

BACK COMPETENCY CENTER

The 12-Month Back-Intensive Program

The checkup comes first

The back-check inquires the performance of the posture-stabilizing musculature:

- describes your current muscular status
- indicates strengths and weaknesses of your musculature
- gives you advise for an adequate back-training

Comprehensive support package

Consultations with the trainer as well as periodic tests secure the success control.



12-Month Back-Intensive Program

PHASE 1 · Getting Started

1st to 3rd month

The segmental stabilization of the spine

The first three months are dedicated to the segmental stabilization of the lumbar spine. This is the basis for further constructive exercises.

Segmental stabilization comprises the safeguarding of single movement elements of the spine. Mainly responsible for this are the low-lying muscles in the lumbar spine.

The re-learning of the excitation and activation of the sensitive “adjusting-musculature” is the most important step to get started.

The Dr. WOLFF Back-Therapy Center: training under professional guidance with medical equipment including sensor-technology for a precise, optical movement control.



Flexibility and coordination – right from the beginning

Recent (back) research insights confirm: flexibility training and stretching helps!

Stretching of the posture-relevant muscles that tend to shorten.

Dr. WOLFF *Get Flexible*: comfortable, age-appropriate exercises with secured movement conduct.

Stretching is an element of all training phases.



Sensor for movement control



Display unit



PHASE 2 · Development

4th to 6th Month

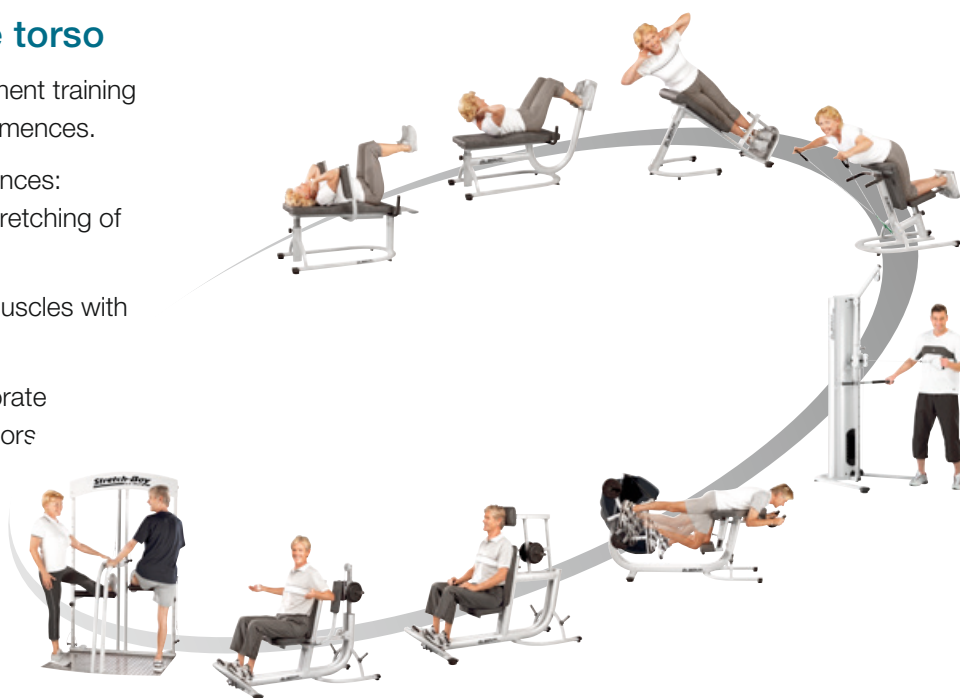
Muscle training for the torso

As of month 4 the targeted movement training in the Dr. WOLFF back-circle commences.

Compensation of muscular imbalances: strengthening of weak muscles; stretching of shortened muscles!

Training of the major movement muscles with the own bodyweight.

Dr. WOLFF Back Circle: The elaborate equipment-concept for complete torso



For more flexibility in everyday life

Differentiated variants of exercises

Further improvement of the flexibility

Dr. WOLFF *Get Flexible*



PHASE 3 · Progress

7th to 9th Month

Demanding and multi-joint exercises

The previous strengthening of the posture-stabilizing musculature is the prerequisite for the following three-month training sequence.

Instead of isolated muscle training, whole-body exercises in muscle-functional chains are trained.

The training of complex and close to everyday life movement sequences as for example lifting, carrying, pushing and pulling of loads are trained in the Dr. WOLFF *Prevention Park*.



LAT-PULL 805



CHEST PRESS (STANDING) 802



ROWING (SEATED) 803



TRICEPS TRAINING (STANDING) 804



LIFTING 801



LEG PRESS 806



LEG EXTENSION 810



LEG CURL 809



SPINAL ERECTORS 808



ABDOMINAL (SEATED) 807

Phase 4 – Goal

10th to 12th month

Goal reached

After 9 months your muscle state is well prepared for free, functional training.

An individual program design that takes the actual performance into consideration.

Whole-body exercises improve the muscular security of the spine und the major joints.

Dr. WOLFF Functional Training Station:

From beginners to advanced – differentiable, reproducible and secure.

Movement training now follows as an integrative part of the strengthening process.





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SPORTS & PREVENTION

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