



**Release
Relax
Restore** *your core*



The Beam™ will help you release, relax & restore your core
Yoga inspired stretching and deep breathing will help you release muscle tension. Use this tool for 10 minutes a day to help relax and loosen tight muscles.

Getting on and off of The Beam™

1. Sit down on a mat. Line The Beam™ (logo side up) down the centre of your back leaving a fist width from your tail bone.
2. Bend your knees and while holding The Beam™, slowly lie back onto the mat. Alternatively, lay The Beam™ down behind you on the mat. Slowly lie back centering The Beam™ with your spine. Leave a fist width from your tail bone
3. To get off, raise one arm up and roll over to your side. Curl up into the fetal position or go into child's pose for a few breaths before rising up. Take your time as you might be light headed.

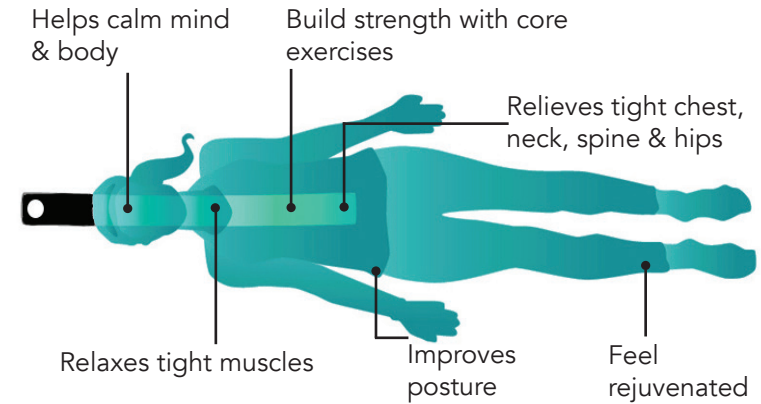
Once you are lying on The Beam™ you have different options for your arms:

- Palms facing up or down
- Hands on your ribs or stomach
- Extend arms straight out to form a cross
- Extend arms and bend your elbows

Relax on The Beam™ while using your breathing to release tension in your back.

Modifications: To help with neck tension, lay a pillow between your head and The Beam™. If The Beam™ is too firm try covering it with a blanket or towel. After a few uses try removing the towel to see your progress.

Benefits of using The Beam™



"The Beam is one of the most ingenious back supports I have seen to date. It is affordable, portable and easy to use." Dr. Amber Gardiner

**Chiropractor
Recommended**

Release tension in your back, neck and shoulders with just 10 minutes a day.

Relax your mind & body.

Restore your core & posture, anywhere, anytime.



FIRM



Many Ways to Use The Beam™

Use The Beam™ while standing against a wall, sitting on a couch or chair, watching TV, working on the computer or driving in the car.

We recommend you try the beam against the wall before the floor.



Stay Connected!

Visit nimbleback.com for videos on how to use The Beam™. Join us on social media to stay up to date with the latest stretches, exercises, news and contests.
#nimbleback #thebeam #releaserelaxrestore

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Instructions included. Videos online at nimbleback.com

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The Beam™ by Nimbleback

Learn more about The Beam™
and watch online videos at
www.nimbleback.com

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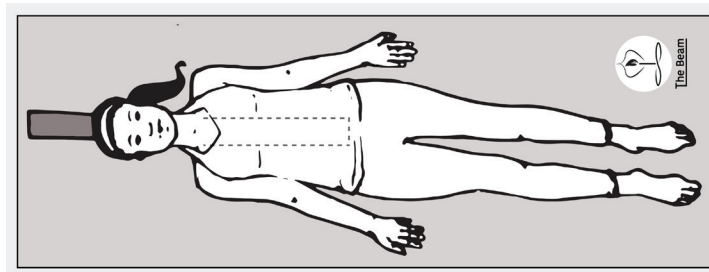
Disclaimer

The Beam is neither a medical device nor is it intended as treatment for medical conditions. Consult with a healthcare professional before beginning any exercise program or use of The Beam. It is your responsibility to evaluate your own medical and physical condition and determine whether to use The Beam. If you experience pain, stop and consult a physician.

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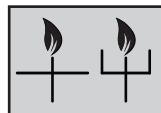
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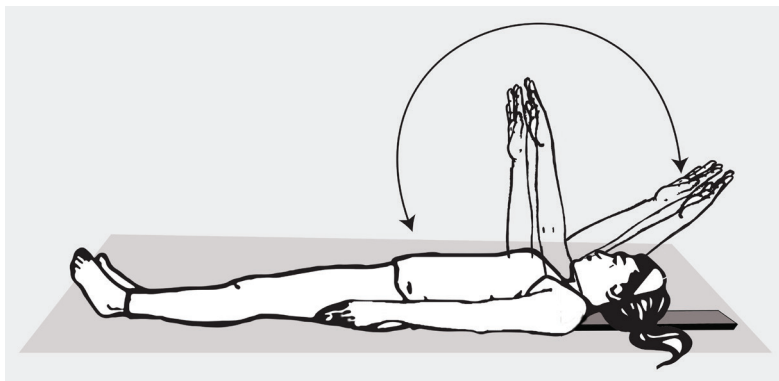


The Back Booster

1. Palms facing up or down. Legs can be straight or bent
2. Begin with your hands on your ribs or stomach
3. Try extending arms straight out to form a cross or bend your elbows (see image)
4. Relax on The Beam™ while using your breathing to help release tension in your back.
5. Breathe deeply in and out for 5 minutes



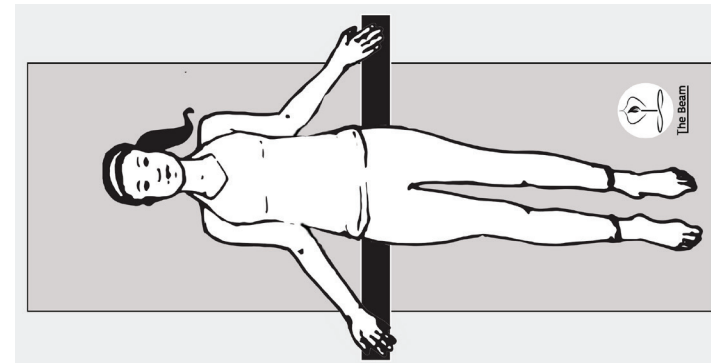
TIP: Long, deep belly breathing will help you focus & release tension



The Shoulder Shaper

1. Once positioned on The Beam™, extend arms to the ceiling. Keep them shoulder width apart.
2. Face palms forward. Make sure your arms are straight.
3. Extend arms and fingers to the ceiling. Lift your shoulder blades away from The Beam™ and hold for 5-10 seconds.
4. Sink shoulder blades back down, keeping arms straight.
5. Slowly lower your hands/arms over your head. Breathe and keep your shoulder blades engaged
6. Stop reaching back if you feel your shoulder blades lift. Don't go farther than your ears.
7. Slowly bring your arms back up to the ceiling. Repeat 5-10 times.

TIP: For an extra challenge, do this sequence while in bridge pose.



The Lower Back Lounger

1. Place The Beam™ horizontal on the floor, wide side down
2. Line the long edge of The Beam™ up with your lower back
3. Slowly lie back onto The Beam™
4. Adjust The Beam™ and position it under your tail bone
5. Keep your knees bent or straighten out your legs & relax
6. Allow your feet to fall open to each side
7. For more intensity, stretch your arms above your head
8. Hold for 2-5 minutes



The Beam™ Bridge

1. Once positioned onto The Beam™ raise into the bridge pose
2. BREATHE and release the tension between your shoulder blades. Let your shoulder blades sink to either side of The Beam™. Hold this pose for a few seconds
3. To release, slowly lower yourself onto the floor by gently sinking each vertebrae one by one onto The Beam™
4. Repeat 5-10 times
5. Relax for 30 seconds before moving onto the next pose

TIP: Soften your lower back, breathe & relax!

Warnings: Use as directed. Keep away from small children and animals. Does not contain hazardous materials. Ages 10 and up. It is not recommended that you sleep on The Beam™.