

5MinuteBack.com

Certification Program

More than 89 reasons to educate on 5MinuteBack™

5MinuteBack™ is an evidence based program that dispels the myth and hype of “pop core” strengthening programs with over 89 supportive research articles and more than five years of clinical testing!

“I can’t thank you enough for helping my back return to normal. I no longer have any pain in my back... there is absolutely zero pain. Furthermore, I have had the best two seasons [pro-skier] of my life since I started doing your exercises.”

Jen H.



“...my back feels more stable and strong. Your program helped solve my problem rather than just mask it!”

Randy S.

“...I’ve been going to back docs since I was 13 and none of them have made me feel the way I do now. Even my coworkers have seen a change in my posture and strength!”

Lance M.



Visit SpinalReflex.com for more

Join us in the Bahamas and become a 5MinuteBack™ Certified Provider today!

- 5MB Course \$225.00 / 2 Days Bahamas Only Special Plus All Inclusive Resort Packages available for 4, 6, & 8 days for \$469.00, \$559.00, & \$699.00 respectively when registered for 5MB Course. Visit Link for Details.
- Should your state require it, ISSA Certification can provide appropriate credentials to allow you to teach 5MinuteBack™ exercises safely, effectively and legally to your clients.
- Get a \$75.00 discount on ISSA (International Sports Sciences Association) Personal Trainer Certification when you purchase it through SRI Intl. after completing your 5MinuteBack™ Provider Certification.

5MinuteBack™ Provides Relief and Mobility for Active Living!





All Inclusive 8 nights
fun filled Bahamas
Conference for Patients
February 10-18, 2012

If you have back or neck pain

- Learn the most effective back strengthening program available
- Attend the 5 day Physician directed 5MinuteBack™ Conference
- Includes 6 or 8 nights at the Viva Wyndham Fortuna All Inclusive Resort
- Just \$1195. You Save over \$2000



Visit SpinalReflex.com for active links if received by mail

[Viva Wyndham – 360 tour](#) [Viva Wyndham All Inclusive](#) [Better Business Bureau Report on](#)

Health Conference includes

- All Meals, drinks, snacks, pool, beach, outdoor activities, snorkeling, windsurfing, nightly shows and dancing, Caribbean cooking and dance classes, local airfare, a stronger back and much more!
- **Conference costs may be tax deductible under IRS Medical Expenses for travel, lodging, meals and course fee with a prescription from your doctor for “back strengthening program”**
- **Ask your Tax Accountant, visit http://www.irs.gov/publications/p502/ar02.html#en_US_publink1000178851 and/or See details on page 2.**

How to Register

- Call 970-259-5520 to register by January 15, 2012. Price is per person, double occupancy for 6 or 8 night stay for Garden View room. Add one time fee of \$50.00 to \$90.00 for an Ocean View Room preference based on length of stay. Deposit of \$250.00 required upon registration and balance due by January 15, 2012.
- Add \$269.00 for 6 nights or 369.00 for 8 nights for each family member under 17 years of age.



The 5MinuteBack™ Comprehensive Spinal Stabilization Program is a five year clinically proven program that is supported by over ninety research articles and has been shown to reduce or eliminate back pain and spasms, increase mobility and improve activities in certain patients. Results cannot be guaranteed in every individual case. An evaluation by an SRA Certified Doctor or a qualified physician is required before attending this conference.

Spinal Reflex Institute, Intl., LLC • 5MinuteBack.com • 1-970-259-5520

5MinuteBack™ POWERFUL!

"...my back feels more stable and strong. Your program helped solve my problem rather than just mask it!"

Randy S.

"It has helped my rotator cuff shoulder injury by 95%. Overall condition of back stronger and less visits to the doctor. Brilliant program, it works!"

Paul G.

"...I've been going to back docs since I was 13 and none of them have made me feel the way I do now. Even my coworkers have seen a change in my posture and strength!"

Lance M.

"Greatly improved my neck, lower back, and leg problems. I am much improved, beyond all expectations and I am more able to do the things I used to do years ago!"

Marilee F.

"This program has helped relieve the severe pain and debilitating effects... It has put me back on my bike!"

T.Z.

"I can't thank you enough for helping my back return to normal. I no longer have any pain in my back... there is absolutely zero pain. Furthermore, I have had the best two seasons [pro-skier] of my life since I started doing your exercises."

Jen H.

Spinal Reflex Institute Intl.
1401 Main Avenue Ste B • Durango, CO 81301
1-877-259-5520 • www.5MinuteBack.com

If you are experiencing...



traumatic injury

back or neck pain



shoulder, knee or foot pain



muscle, joint or nerve problems



or looking for peak performance...

5MinuteBack™ is effective for:

- Acute and chronic pain management
- Increasing range of motion
- Speeding injuries and surgical recovery
- Delaying certain surgeries
- Reducing symptoms of chronic disease
- Reducing stress and anxiety
- Improving overall health and fitness
- Reducing Delayed Onset Muscle Soreness
- Increasing athletic performance
- Neck, back and extremity pain and dysfunction

Who can benefit? Age, history, and activity levels may not preclude you from the benefits of the 5Minute-Back strengthening program. 5MinuteBack can not cure back or other diseases, but may reduce the pain, ache and select complications of many conditions.

Your **5MinuteBack™** Instructor:

5MinuteBack.com

Fast Relief!

Reduce back pain in as little as 3 days!

Move Freely!

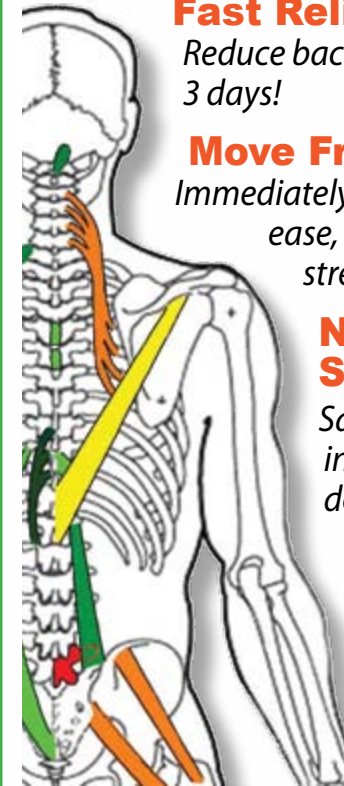
Immediately move with greater ease, balance and strength!

No Drugs or Surgery!

Safe, drug free, non-invasive exercises to do at home!

No Excuses!

No hassles, no memberships, no excuses - just 5 minutes a day!



Say Yes...

To a better back in less time than a TV commercial break!



What is 5MinuteBack™?

5MinuteBack™ (5MB™) is a safe, non-invasive and profoundly effective way to reduce or eliminate muscle and joint pain, increase freedom and ease of movement and maximize physical performance in as little as 5 Minutes a day! Developed by Dr. Frank Jarrell of Spinal Reflex Institute Intl., 5MB™ is a TrueCore™ product with over 15 years of research and treatment for athletes and injured patients.

Your Back is an Apple!

5MB™ is the only back and body strengthening program that acknowledges 3 key design features of the human body that are just now coming to the front edge of medical understanding.

First: You need a strong back! All movement in the body requires spinal stability through strength. Without a dynamically stable spine, the arms, legs, head and jaw cannot move efficiently and will eventually develop muscle and joint damage or injury.

Second: You must use your senses! All 5MB™ spinal exercises start with a group of senses called "telereceptors" that include the eyes, ears and nose. These sensors gather information at a distance from the body and will always cause the eyes to turn in the direction requiring your attention. This process in turn activates spinal muscles from the top down, deepest to the most superficial.

Third: Your Back is an Apple! The spine is a chain of links we call vertebrae. The muscles of the spine are best divided into three groups: 1. Deepest layer or those that connect one vertebra to another. 2. Middle layer or those that skip segments and connect one vertebra to another that is further away and 3. Outer layer or those that connect a region of the spine to another region of the body.

5MB™ understands that the deepest layer is the most important to strengthen first. Most back strengthening programs focus on the outer layer, or large muscles of the back and abdomen first. Like a bad apple, these programs will make you pretty on the outside, but soft in the middle.

No Equipment Needed!

5MinuteBack™ is the simplest and most effective program available and requires absolutely no equipment and can be done in as little as 5 minutes a day! Once you start, you will want to learn the whole TrueCore™ program, comprehensive back strengthening program you can do in less than 20 minutes a day!

5MinuteBack™ provides relief and mobility for active living!



Where can I take a class?

5MinuteBack™ and TrueCore™ exercise classes are available through SRI, Intl. Certified Instructors in select cities across the USA, Australia and Europe.

Only Instructors certified by Spinal Reflex Institute Intl.

are qualified and sanctioned to teach this innovative and powerful program.

For a listing of Certified Instructors and classes offerings in your area, visit 5MinuteBack.com.

Classes are available for large groups and corporations with Dr. Frank Jarrell through our SRA Corporate Wellness Division.

How do I receive SRA treatment and services?

Spinal Reflex Analysis (SRA™) and Spinal Reflex Therapy (SRT™) are available for those seeking treatment for specific nerve, muscle and joint conditions, unresolved and failed care, acute and chronic pain management, or non-pharmaceutical enhancement performance.

To Schedule an appointment or to find an instructor in your area:

Call 1-877-259-5520 or visit www.SpinalReflex.com today.

