

INSTANT BACK PAIN RELIEF

Hey %name%

Back pain

We know you've tried everything

Watched all the videos and read all the blogs

BUT IT JUST WONT GO AWAY

We know what its like which is why we have

Put together the 7 most effective ways to end this once and for all

And we give it you all for FREE

1. Frog positions stretch

Bend over touch toes

2. Mountain climb stretch

Right hand on the wall right leg forward left leg stretched back

3. Jungle run

Jog on the spot

4. Airplane stretch

Arms spread wide twist hips from side to side

5. Ice and salt treatment

Put salt on ice and get someone to rub it on your back

6. Dragon touch

Both hands outstretched in air stretch as much as possible

7. Tornado stretch

Touch left toes w right hand then touch right toes with left hand

These methods have tested and proven to work

By some of the best chiropractors in the industry

In the link below we go into further detail on how to correctly perform each of the stretches listed with images and videos

