



The Beam
Breathe new life into your back

**Breathe new life into your back.
Just 10 minutes a day!**

www.nimbleback.com

Thank you for your recent purchase of The Beam™.

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.



The Beam™ will be your back's best friend

Use this tool daily to help release muscle tension and strain. 10 minutes is recommended, but if you have more time, even better!

Benefits of using The Beam™

- Reduces back pain and strengthens back muscles
- Stretches chest, neck, spine and hips
- Improves circulation and helps increase energy
- Helps calm the brain and nervous system
- Relieves stress
- Opens up the lungs
- Improves posture and balance

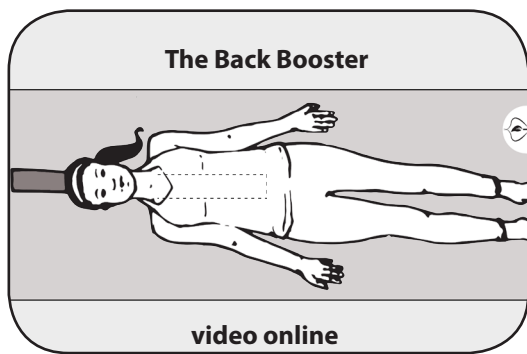
Many ways to use The Beam™:

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

*It is recommended to try The Beam™ against the wall before using on the floor.

Getting on and off of The Beam™

1. Sit down on a mat. Line The Beam™ down the centre of your back leaving a fist width from your tailbone
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 tailbone
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:

1. Palms facing up or down
2. Hands on your ribs or stomach
3. Extend arms straight out to form a cross
4. Extend arms and bend your elbows
5. Relax on The Beam™ while using your breathing to release tension in your back. Breathe deeply in and out for 5 minutes



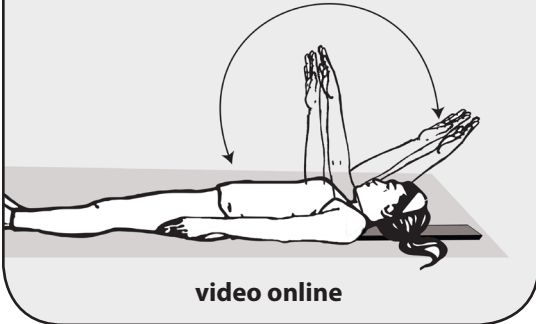
TIP: Long deep belly breathing will help you focus and release the tension in your back



Other uses: The exercises included with your purchase of The Beam™ are the beginning of what you can do with this revolutionary product. Use The Beam™ during your core workout or as a tool to improve balance*. These ideas and more can be found on The Beam Stream. Visit nimbleback.com for links to our Youtube Channel and other social media.

*Balance exercises specific to original density product.

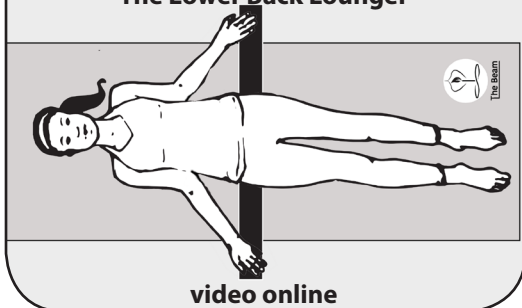
The Shoulder Shaper



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. Reach and extend your arms and fingers to the ceiling. Lift your shoulder blades away from The Beam™ and hold for 5-10 seconds
4. Sink your shoulder blades back down while keeping your 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. Do not go farther than your ears
7. Slowly bring your arms back up to the ceiling. Repeat 5-10 times

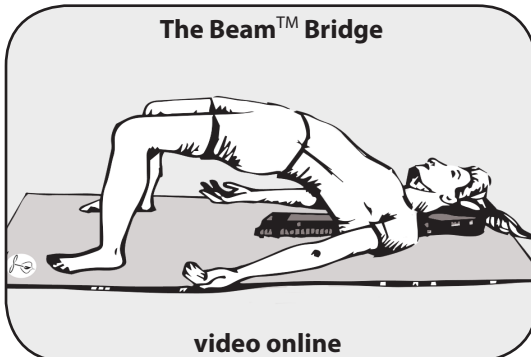
TIP: For more of a challenge, do this sequence while in bridge pose.

2-3 minutes with The Lower Back Lounger



1. Place The Beam™ horizontal on the floor
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 tailbone
5. Straighten out your legs and relax
6. Allow your feet to fall open to each side
7. For a more intense movement, stretch your arms above your head
8. Hold the pose or stretch 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 pressing each vertebrae one by one onto The Beam™
4. Repeat 5-10 times
5. Extend your legs and allow your shoulders to fall onto the floor
6. Relax for 30 seconds before moving onto the next pose

TIP: Soften your lower back, breathe and relax