

Urgent and Time Sensitive: Here's your chance to be part of a FREE breakthrough pain relief study conducted by SittingSolution.com- *the online leader in back pain relief*

Enroll in Our FREE Pain Relief Study to Quickly and Naturally Reduce and Eliminate Chronic Back Pain, Neck Pain, or Shoulder Pain in Just 21 Days or Less... Without Needing Harsh Painkillers or Expensive Doctor Visits!

Read on to see if you qualify to enroll in our FREE Pain Relief Study that proves resistance bands and simple exercises can help relieve and eliminate pain from your back, neck, and shoulders that long term sitting can cause.

IF you qualify, we'll Send you EVERYTHING You Need to Get Started and We'll send it for FREE, Including Resistance Bands and Simple Sitting Exercises!

Special Message from Chad Walding
Doctor of Physical Therapy

Dear friend,

Dr. Chad here and I want to let you know about an amazing opportunity to get out of pain.

If you're dealing with any kind of chronic back pain, neck pain, or shoulder pain... then I'd like to invite you to be part of a very special study we're doing here at the Sitting Solution.

For a limited time... we're opening FREE enrollment to participants who'd like to be involved in a study where we show you simple exercises you can do right at your desk, while you sit... exercises that can help eliminate back, shoulder, or neck pain long bouts of sitting can cause.

But first, let me ask you a few important questions... **to see if you qualify for this FREE pain relief study.**

You qualify for this study if:

- You sit for 5 to 6 hours per day, at least 5 days a week
- You currently suffer from some kind of chronic pain you'd like to get rid of
- You're willing to use resistance bands (that we give you free) and a few simple, convenient, low hassle exercises you can do right while you're sitting
- You're willing to give us feedback about how your pain has improved and how fast.

If you can answer “Yes” to all of the above, we invite you to participate in our FREE pain relief study where we'll get to the root cause of back, neck, or shoulder pain CAUSED by sitting... and help you ease and possibly eliminate it for good.

Best part: you'll feel pain relief in as little as 21 days or less! And for saying “Yes” to enrolling in our FREE pain relief study, *we'll send you everything you need for FREE!*

That's right... because we'll use them in the study, you'll get your own set of resistance bands **absolutely FREE... just for participating!** You'll also get free exercise instruction that shows you how to use the bands to strengthen your body and get rid of chronic, nagging pain.

Receive a Set of High Quality Resistance Bands worth \$29.95... But They're All Yours for FREE if You Act Now!

With resistance bands, you can do simple exercises while you're sitting... so you can counter the negative affects that sitting can cause in the first place.

The one big requirement is... we're looking for people who sit for long periods of time. So, to qualify, you have to sit more than 5 to 6 hours a day.

That's because we want to show you how fast you can reverse the damage sitting does by using resistance bands and simple exercises to relieve and even eliminate pain in 21 days.

So, whether you work in an office or at home... if you sit more than 5 to 6 hours a day and you're willing to use resistance bands to reduce your pain...

This Is Your Invitation to Be a Part of a Study on How Resistance Bands Can Eliminate Pain in 21 Days or Less

As a physical therapist... I know how important good posture, exercise, and proper core strength is when it comes to having your body be pain free.

In fact, the #1 thing that's causing back and neck pain today? **Sitting.** Chronic sitting is causing a large part of the population to suffer from back and neck pain.

Let's face it, technology has made it so a lot of people spend up to 8 hours of their "work day" sitting. Then many go home and sit in front of a computer or TV for another 3 to 4 hours.

When you combine that with sitting for 6 hours, going home and sitting for another few hours... we're paying the ultimate price in the form back, neck or shoulder pain. Poor posture from sitting can lead to long term neck pain, back pain, and shoulder pain.

Your body isn't meant to sit in a chair for 6 or more hours, especially if you slump or slouch forward with your shoulders down. So, if you're sitting for too long.. your doing structural, muscle, and nerve damage to your back, spine, and other body parts.

Most back pain is caused by sitting for hours, which causes your back and ab muscles to weaken. That's right weak and and back muscles are the #1 reason for back pain. The only way to fix it and get to the root of your back pain is to strengthen your body so it's back in balance. And that doesn't take a pill or cream. It takes specific exercises.

So, if you can't change your job and you can't change the fact you HAVE to sit for 6 hours a day... *the next best thing you can do is change what you DO while sitting.* And just a few

simple, convenient exercises will pay off HUGE in terms of eliminating pain. In fact, enroll in our study and just a few minutes each day to use these resistance bands and exercises... we'll get to the root cause of your pain and get rid of it in as little as 21 days.

So if you're looking to ease and eliminate chronic you have in your back, neck, shoulders, or anywhere else...

Participating in this FREE Study is for you!

Look, there's no need to live with pain or be stuck taking pain pills for the rest of your life, just to mask the pain you have in your back, or shoulders, or anywhere else it hurts.

With this free pain relief study, you can strengthen your muscles and eliminate pain.. which will save you a ton of money. You won't need doctor's visits or addictive pain pills.

Even if you HAVE to sit for hours each day... you can get to the root cause of your pain and eliminate it naturally and in as little as 21 days! You can eliminate pain while sitting any time, any where...even while you're at work or at home watching TV!

Not only is it free to enroll in the study... we'll even SEND you a set of resistance bands and exercises to follow along with during the pain relief study.

Yes, these Resistance Band Really are FREE!

If you currently find yourself sitting for 5 to 6 hours a day, and want to get rid of pain you've been suffering, sign up for the FREE pain relief study and you'll get the resistance bands you can use at your desk while sitting to eliminate your pain.

I'll also show you how to use the bands to strengthen your muscles so you get to the root cause of your pain. You'll eliminate nagging pain that is coming from weak muscles that need to be strengthened so that your body is balanced and the pain goes away.

See, shoulder pain, back pain, and other pain is caused by weak muscles that cause your body to be out of balance. If you're out of balance, that's when pain starts to ruin your life.

And it's no surprise that sitting all day can also do structural damage to your spine. If you're always slouched or hunched over... and you're like that for 6 to 8 hours, this poor posture will put your body out of balance. This, in turn, may cause back, shoulder, and neck pain.

For example, most back pain comes from weak ab muscles. If your ab muscles aren't strong, your back muscles try to overcompensate for weak stomach muscles. So, if your muscles aren't as strong as they should be... your body won't be in balance... which leads to pain.

Again, this poor posture, lack of balance, and weak muscles is a big culprit when it comes to nagging back pain, shoulder pain, neck pain, and headaches. That's why the free resistance bands can help ease and eliminate pain in 21 days.

See, one of the best ways to get rid of back pain is to strengthen your abs using simple

exercises you can do with resistance bands while you're sitting at work, watching TV, or sitting at your computer.

If you use resistance bands to strengthen your muscles while you're sitting, it will improve your posture so that your muscles aren't as weak and you don't suffer from back pain, shoulder pain, or neck pain that comes from having poor posture and weak muscles.

If you have a job that requires you to sit for 6 hours or more... this study will help you strengthen your body and get back in balance so your pain naturally wants to disappear.

Use these FREE resistance bands and FREE exercises while you're sitting at your desk or at home watching TV and you'll get your muscles strong and in balance...

Helping You Reduce and Even Eliminate Pain

These resistance bands and simple exercises you can do while sitting down can strengthen your entire body so you're able to eliminate nagging pain neck pain, shoulder pain, back pain.

So, if you sit a lot at work or at home and you're tired of being in pain from constant sitting... that can change right now... even as you sit at work, or at home watching TV.

The more you use the free resistance bands while you sit, you'll strengthen your body to the point where it's strong and in balance so you're no longer dealing with back pain, neck pain, or shoulder pain. That's because your muscles aren't weak so your body isn't out of balance.

Stronger muscles can help you get rid of nagging back pain, shoulder pain, or neck pain. That's why I'm so motivated to solve the issue of pain caused by long periods of sitting. I'm letting people join this pain relief study for free AND sending you everything you need, for FREE. You get the study, resistance bands, and exercises to do,

And You Get it all for FREE!

Simply use the resistance bands and do the simple exercises. All I ask for, in return is that you let me know how much better your pain is and how fast it took to get relief.

For most of our clients, they're able to reduce their pain in 21 days or less. That's right, we have thousands of satisfied customers because we know this method works FAST.

See, for the past few years, we've been selling a course at the Sitting Solution that includes a set of quality resistance bands and exercises. It sells very well at \$197. But we're getting ready to open this FREE pain relief study so we can help even more people relieve pain. We want more people to know about the power of resistance bands and simple exercises... and how effective they are for those who have to sit a lot during the day.

So, we're conducting this FREE pain relief study. Instead of charging \$197 for the resistance bands and exercise guide, we'll send them to you for FREE. All we ask is that you let us know how the bands and exercises worked to reduce and even eliminate your pain! This study will prove that anyone who sits for 5 to 6 hours a day can use resistance bands

and exercise to reduce and eliminate pain in 21 days or less. By showing you simple exercises you can do with resistance bands while sitting...

You Can Naturally Get to the Root Cause of Your Pain

Better yet, you're not taking pain pills or spending \$200 for physical therapy each week.

I'm not trying to cover the pain like you would with pills or creams. Not when you can use resistance bands and exercises to get out of pain quickly and naturally. Enroll in this pain relief study and you'll learn how to use FREE resistance bands and specific exercises to strengthen your body so pain starts to disappear faster than you dreamed.

Of course, you'll want to talk to your doctor before you get rid of any pain medications. But if you don't get to the root cause, you'll deal with pain your entire life and be a slave to pain pills.

I can tell you this: No one else is going to SEND you a set of high quality resistance bands for FREE. And no one is going to send you simple exercises that show you use the bands to strengthen muscles that can lead to pain relief.

Again, we've charged \$197 for these resistance bands and exercises that come with it as part of our full-fledged course. And thousands of happy customers gladly invested in the course so they could reduce and even relieve their pain.

But I knew that charging a lot of money would stop people from enrolling. I wanted to offer something that would get more people to use the bands when they're sitting for a long time. I'm looking to get the resistance bands in as many hands as possible... so I can help more people get out of pain caused by sitting for long periods of time.

You can be sure the drug companies aren't going to show you how to get out of pain naturally, using resistance bands and some convenient, low hassle exercises. Not when they make billions and billions from pain pills. They won't show you how to get rid of chronic pain in just 21 days using our FREE resistance bands and exercise like we will.

You Get Everything you Need to Reduce and Even Eliminate Pain in 21 Days or Less, for FREE!

When you enroll in the study below, we'll send you a set of resistance bands and the exercise program so you can start getting some relief faster.

Again, if you sit for 5 to 6 hours a day and you suffer from nagging, chronic pain you'd like to get rid of... follow our directions and reap the benefits of easing and eliminating pain.

We want to use the study to prove that something as simple as resistance bands and exercises you can do while sitting can get to the root cause of pain and eliminate it. You'll get the same equipment and the same methods that thousands have paid \$197 to get.

See, as a Doctor of Physical Therapy, my work here at Sitting Solution has made us aware

how important exercise is to those who sit a lot. That's why I feel that the best way to change your life is to show you some simple strengthening exercises you can do while you're sitting.

As Part of this Breakthrough Study, You'll Receive A FREE Set of Resistance Bands

Resistance bands can be adjusted for the exact amount of tension you need. With our easy, follow-along exercises, you'll quickly learn how to get the most pain relief from this study.

You'll get the resistance bands sent right to your door, along with easy-to-follow-along online videos that show you how to use them when you're sitting.

Since sending out these resistance bands for free is expensive... all we ask is that you cover the small \$5.97 shipping and handling, to offset the cost of sending them to you. Again, you don't have to pay the \$197 we typically charge for the bands and exercise course. If you cover the \$5.97 charge... you get the resistance bands for free...

And You Can Participate in the Study for Free

More importantly, I'll make sure you're doing the exercises right, using the resistance bands correctly, and doing what you need to do to reduce or eliminate pain in as little as 21 days.

Just use the resistance bands like we show you... at the office, at home, or anywhere else you find yourself sitting for a while. And when you're done, let me know how much your pain has been reduced or even eliminated by taking a quick survey.

You can easily pay \$50 per month for a gym membership you'll probably never use (that's over \$500.00 per year!). Normally, to learn this kind of exercise instruction, you'd have to pay \$100 with a personal trainer or \$200 with a physical therapist.

This FREE OFFER gives you what would usually cost \$100 and \$200... depending on whether you see a personal trainer or physical therapist for the same exercises we'll give you. And even at \$100 to \$200...it's well worth it because if you use them to get rid of pain in 21 days or less.. your quality of life will improve greatly.

Enroll in our FREE pain relief study and get these high-quality resistance bands AND the exercises... all for free. That's right... FREE. All I ask is you cover the cost of shipping.

So Why Are We Doing this Study?

Well, for several reasons, really. As someone who has battled depression for years caused by pain... I know how unhappy it can make you feel.

Once I started using these resistance bands and the exercises I'll give you, I strengthened my body so much, my pain began to fade away in 21 days. I've never been happier. So I've seen first hand how resistance bands and a few simple exercises can help you get rid of pain by strengthening your muscles. I made it my mission to try and help as many men and

women as possible improve their bodies, their lives, and get rid of pain.

And the most amazing thing is, in all my years of being a Doctor of Physical Therapy, I know how powerful the combo of resistance bands and simple exercises can be when it comes to eliminating pain. I guarantee that after a decade of helping people fix their pain, they're one of the most effective solutions.

Again, this free pain relief study and resistance band offer is something you can do right now to turn sitting sessions into pain relief sessions. This study is being done so we can prove how effective simple exercises and resistance bands are at decreasing pain.

By demonstrating what we can do for you at SittingSolution... my hope is that you'll love the resistance bands and exercises and it will be the start of a happy, long relationship for years. I know that if you're beyond happy with our study, resistance bands and exercises..

You'll be Willing to try our other Programs!

I know if I can give you these bands for just the small price of shipping, and then show you how to use them and they relieve your pain, you'll be so happy, you'll come back to Sitting Solution and see the other ways I can help you.

If I help even just one person get out of pain, and improve your happiness... then the pain relief study and FREE offer was 100% worth it! This is my way of helping more people get out of pain... and introducing you to our family and valuable information here at SittingSolution.com.

I know that every time you use the resistance bands, you'll think of how valuable they are, and you'll come back to SittingSolution.com in the future, should you need help again. Again, I'm a big fan of resistance bands because they take up no space and you can use them anywhere - at home, a hotel, your office at work, or anywhere you sit for long periods.

Unlike a treadmill or home gym that take up an entire room... resistance bands can work every muscle in your body and they fit into your pockets, so they're easy to bring to work. Not only that, but when you get them FREE... cost is no longer an issue. You don't have to spend money on fitness equipment or gym memberships.

For FREE.. we'll send you 2 resistance bands that can take the place of an entire gym. Better yet, because they can fit in your pocket and go with you anywhere, you can use them while you're sitting at your desk, in the office, or at a hotel if you're traveling for work. Resistance bands are the number one tool use by personal trainers, so they're a must have if you find yourself sitting often. As a Doctor of Physical Therapy I've seen how well resistance bands help clients eliminate back pain, neck pain and other pain caused by sitting.

There's No "Catch" ... but We Do Ask a Favor

Again, I'll send you the FREE resistance bands and FREE instructional videos on how to use them to become leaner, stronger, in proper balance, and pain free! All I ask for in return? I want your feedback on the bands and exercises. I feel our methods are one of the best ways

you can improve your posture, balance your body, strengthen muscles and your core, and get out of pain... in as little as 21 days.

I figured the easiest way to get feedback from people would be to do the study and put the bands in your hands to try... without charging you for them. So after 21 days of using the resistance bands and exercises in the study, all I ask is for your feedback on how the bands worked, in terms of helping you ease and eliminate pain.

If you're willing to give me feedback, I'll send you the resistance bands and exercises for free. If you cover the \$5.97 shipping, and you're willing to follow simple instructions and share your results in a short survey... I'll ship you the resistance bands and exercise guide for free.

Once you go through the FREE pain relief study and you've done the exercises, I want your feedback on your pain. I'll send you a short survey that asks you how your pain compares to when you started 21 days ago. That is the only catch and the only favor I ask.

If you're willing to let me know how the resistance bands and exercises helped you ease and eliminate pain in 21 days or less... you can enroll in the study for free, get the FREE resistance bands, and exercises to do. Again, to qualify for this study, you must ..

- Sit for 5 to 6 hours a day
- Be in some kind of chronic, nagging pain (back, neck, wrist, shoulder) you want gone
- Be willing to follow simple exercises designed to balance your body and eliminate pain.
- You must have the ability to use resistance bands while sitting
- Must be willing to give us feedback on how fast you were able to reduce or eliminate your pain using the resistance bands and exercises.

If you can say “Yes” to those, go ahead and enroll below for this study while there are still resistance bands to send you for free.

Click the button below to enroll in this pain study and receive these FREE resistance bands and exercises for a ONE-TIME shipping fee of \$5.97.

There are NO additional charges EVER

Some marketers offer you a great deal on something but then enroll you in some monthly “club” where they ding your credit card each month.

Believe me, there are NO hidden charges or any kind of "continuity program" you're secretly enrolled in without your knowledge.

When I say you're getting FREE resistance bands and all you cover is the cost of shipping, that's what you'll get. I'm literally giving you the resistance bands and exercises, for free, as a means of trying to help you get out of pain all naturally... without pills.

Let me know how the resistance bands helped you to eliminate pain in your body that was making you miserable. When you consider the small one-time \$5.97 shipping fee and that there are NO other charges or obligations... you'll see enrolling in the study is the perfect decision! So act now and let me send the resistance bands to you immediately.

Special Bonus For The First 1,000 People Who Enroll!

I've mentioned it a few times, since it's a big part of the study, but I also created video training around the resistance bands and how to use them to eliminate pain in 21 days or less.

These are simple, quick, convenient exercises you can do at work, at home, or anywhere else you sit for hours. Like I said, you can do them anywhere and they take hardly any time.

Even with this FREE resistance band giveaway, I'm also going to give you FREE introduction to resistance bands training with 5 videos offering instructions on how to use them correctly.

When you use the resistance bands and the exercises, you'll notice less pain in 21 days or sooner. I'm giving you the exercises so you'll know exactly what you need to do with the resistance bands to eliminate pain in your back, neck, and shoulders.

I wanted to do this study for FREE to get fast, real world feedback on our methods here at Sitting Solution. I figured the fastest way to do so would be to find those who are in pain likely caused by sitting for 6 hours a day and send you everything you need to participate, for free.

It's a way to get FREE resistance bands and FREE exercise demos, all for \$5.97 shipping. You pay nothing for the bands or video. So, as you can see, it's a really good deal. You can be sitting at work, in your office, or at home watching TV... and you can use the exercises and resistance bands to strengthen your core and eliminate pain!

The exercises are a VERY limited bonus during this FREE trial promotion - so ACT NOW while supplies last. These are the best exercises you can use while sitting down... so you can get the best results in the least amount of time... all while sitting.

Get Instant Access to Exercise Instructional Videos FREE!

Even if you're sitting at work or at home, in minutes right from the comfort of your chair, you can use these resistance bands to lose weight, improve your posture, and strengthen your entire body so you can eliminate unnecessary chronic pain.

And the most remarkable part of the whole system is that these fast, easy exercises can be done in as little as 15 minutes, sitting at your desk, in your hotel room or home watching TV!

They're convenient and low hassle, and since you can bring the bands with you anywhere... you can do them anywhere. At work, at a seminar, at home catching up with your TV shows.

Again, for a limited time I'm GIVING away a pair of resistance bands to those who sign up for this FREE pain relief study. You'll also get instructional videos on how to use them for FREE! All you have to do is pay shipping and handling and we'll deliver them to your door. So if you're ready to eliminate pain and improve your life... enroll in this free pain study today.

If you give me 10 minutes a day, and just \$5.97 to cover shipping and handling, I'll send you these high-quality resistance bands along with 5 separate videos offering instructional on how to use them for the best results.

You Should Start to Feel Relief in 21 days or Less

Once we start working with the bands and exercises... you'll strengthen your muscles and get your body back in balance. Once that happens, you'll ease and eliminate pain in as little as 3 weeks or less.

Again, the exercise instruction and exercise band course is normally sold for \$197... but if you act now, you get them for free, just for enrolling in our free study.

So hurry, this FREE offer won't last long! Just tell us where to ship your FREE high quality resistance bands for the small \$5.97 shipping fee. I urge you to take action now and grab this free offer before we run out of resistance bands. This offer really is too good to pass up.

Hurry, This FREE Study will Fill Up Fast- So Enroll now

This study is only available for as long as there are supplies left. In all likelihood, they'll go almost instantly. Our SittingSolution.com list is over 10,000 subscribers getting this message at the same time you are. So, it's going out to a lot of people at the same time. And since it's free, you can be sure a lot of them will jump on this deal.

Especially when close to 75% of the population lives in some kind of pain. And a good pair of resistance bands of this quality can easily run \$20 to \$30 in the department store. Not to mention, you also get exercise demonstration videos that show you how to use the resistance bands to reduce your pain while you're sitting.

Again, the only "catch" to this offer is you let me know, at the end of the study how much your pain has reduced. And by the way, even though you're only paying for shipping - you're still protected by our...

100% Guarantee Love it or Send it Back Guarantee

I personally guarantee you'll love the resistance bands and the exercise demos you get with it. But more importantly, you'll love the pain relief you get from enrolling in the study.

You'll be in less pain...and possible no pain, in 21 days or less. But if you're not happy with the bands or video, let me know and I'll return your \$5.97 for shipping and handling fee and let you keep the resistance bands and exercise guide anyway.

That's right. Just email me and I'll give you back your \$5.97 with no questions asked. I figure it's only fair if you're going to take your time to enroll in the study. But again, this is a limited offer so claim your spot in the pain relief trial and we'll send your resistance bands to you right away!

Here's What to Do Next...

Like I mentioned, these high-quality resistance bands are free. All I ask is that you help cover the cost of \$5.97 for shipping and handling.

The bands are worth \$19.95 - you'll get two of them in the package: a light one and a heavy

one, and instructional videos showing you how to use them. There's no need to spend thousands of dollars on physical therapists. And I AM one, and I'm saying you don't need to!

With the resistance bands and the exercises I hand you, you can save the \$200. Not to mention, you won't have to rely on harsh pain killers that are addictive. And yes, you can do all of this while sitting and using the FREE resistance bands we'll send you.

Just imagine being able to do some simple, convenient exercises anytime, any place, any where...even while watching TV! This is the exact system I've used to help thousands of men and women to eliminate nagging pain...while sitting using these resistance bands for 15 to 20 minutes!

Grab your pair of free resistance bands, exercises showing you how to use them, and in a very short time... eliminate nagging pain that can come from hours of sitting each day.

[Click here and claim your spot in our pain relief study \(And get the FREE resistance bands and exercise demonstration\).](#)

Sincerely,

Chad Walding

P.S. Again, I'm going to send you a set of high-quality resistance bands for you to use while you're at work, at home, or anywhere else you find yourself sitting for long periods of time.

I'm sending them to you, as well as exercise instruction on how to use the resistance bands. The resistance bands are worth over \$20, but you get them for free, just for enrolling in our pain relief study.

I'm also giving exercise demonstrations that show you how to use the resistance bands to get the best pain relief, no matter where you are. You get both the bands and exercises... which are sold as part of our course we charge \$197 for. You get them both for free, you just cover the shipping. That's as fair as I can make this.

And remember... you're not just getting resistance bands, you're getting video instruction from a Doctor of Physical Therapy. For a limited time... you get the bands & introductory video FREE of charge - simply pay shipping of \$5.97 and we'll deliver it to your doorstep!

This is a brand new study and it's going to fill up soon. Supplies are limited so claim your spot in the study now. If I run out of resistance bands... that's it, I'll have to close the study, so don't delay! Take action, participate in our study, and let me send you a set of high quality resistance bands to your house as well as simple exercises you'll do.

Just let me know how much your pain has been reduced or eliminated and how fast it took.

[Click here to claim your resistance bands.](#)