



Photo by Backbone and Wingspan

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What's the Alternative?

Step out of your fitness comfort zone with these great alternatives to the average gym
by nathan schiller

■ The Back Gym Backbone and Wingspan

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Single Session: \$85; packages available

At this "principles of movement" studio, Tim Driscoll and his trainers take their clients through back-related stretches and exercises, an oft-neglected muscle group. First-timers start by lying stomach-up on a large medicine ball, spreading their shoulder blades across the width of the ball and stretching their arms so that they extend from the latissimus dorsi, thus creating a "wingspan." Driscoll gives his clients one-on-one attention in the wide-open studio, massaging and working with the back and neck, while focusing on the transfer of power from the frontside (chest and shoulders) to the backside. Since this technique focuses on specialized core stability, it can be beneficial to anyone on the fitness spectrum.