

**Review by Tara Prabhu-Hiniker:**

This exercise tool is brilliant! It is exactly what the world needs. So many people need to add movement, exercise, and strength training into their daily routines, but unfortunately, they are simply not able to leap up to conventional exercise routines.

This simple frame structure is lightweight and easy to lift and handle. Whether in a chair or laying on a bed or floor (more advanced) it provides just the right amount of leverage and assist one needs to initiate simple movement to get the blood flowing through all the arteries. For me, I especially liked the leverage assistance that enabled me to focus on core strengthening. All the muscles in the body connect via the core. Your whole body will benefit from the tool.

Just sitting in a chair, you can engage motion in your toes, feet, ankles calves, knees, quads etc... all the way through your body with this amazing simple, lightweight frame device.

Senior people, those I like to respectfully refer to as "prime timers", may be chair bound (at least for now). This exercise device is the solution! It allows for small ranges of motion to initiate blood flow to hands and legs. Additional ranges engage arms and back and stomach muscles. Just a few minutes a day and you start to feel more flexible and stronger. My first observation was Wow! "This tool is brilliant!"

I'm 46 years old. In my 20's I was certified by the American Council of Exercise as an aerobics instructor. Let's just say I was much more fit and active at that stage of my life. Two kids later and working 50 hours a week, I have much less time to exercise today. I tried this tool myself and was delighted. Basic chair movements warmed me up. Floor exercises with the tool enabled just the right amount of assistance to take the strain off of my neck and enable me to focus on my core muscles. It's great for exercise.

My children have a physical education class every day at school. Unfortunately, some of the young children aren't able to perform sit-ups. And I've noticed some more athletically inclined kids are not utilizing the correct form and potentially hurting themselves. A tool like this, if licensed for safe use, and used under the direction of a qualified PE teacher, would be a wonderful addition to their equipment.

This device may have originally been targeted for prime timers; however, it can be used for all ages and abilities. Whether young or not so young, physically active or sedentary, or those going through exercise rehabilitation; this simple lightweight tool provides just the right amount of support and leverage assistance to perform a range of motions to get the blood flowing through all the arteries.

Thanks for the opportunity to provide my feedback.

Tara Prabhu-Hiniker.