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Synergetics PocketGym

"The Original Synergetics program is a unique and wonderful approach to exercise. Now Synergetics has been improved with the PocketGym -- a creative and innovative exercise device that really works. This form of exercise meets my 3-c's necessary for success: The exercise must be Comfortable, Convenient, and because it's so user-friendly, you'll do it Consistently."

Synergetics PocketGym

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Synergetics/PocketGym: Your Whole Life Fitness Plan - Vimeo

Synergetics is a classic exercise program originally released in 1991 by Taylor and Joanna Hay. In 2001 Synergetics updated its effective exercise program with the workout videos with the patented PocketGym.

Synergetics PocketGym Exercise System

Synergetics is an isokinetic stretching/resistance exercise system that puts no impact or stress on any part of your body. Every whole-body motion is done standing comfortably upright in one spot, shifting your weight from one foot to the other.

SYNERGETICS WORKOUT IS NO SWEAT | Desert News

The thing you should know about Synergetics right up front is that it doesn't look sexy. You don't have to wear lycra. You won't even work up a fashionable sweat.

Synergetics - a fitness plan

Synergetics Health Publications, Inc.: synergetics ... Synergetics Health Publications, Inc. - synergetics pocketgym is a healing exercise by taylor and joanna hay. taylor hay's back pain and knee injuries led him to invent synergetics pocket gym. it combines tai chi, yoga and resistance training. home exercise video, healing exercises About Synergetics and the PocketGym

This is an excerpt from the Synergetics/PocketGym infomercial originally aired nationally in 2001. The exercise program remains as relevant today as it was then. GOOD+HEC | FIND YOUR BALANCE

As of Oct 01, 2018 GOOD+HEC will no longer offer customized corporate programs or group sales of Muse; the brain sensing headband. For program inquiries or group device sales, please visit or email the team at Muse.

Synergetics

Synergetics quickly understood our business needs and then executed a solid solution with professionalism and expertise, realizing tremendous returns on our investment and saving us millions in labor costs.

5 Exercises for Knee Osteoarthritis

Slide 1. Moving your knees is the last thing you want to do when you have knee osteoarthritis (OA). But exercise can help keep knees limber and builds strength around knee joints.

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