weights. The Lynx Board will give you a solid workout no matter if the trained muscles are primary movers,

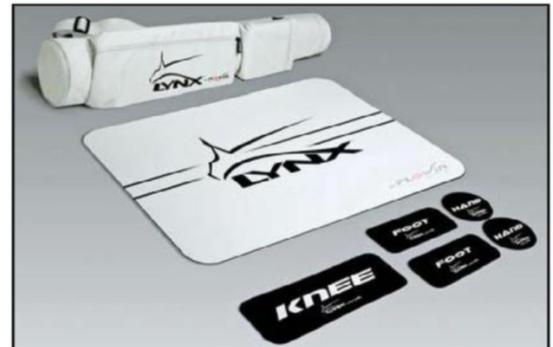
secondary movers or stabilizers. And because the Lynx Board utilizes free-motion, full-body movements, it can help anyone of almost any age develop core strength and become faster, stronger, more agile and more explosive.

There is no need to buy a ton of expensive exercise equipment, as the Lynx Board can do the work of an ab wheel, treadmill and other machines in one high-energy, low-impact device that targets your all-important core. And unlike sliders or gliders that were popular some years ago, the Lynx Board gives you a full 360-degree range of motion and will not damage your joints.

PATENTED FRICTION TECHNOLOGY PUTS YOU IN THE DRIVER’S SEAT

With the Lynx Board, you are training with a carefully tested friction between a plate and a set of pads. The patented friction technology uses your own weight to provide counter-resistance as your body glides in rhythmic precision along the specially engineered surface. As a result of resistance-controlled friction, there is virtually no impact, which makes the training advantageous for people recovering from injury or those who have chronic joint problems such as osteoarthritis.

You control your movements and your results on the Lynx Board by tweaking your



training techniques and adjusting the number of sets, repetitions, speed, range of motion and your individual static stabilization. Friction makes the precise control of movement easy to maintain, and range of motion cannot exceed the level of your individual muscular performance. The patented Lynx Board surface responds to your bodyweight by increasing the intensity of the workout proportionately to the pressure you exert.

In short, the Lynx Board conforms to your fitness level and abilities, and challenges you while giving you the best workout possible.

BUILD YOUR CORE

One of the preeminent developments in fitness in the last decade has been the increased appreciation for core strength and the many benefits that it bestows. The core refers to your back, pelvis and shoulder girdle, the four bones that support the muscles and ligaments in your shoulders. When your core is strong, you have improved functional fitness, with better performance and balance in sports and all activities of daily living. You

also are less prone to injuries and suffer fewer aches and pains.

The Lynx Board has been scientifically shown to improve your core strength in just a few minutes per day. In a recent study, the Lynx Board was found to significantly improve core musculature endurance and strength. Researchers concluded that both static and functional core strength can be improved by training with the Lynx Board.

Good core stability is critical to good posture, and provides an excellent foundation for the arm and leg movements that can counter the effects of poor posture and back problems so prevalent in our technology-driven lifestyles. So, if you spend too many hours in front of a computer every day, the Lynx Board could be just the relief you need to ease your aches and pains and improve your athletic performance. And remember, if you’re too beat to head to the gym after work ... no problem. Just set up the Lynx Board in your living room and you’re good to go. ■

For more information, visit lynxfitness.com.

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