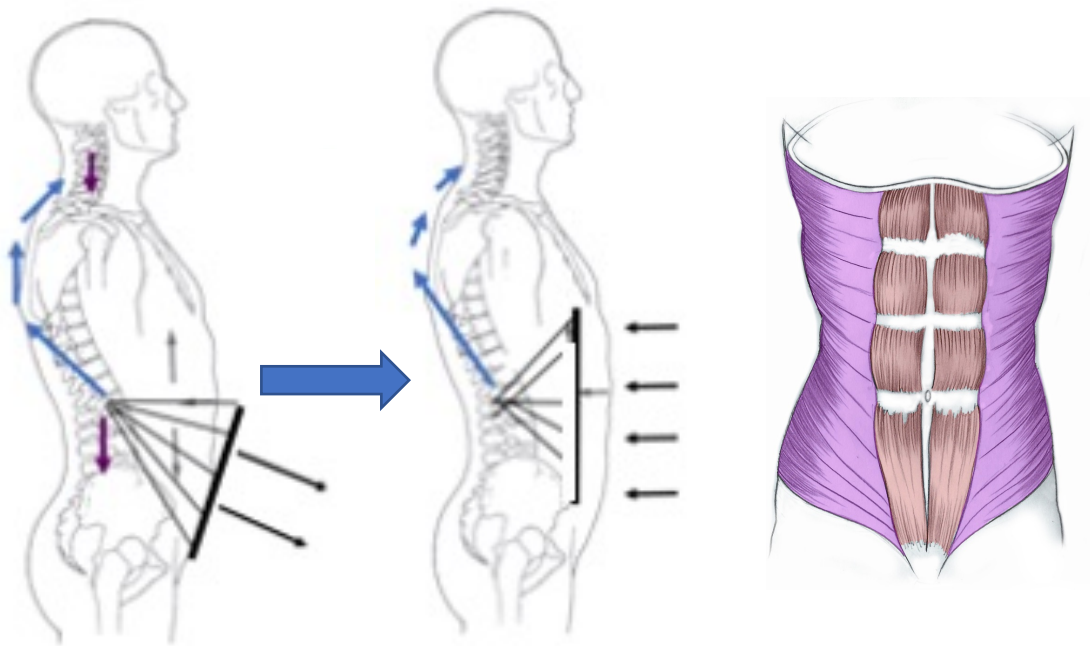




**CoreBuilderPro**  
GET BACK IN THE GAME ®

***Successful Management of  
Incontinence, Prolapse, Pelvic and Low Back Pain***

## **Effective Core Strengthening**



**"Tightening Nature's Corset"™**

**Only 6-10 Minutes Daily**

**Improved Quality of Life** with Less Anxiety re: Leakage,  
A Stronger and More Stable Posture and Gait,  
Physically/Mentally Stronger – Prevents Falls  
Improved Function Throughout the ADL,  
More Comfortable and Confident  
**Back in Control!**



**"Simply the Best!"**  
Method to Strengthen the Core

**Created / Developed by**  
*Jim Porterfield PT, MA, AT(ret)*

**corebuilderpro.org**  
Awarded US Patent

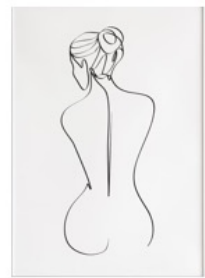


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***- Links -***

- 5 min – Pelvic Sequence

**<https://bit.ly/3BdsM6K>**

- 2 min 30 sec - Pelvic Sequence Video

**<https://bit.ly/3uPnM60>**

- 9 min - 8 Testimonies, 7 Female 1 Male

**<https://bit.ly/3nFZklv>**

***- Core Strength –***

***“Living a Pain and Medication –Free Life”***

***Just 6 – 10 Minute per Day***

**PO Box 2426, N. Canton, OH 44720 ph 330-701-9694**

**[corebuilderpro.org](http://corebuilderpro.org)**