



SHOWCASE

REAL WOOCOMMERCE STORES SUBMITTED BY THEIR MAKERS

Balancing Motions

Balancing Motions
Your solution to back and neck problems

HOW IT WORKS EXERCISES ABOUT ME CONTACT LOGIN/REGISTER

Neckpain
12-week course

Backpain
12-week course

Workplace
12-week course

Balancing Motions video exercise programs

- Start right away
- Free use at your convenience.
- Proven results

Balancing Motions is a series of exercises aimed at relaxing or strengthening the major muscle groups associated with the functioning of specific parts of the body, like the lower back or neck. It improves your posture and restores your physical and mechanical balance.

Balancing Motions is designed for people with problems in the neck and lower back. By doing the exercises on a regular basis you strengthen and heal your body and prevent the return of pain at the same time. Following the steps defined by the method, you improve

Conscious Health Fitness

Repetitive training of the muscles will result in an increased consciousness of the body. An increase of circulation and improved neurological functioning is another benefit. It creates a better understanding of how and when your body gets strained which enables you to slow down your pace to prevent injury.

Balancing Motions is a series of exercises aimed at relaxing or strengthening the major muscle groups associated with the functioning of specific parts of the body, like the lower back or neck. It's built with WooCommerce using WooCommerce subscriptions. With the first subscription the user receives a discount through Smart Coupons. The website is translated with WPML and has 3 languages.