

# Ryan Collins Launches Versterk Je Rug

*December 30, 2015*

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Ryan Collins is pleased to announce the launch of Versterk Je Rug, a 10-week back strengthening exercise program designed to stop lower back pain. If participants haven't found relief at the end of the program, they are invited to contact Collins at the end for guided help.

Through Versterk Je Rug, Collins also offers a wealth of helpful articles such as "Low back pain exercises with exercise ball?", "Obesity and low back pain?", and "Pain in lower back when sitting?".

For people with lower back pain, Versterk Je Rug offers understanding by explaining various causes for lower back pain while offering helpful exercises. More information about the 10-week program can be found at <https://www.oefeningenrug.nl/>.

About Versterk Je Rug

Versterk Je Rug was designed by Ryan Collins as a 10-week back strengthening program.

Contact

Ryan Collins

Versterk Je Rug

Website: <https://www.oefeningenrug.nl/>

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For more information about Ryan Collins, contact the company here: Ryan Collins

**Ryan Collins**

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