

# HERE COMES THE PROOF!





# TENSIONED SHOULDERS? NECK DISCOMFORT? HEADACHE?

Your trapezius and short neck muscles are probably overused.

## **Simply test it yourself:**

Pinch the soft tissue between your neck and shoulder with your fingers.

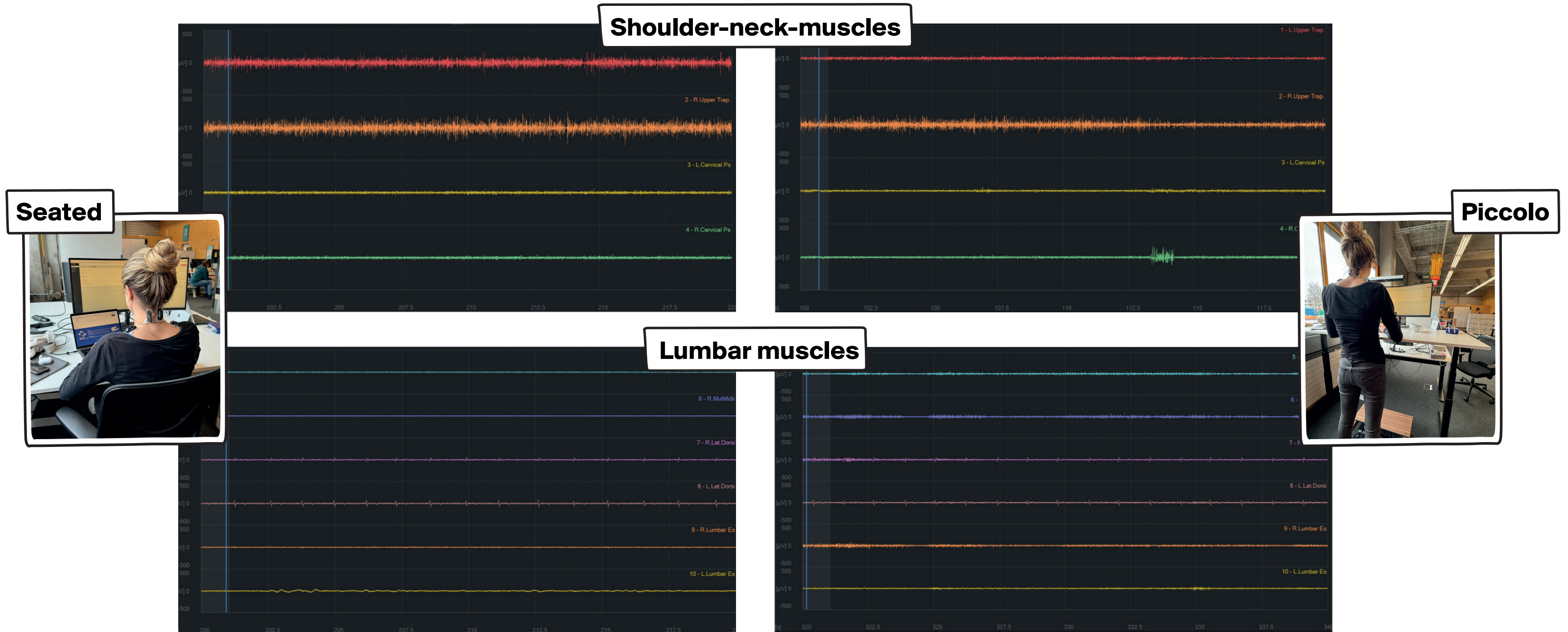
Painful? Do you feel hardening like little peas? These are trigger points.

They cause pain from the back of the head to the forehead and temple area.

They are often reinforced by weak and lazy lumbar.



# WHEN YOU SIT, YOUR TRAPEZIUS MUSCLE WORKS TOO HARD.



The standing position relaxes your trapezius muscle. And activates your lumbar.  
→ No back pain, no headaches.



# ACTIVE VS. PASSIVE STAND: THE BACK

Standing on the floor is often passive. This means we overuse our passive structures due to insufficient muscle activation.

Our joints feel stressed.

Our backs suffer tiredness.

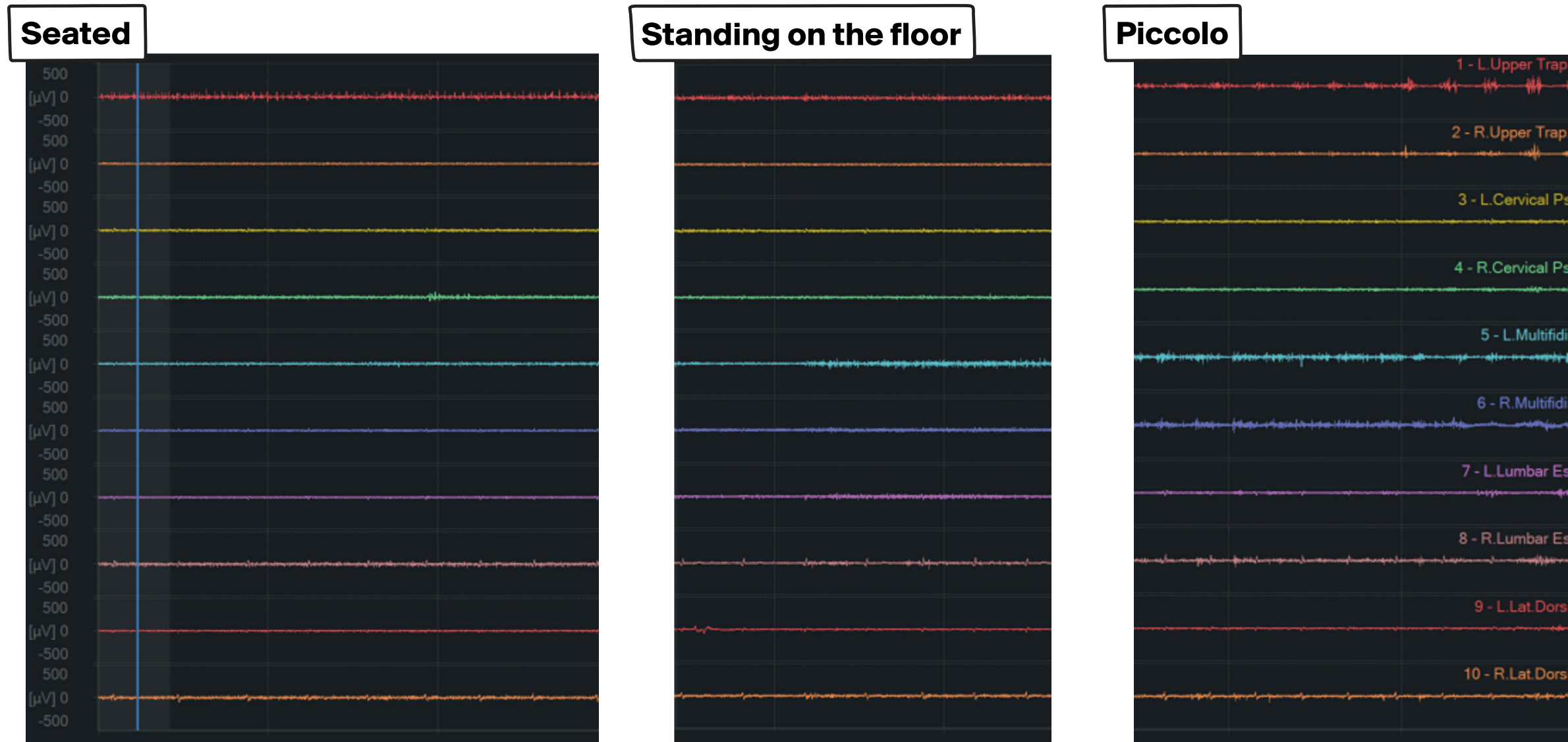
Our footsoles feel flat and overused.

No matter how comfortable the shoe felt in the beginning.





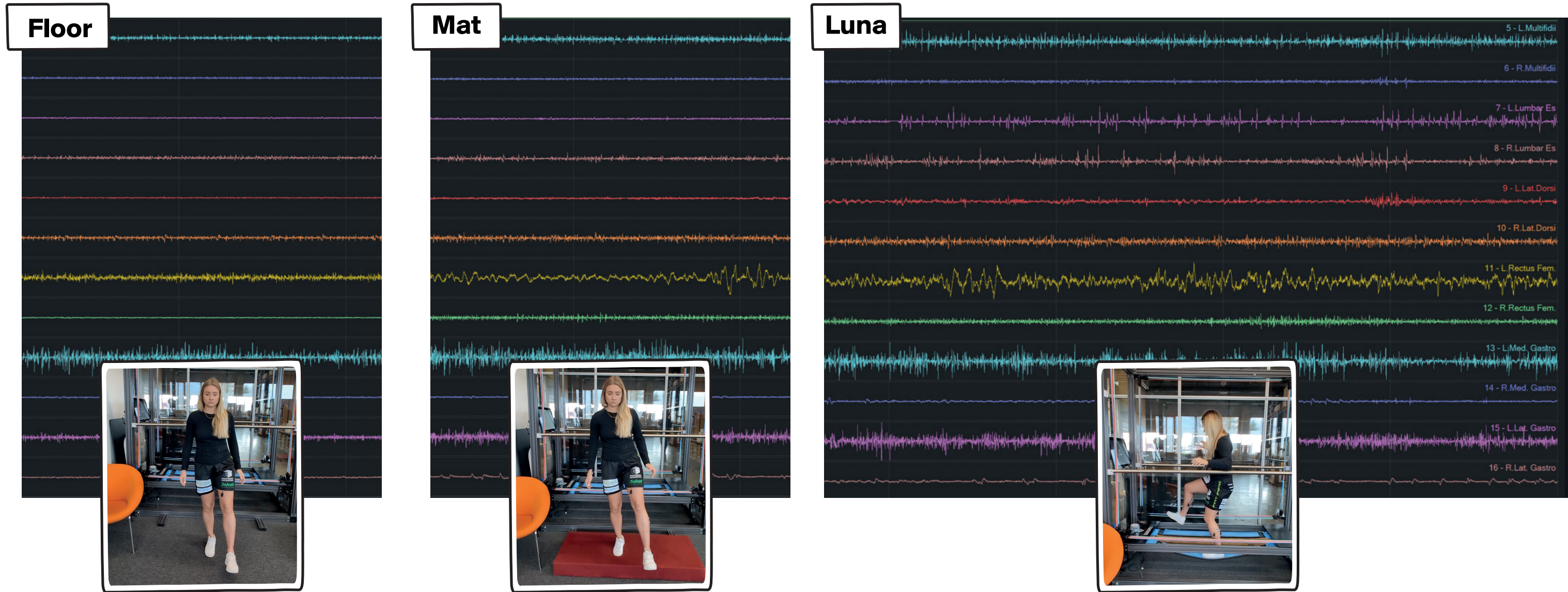
# AVOID THE MONOTONY



Different activity-levels in neck and lower back.  
Muscles love to have some variation in their activity.  
They get a rush of fresh blood and a better metabolism.  
→ Less muscle tension. And in the end, less pain.



# SURFACE COMPARISON: BACK MUSCLE ENGAGEMENT IN SINGLE-LEG STANCE



We compared single-leg stance on the left leg on the floor, on the balance mat and on the Luna. Back, thigh and calf muscles were measured. In the graphic you can see the muscle activity. Professional insight: The Multifidii are the deep, stabilizing back muscles. The ones that protect us from back pain. They are particularly challenged on the tapes.



# LOOKING FOR THE BEST BACK EXERCISE?

## TRY THE WAVE!

Why?

Due to the uniform, rectified movement in your legs, your back must be maximally stabilized in order to maintain a stable posture.

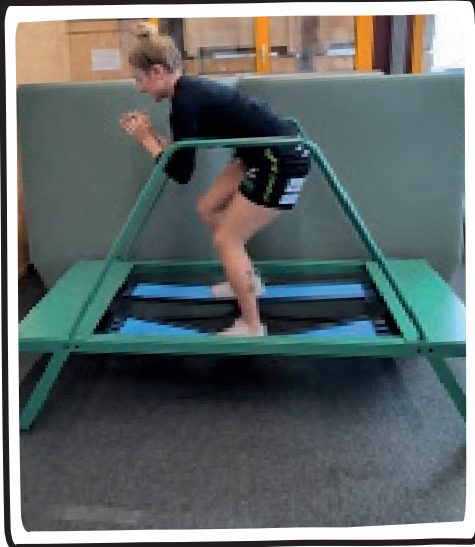
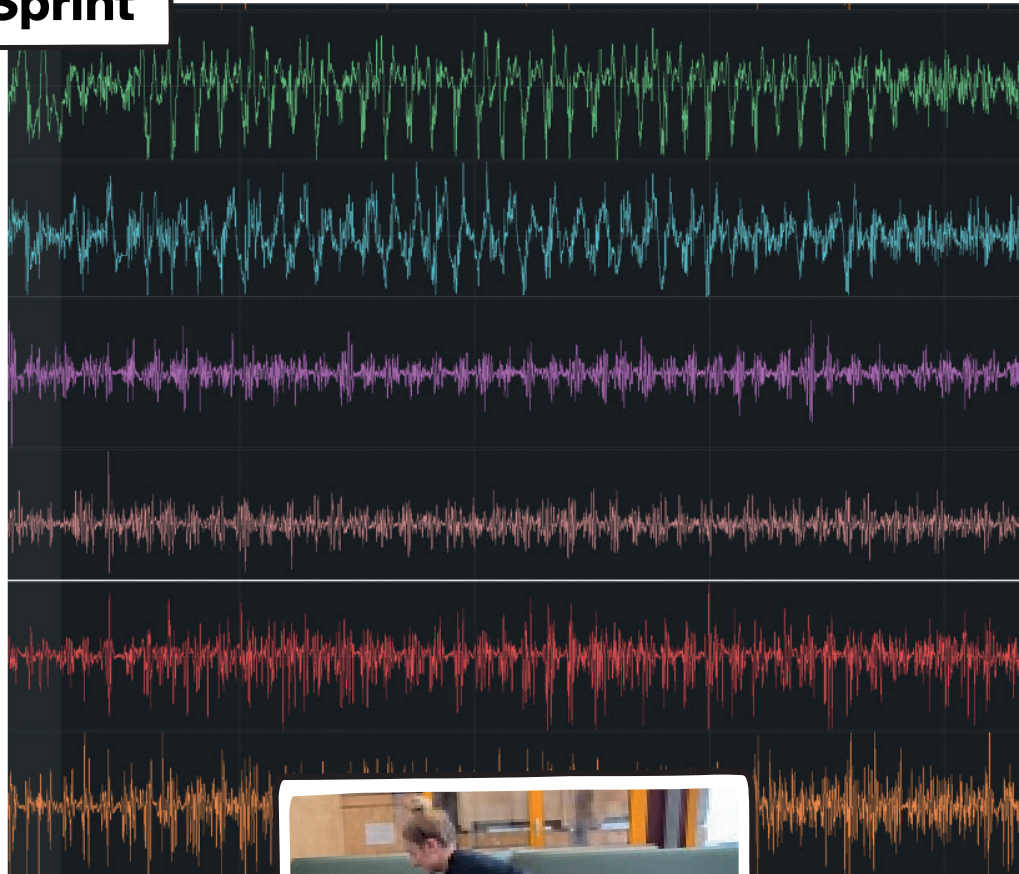
Just like in real life ...



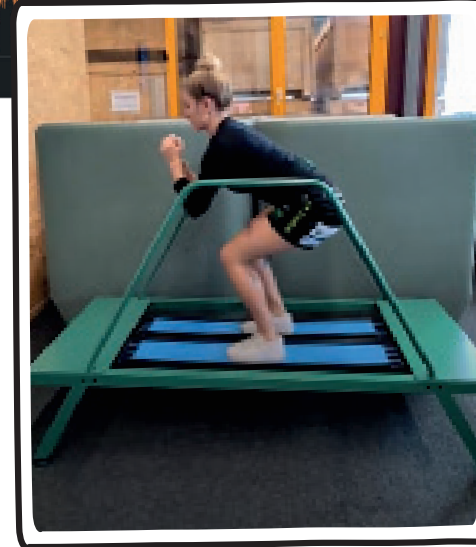
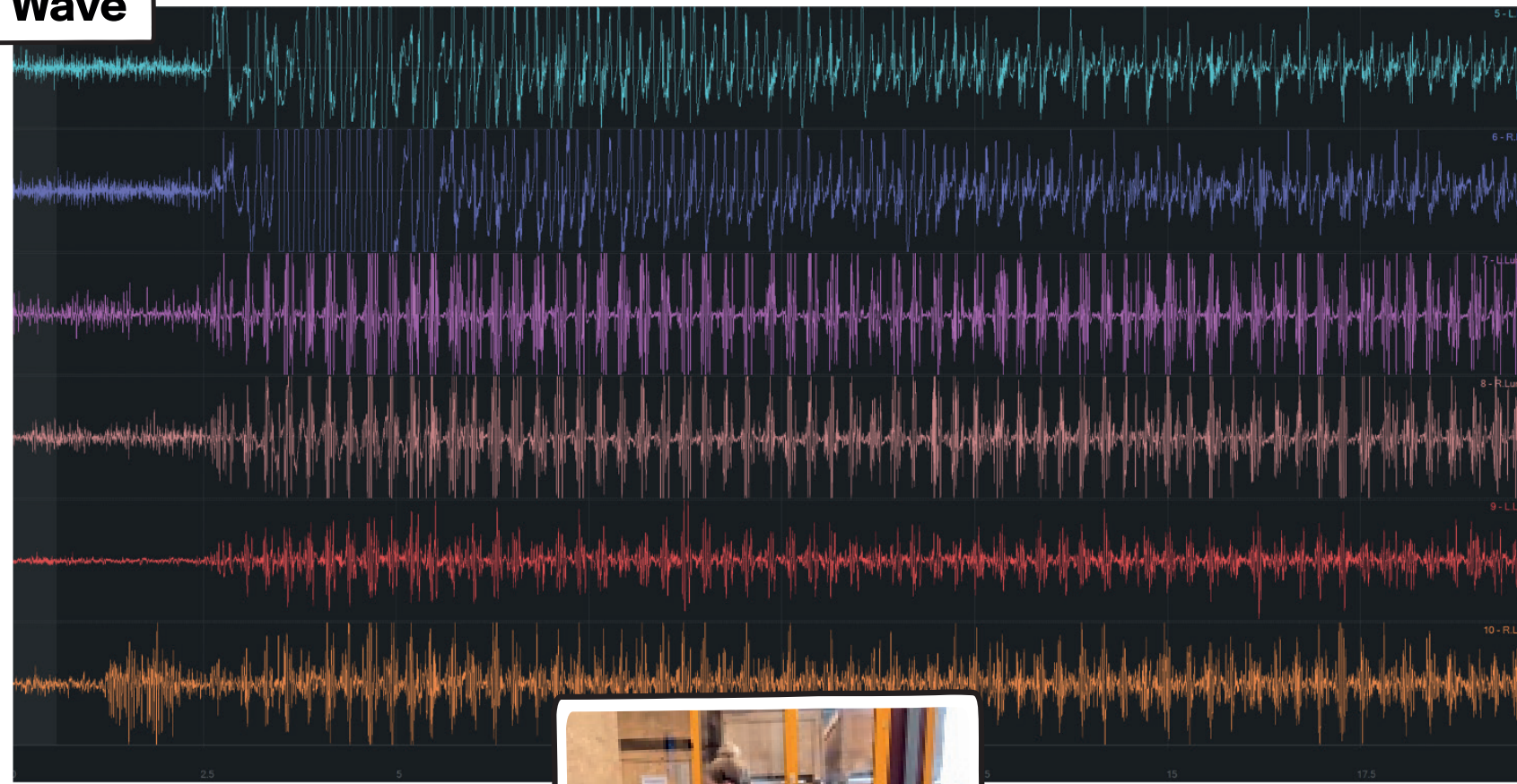


# EXERCISE COMPARISON

Sprint



Wave



Deep and superficial back muscles work like crazy.  
A little crazier with the wave ...



# ACTIVE VS. PASSIVE STAND: THE FEET

Standing is not the same as standing.  
You have the choice to be passive or active.  
Don't let your foot muscles atrophy,  
let them work.

By simply standing on the Piccolo,  
you provoke much more activity.

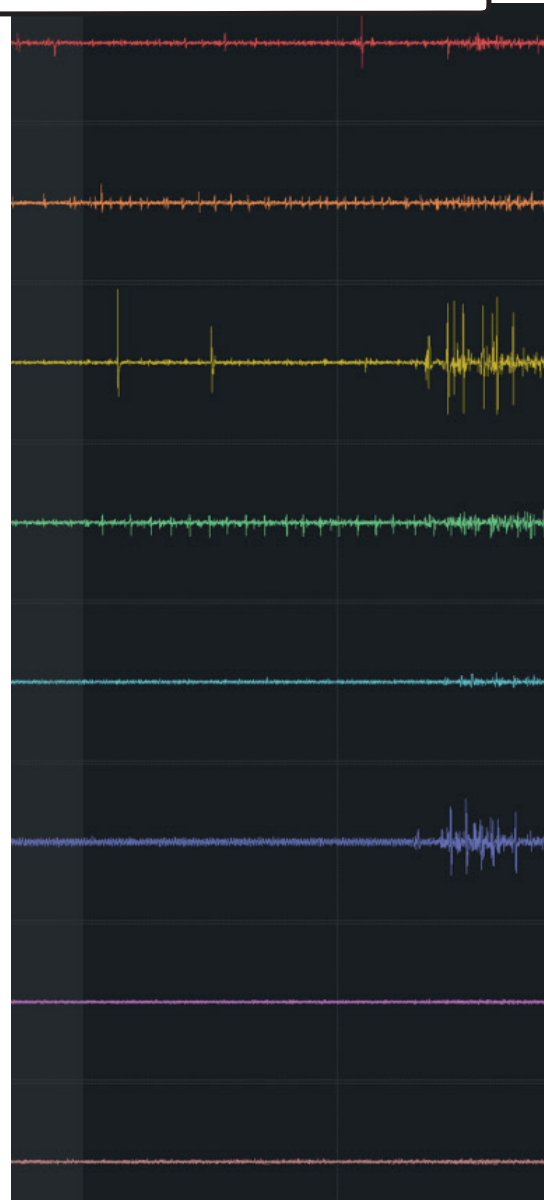
But be careful: standing on the tapes  
for a long time makes you tired.  
Give yourself breaks as soon as  
you feel tiredness and standing  
starts to feel uncomfortable.



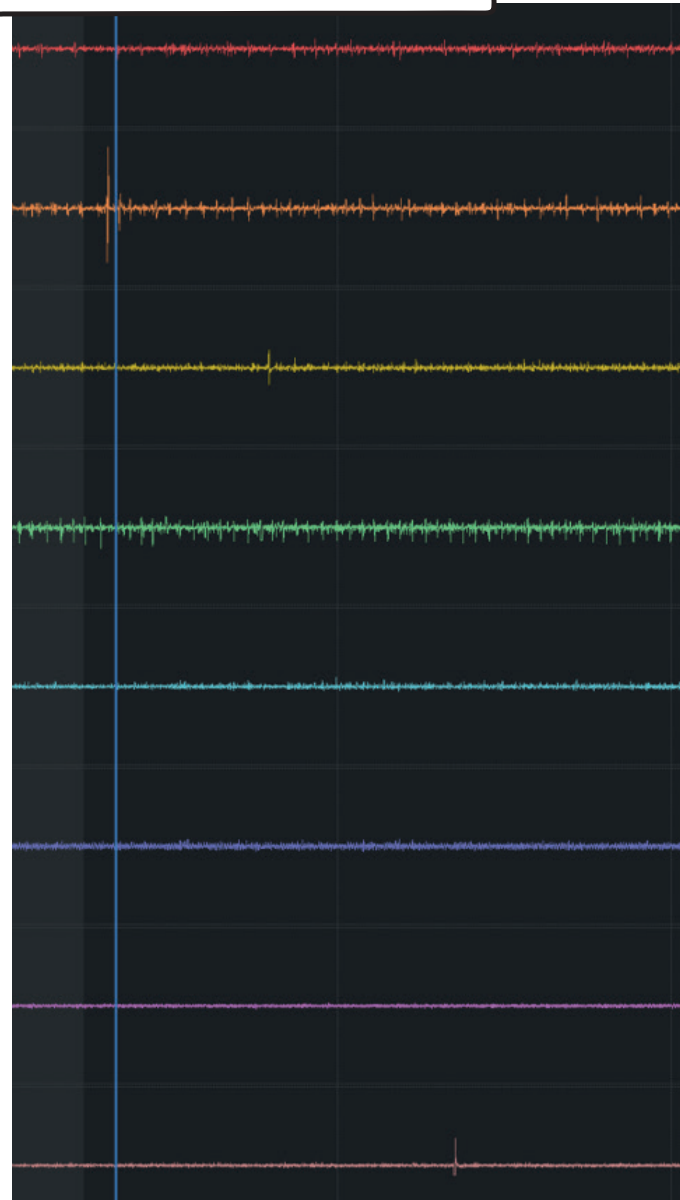


# DIFFERENCE BETWEEN STANDING ON THE FLOOR AND ON THE PICCOLO

First minutes Floor



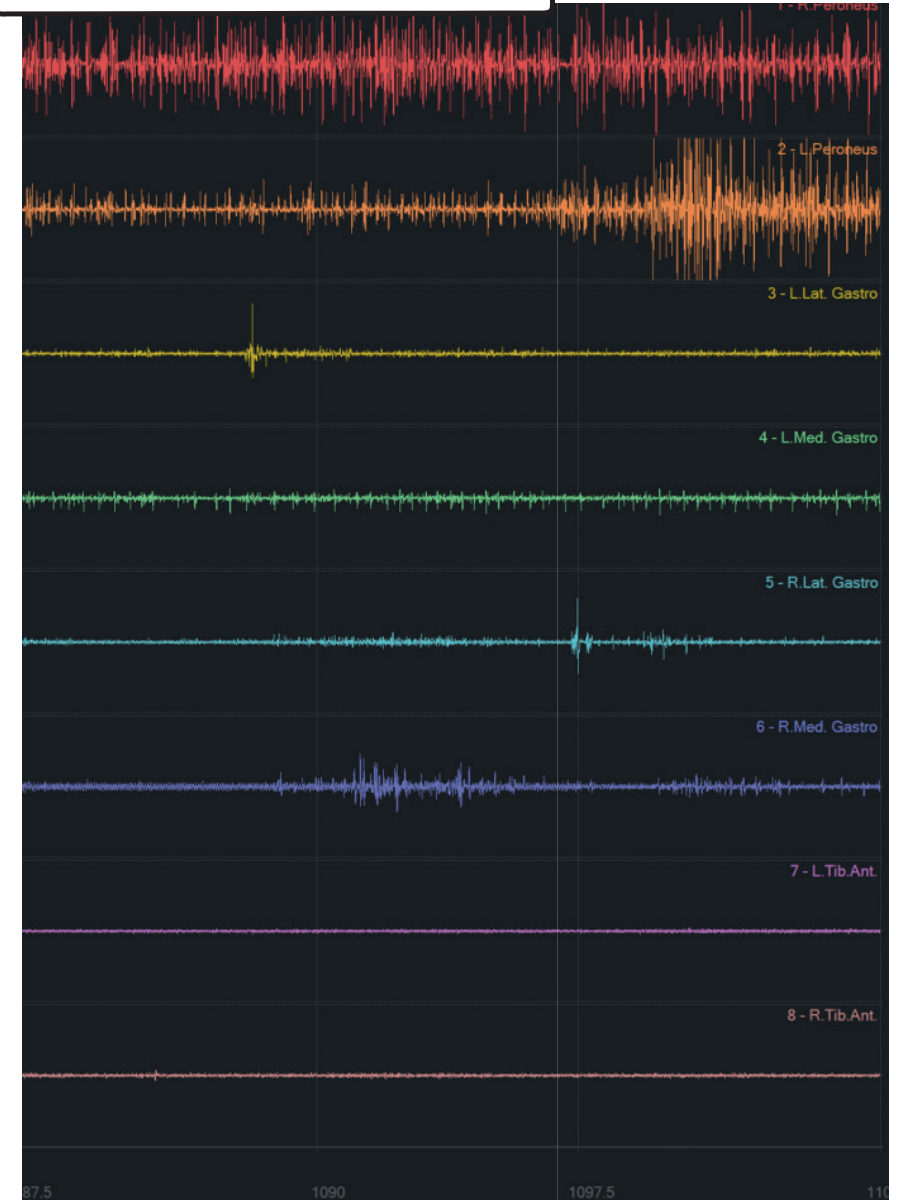
Last minutes Floor



First minutes Piccolo



Last minutes Piccolo



Long time standing on Piccolo can be exhausting in the stabilizing muscles.  
Give them a break.



# DIRECT ACTIVATION THROUGH TAPES?

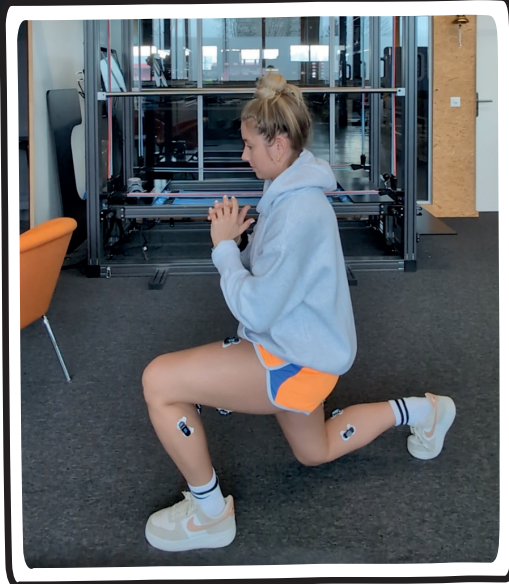
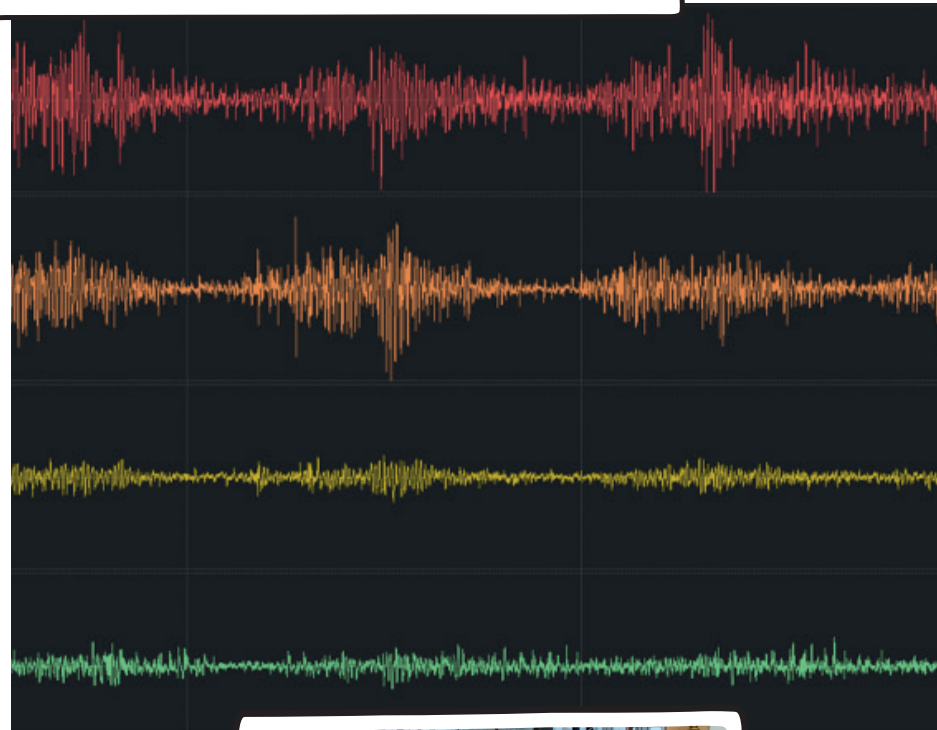
Are you looking for an efficient warm up? It seems, that you should prepare your strength training on Sensopro tapes. The coordinative warm up increases muscle activity and even makes your movement smoother.



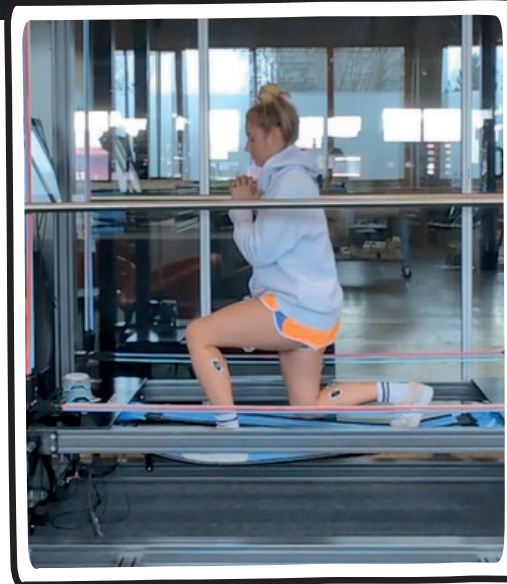
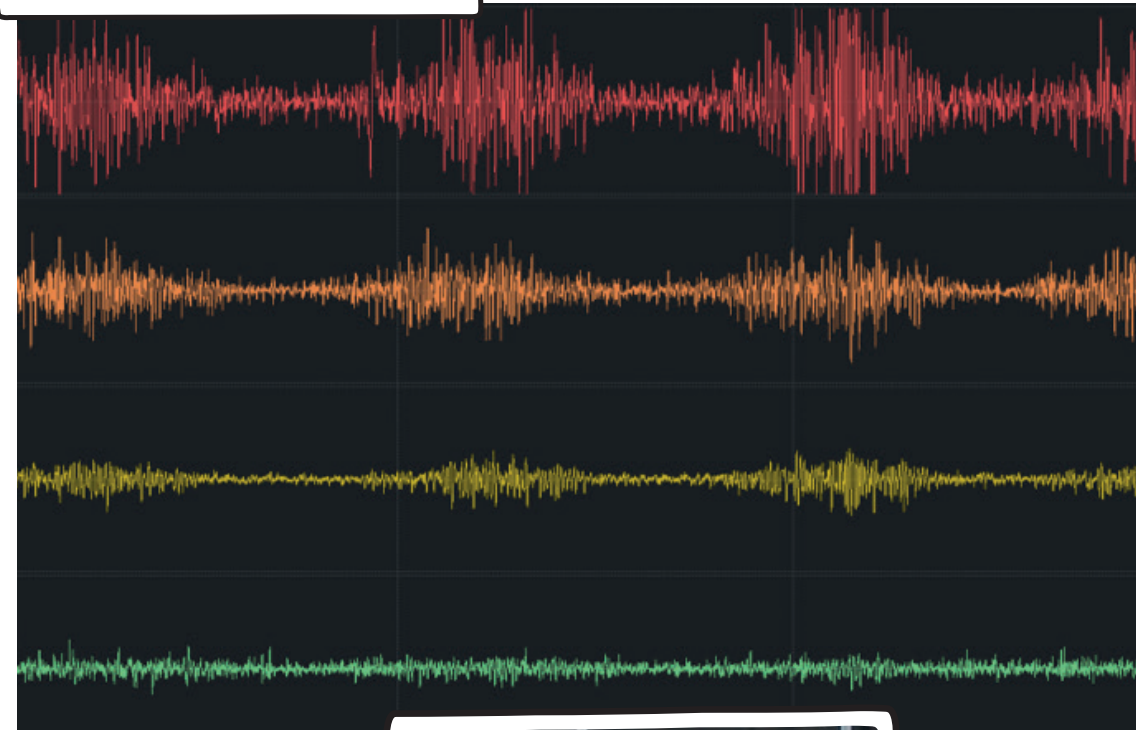


# THE EFFECT OF A WARM UP ON THE LUNA

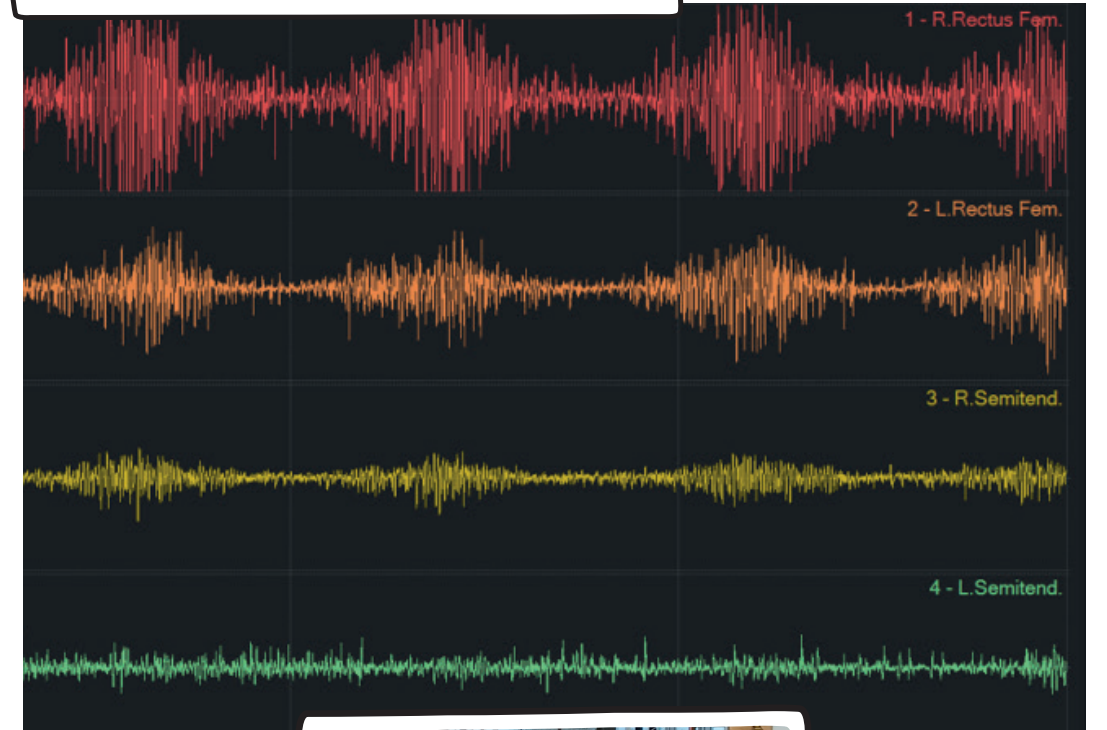
Lunge on the Floor (before)



Lunge on the Luna



Lunge on the Floor (after)



Thigh muscle activity is slightly increased after training on the Luna. You will be able to train with higher resistances.