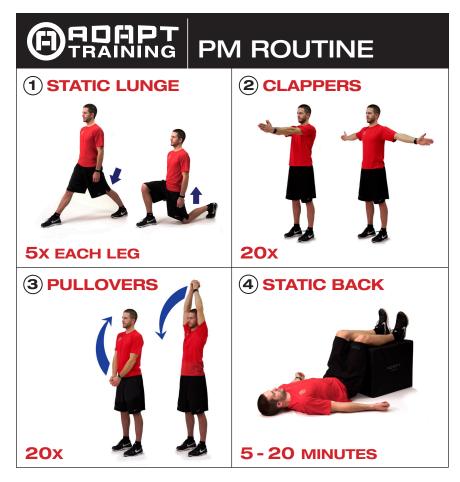
PRE / POST SLEEP ROUTINE



The PM routine is designed to engage opposing muscles in the body to counter any overuse or uneven fatigue.

This routine should be performed immediately prior to getting into bed and a minimum of 5 nights a week.



The AM routine will activate coordinated movement to prevent unnecessary strain on a joint that may have a connected muscle in a dormant spasm. This routine should be performed immediately after getting out of bed and a minimum of 5 mornings a week.