

Friction Training Delivers Results in Only Minutes Each Day

Nutrition experts, world-class Olympic athletes and people with joint or weight problems are reporting significant improvements to their core strength after trying friction training **for just minutes a day.**

The all-important core muscles give people balance for sports or going about their daily routines.

Team USA Olympic swimmer Mike Alexandrov has even incorporated the patented friction-based Lynx Board into his training regimen ahead of the 2016 Olympics in Rio de Janeiro.

“Team USA has access to the best possible training equipment anywhere in the world but the **Lynx Board can give even elite athletes a total body workout in just minutes a day,**” Alexandrov explained.

Unlike other fitness devices, the Lynx Board’s friction surface uses body weight to provide counter resistance as the user glides in rhythmic precision along a specially engineered surface with a full 360-degree range of motion that will not damage joints.

With more than 800 specially designed training techniques that target all major muscle groups, the Lynx Board



is already so popular that the **Miami-based Lynx Fitness company has begun free same-day deliveries of its popular travel model to area hotels when guests order through LynxFitness.com.**

Good core stability has been scientifically proven to improve posture and counter the effects of poor posture and back problems so prevalent in our technology-driven lifestyles.

Swedish researcher Annika Björkander concluded that there are two big ad-

vantages to the patented Lynx Board. “The first being its time efficiency — **in only 20 minutes almost the whole body can be exercised,**” she found, noting clear improvement in her study participants after just six weeks. “The second is its functionality, many muscles are activated as part of the same exercise.”

The home/gym model of the Lynx Board retails for \$350 while the Lynx Travel Board retails for \$210.



Weighing just six pounds, the travel edition fits comfortably in the overhead bins of your private jet or executive helicopter. Both models are available with free shipping at LYNXFITNESS.COM where you can also find over 150 instructional videos.

© 2016 Slidex, Inc. All Rights Reserved.

