



# BACK BENDERS

**BRELAX AND STRETCH YOUR WAY TO A HEALTHY BACK**

Help relieve bad back pain caused by tight muscles, excessive bending, and poor spinal alignment. Reverse the effects of spinal compression and pinched nerves. weight 1kg. outer dimensions 41cm x 28cm x 8cm  
Easy to carry, pack and take anywhere.

- Relieve vertebrae and disk compression
- Increase blood flow to the brain
- Relax the muscles of the shoulders, neck and lower back
- Use while sitting to improve posture
- Increase flexibility and range of motion
- Ultra comfortable spinal cradle

