



REDISCOVER NEW MOBILITY

Today it is possible to maintain the good health of the spinal column and preserve your mobility and balance.

By activating the muscles of the spinal column, HUBER® truly addresses the problem of inner balance.

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The deep muscles around the spinal column are fundamental to posture, coordination and balance of the body; nevertheless, they are often neglected. Fitness, rehabilitation and conditioning programs are often too concerned with the superficial muscles alone. Today, after years of research, LPG brings you a leading-edge technology for strengthening these deep muscles and improving the health of the spinal column, the vital axis of the body. It is time to live life to the full - With HUBER®

www.lpgsystems.com



SENIORS

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Rediscovered mobility

1

Did you know that to maintain your balance, you have a fundamental structure at the center of your body? The spinal column. Maintained by a multitude of fundamental deep muscles, it provides you with stability, thus allowing all kinds of movement.

2



When it no longer performs its fundamental role, a vicious circle sets in: less strength and flexibility, instability, risk of falling, less mobility.

3

A personalized program, appropriate for your age and ability, is offered to you - the exercises are never impractical and there are never unconsidered risks. From session to session you feel ; your well-being and energy returning, more sure of yourself and in control of your body.



4

An original tool, HUBER® gently activates your whole body to teach it balance again:

- **By activating** the deep muscles of the spinal column.
- **By striving for** dissociation between the hips and shoulders for better flexibility.
- **By stimulating** all the balance maintenance systems.

5

HUBER® for mastering your movements

