

Kaehler Core™

Breakthrough PRs with Column Core Training



Quickly Improve your power, strength, and performance in as little as six weeks.

Kaehler Core (formerly the Body Band-It™) will quickly improve your “core strength” and increase strength and mobility in your arms and legs using quick 15 to 20 minute workouts several times per week.

Athletes are amazed at how quickly their speed or intensity improves , up to 16%, while they enjoy a significant reduction in injury risk at the same time.

5 Kaehler Core™ Advantages

- 1 Safe on joints
- 2 Develops a powerful core
- 3 Strengthens the spine as a column to reduce back injury risk which improves arm and leg strength and mobility
- 4 Quickly increases power and strength and enhances performance
- 5 Mimics many different sporting movements and targets weak and inflexible muscles

Coach Kaehler, LLC

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Newtown, PA 18940



\$499* For a limited time the Kaehler Core will be offered at this special price plus shipping. Select one of our three resistive band packages. Additional resistive bands are extra.

Your own mobile gym for less than the average cost of a yearly gym membership.



Core training wherever you want

Try the Kaehler Core™ out for 30 days and if you don't like it send it back. The Kaehler Core comes with a 12 Month Guarantee for part breakage from normal use. Shipping not included. See website for complete details.



Kaehler Core was born from Coach Kaehler's 13 year international elite rowing career as a three-time Olympian and four-time world champion, combined with his 25+ years as a world class physical therapist. Bob has evaluated and trained over 2,000 athletes including NFL players, Division 1 athletes, triathletes, and hundreds of high school and recreational masters athletes.

Click [here](#) to view Bob's full bio.

*Special pricing available through April 30, 2017