



Improve Bladder / Bowel Function by Increasing Pelvic Floor Strength

**New, Unique, and Patented Device
- The Core Builder Pro -**



Variable Resistance

"Simply the Best!"
Method to Strengthen the Core



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Old Way

New Method



The Result is Sequential and Simultaneous Contraction of All Pelvic Floor and Core Muscles!

Back In Control – Increased Activity – Less Anxiety

Successful Management of **Neuropraxia**

Neuropraxia is a Disturbance in Nerve Conduction
Either by Entrapment ie, Compression, Pulled Around a
Corner and/or by Being Over Stretched

Solution

Activate the Motor Nerve by Consistently
Performing the CBPro Pelvic Sequence

Most Experience Physical and/or
Mental Changes After One Week of
Just 6-10 Minutes per Day

*The Result is Increased Core Strength That
Draws In, or Tightens Up the Structure of the Trunk*



3 Positions



Standing



Seated



Lying

What You Can Expect!!

Improved Quality of Life with Less Anxiety re: Leakage,
A Stronger and More Stable Gait,
Improved Function Throughout the ADL,
Physically and Mentally Stronger,
More Comfortable - Back in Control

- corebuilderpro.org -