

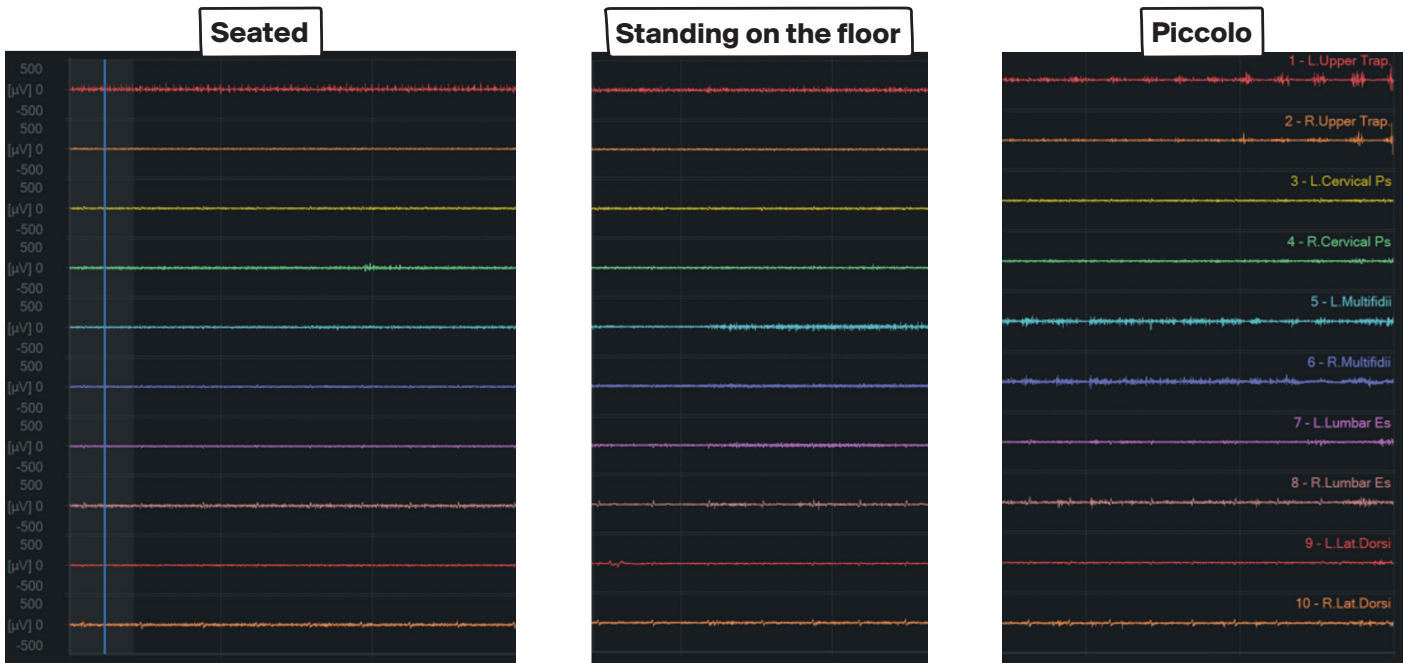
HERE COMES THE PROOF!



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

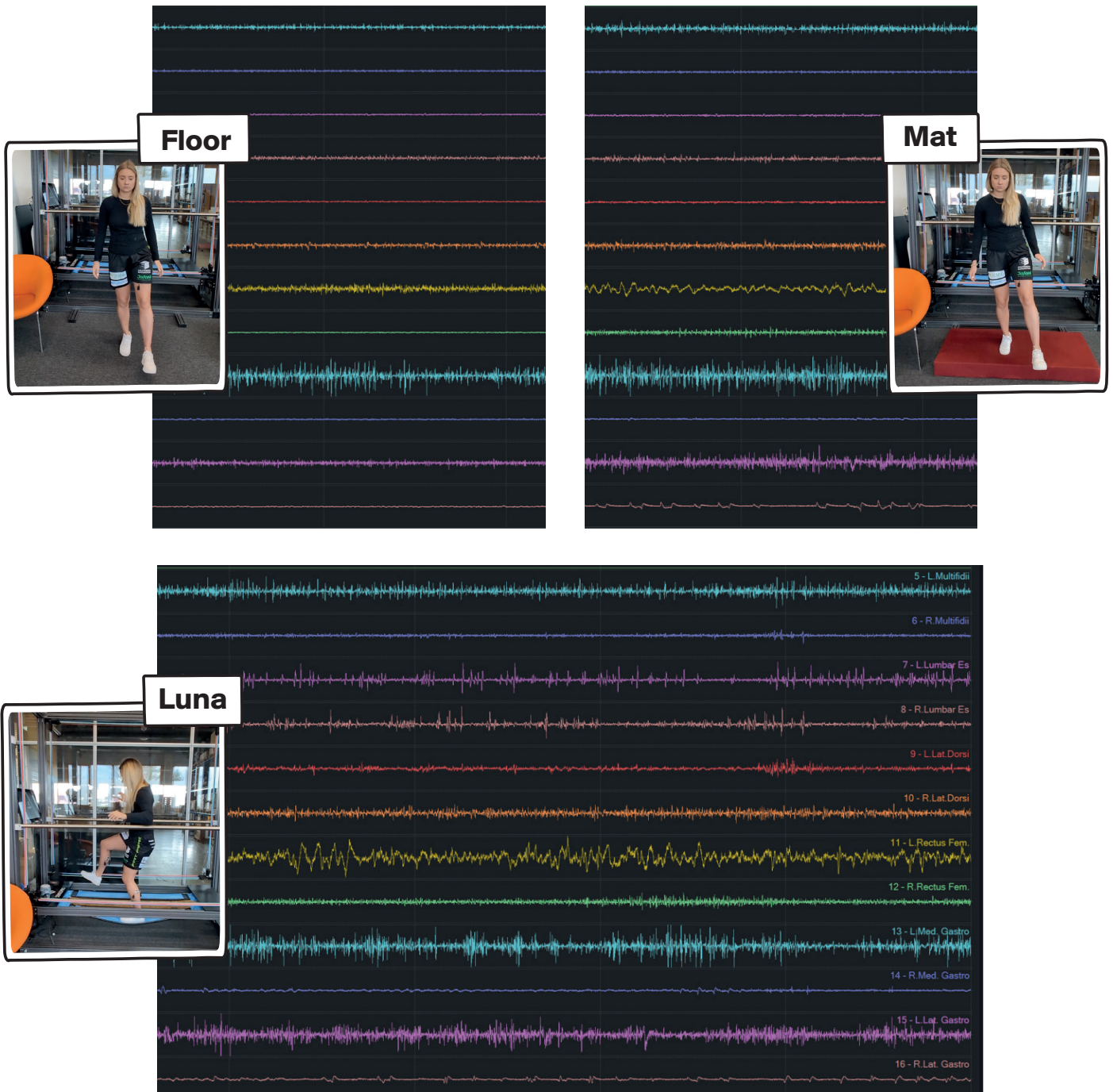


Different activity-levels in neck and lower back.
Muscles love to have some variation in their activity.
They get a rush of fresh blood and a better metabolism.
→ Less muscle tension. And in the end, less pain.



SENSOPRO

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.



SENSOPRO



LOOKING FOR THE BEST BACK EXERCISE?

Try the Wave!

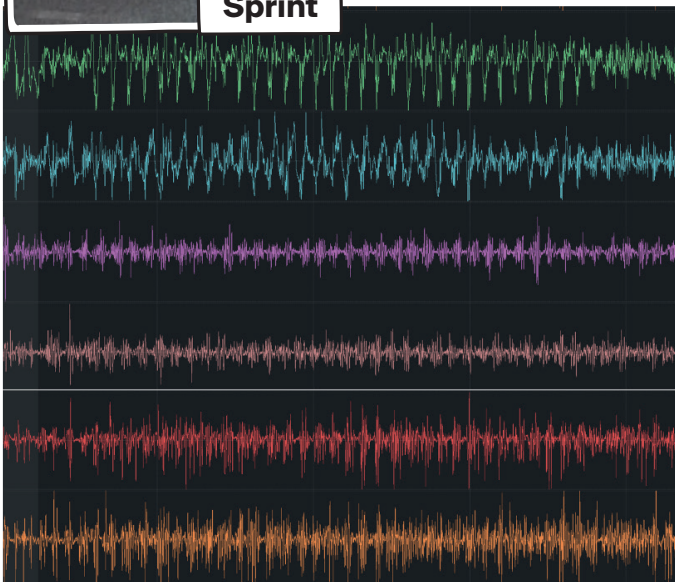
Why?

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 ...

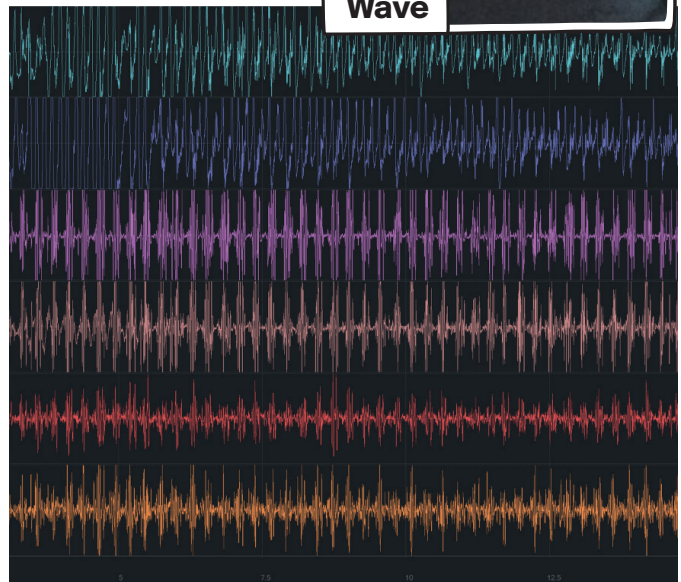
EXERCISE COMPARISON



Sprint



Wave



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