

Join Our “SpinnEx” Vitality At Any Age Program Now!!



Participants sit in a chair and do breathing and dynamic tension exercises for 15 - minutes a day which is great for every activity and sport

- *Increases focus and concentration**
- *Lowers blood pressure**
- *After 2 weeks it improves self confidence**
- *Builds the immune system through nose breathing**
- *Increases muscle strength**

As a bonus, you can video conference with me each Monday morning at 6:30 am EST. In addition, I will be offering a certification course by Spindel Sports Academy. Those that complete 150 hours of training and a practical exam will be able to teach and use the program SpinnEx.

Our sinuses produce nitric oxide, which, when carried into the body through the breath, combats harmful bacteria and viruses in our bodies, regulates blood pressure and boosts the immune system.

Dynamic tension training has been reported to enhance insulin sensitivity, daily energy expenditure, and quality of life. Furthermore, dynamic tension training has the potential for increasing muscle strength, lean muscle mass, and bone mineral density, which could enhance functional status and glycemic control and assist in the prevention of sarcopenia and osteoporosis.

*I am a black belt in Hapkido (1977), New York State Certified Physical Education teacher (1998) and a black belt in Brazilian Jiu Jitsu (2015) who has been performing these exercises since 1997 when I published my first tutorial “Exercise While You Relax” with my 74 year old father as the model.

Allen Spindel