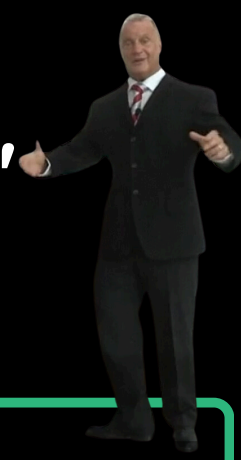




" NOT AS PRISTINE AS YOU ARE LED TO BELIEVE "

Written by Gareth Milner BSc (Hons) Ost.

An Overview



PART 1 ... THE SHOCKING PART

We take an immediate look at the horrifically negligent pushing practice *Pristine Condition* teach, as displayed in their 'Can you feel it' Video. With an Osteopathy education, Gareth takes a Clinical stance on what Musculoskeletal Disorders this shocking practice will cause.

We look at the History of *Pristine Condition* & their introduction of 'Olympic Lifting Techniques' & why these techniques should stay on the Olympic podium & should **never** have entered Industry.

We investigate the *Pristine Condition* Team. Headed up by PE Teacher *Davy Snowdon* with a Team of Ex-Military 'Training Executives'.

A Team with **zero** Musculoskeletal Experts.

PART 2 ... THE FABRICATIONS PART

We take a look at what *Pristine Condition* is good at ... Business and Marketing ... but in a dishonest, self-aggrandising way.

We take an in-depth investigation into Olympic Lifting practices including The Deadlift & The Clean & Jerk, & why they cause crippling spinal injuries. We also look at other biomechanically negligent Gym practices Personal Trainers like *Davy Snowdon* teach.

We investigate the lies & fabrications *Pristine Condition* write on their website, & why their self-coined 'unprecedented results' have zero scientific basis.

PART 3 ... THE UGLIEST PART

We take a look at *Pristine Condition's* new AI App 'Anatomical Intelligence' & supported by the credibility of Parts 1 & 2 of 'NOT as Pristine as You are Led to Believe' ... why we have coined their new App as 'Anatomical Incompetence'.

We remind all UK Health & Safety Professionals of **The Ugliest, The Ugly & The Bad** of *Pristine Condition's* biomechanically negligent, self-coined 'scientifically proven' Manual Handling techniques.

PART 4 ... THE REWARDED PART

We view some of *Pristine Condition's* financially rewarded Reviewers, who all display a complete lack of knowledge about Manual Handling Risk Management & who all suffer from *Pristinus Neurological Disorder (PND)*, a condition which was first spread in 1997 by *Davy Snowdon*, whose antidote is ALL Parts of this insightful Blog post.

We take a look at what products *Pristine Condition* market which consist ONLY of their branded hoodies & gym accessories.

PART 5 ... THE FUNNY PART

After a reminder of **The Ugliest, The Ugly & The Bad**, we take a look at the political type Spin Doctor marketing *Pristine Condition* practice.

We build awareness of their Corporate aggressiveness including License Agreements put together by their INHOUSE Lawyer!

We take a look at the Partnerships with major Insurance Companies who have too, been duped by their lies & fabrications; Companies who are novices in Manual Handling Risk Management, just like *Pristine Condition*.

And as all Blog posts should entertain, we take a humorous, tongue-in-cheek look at *Pristine's* Cowboy in Chief ... *Davy Snowdon MBE** ... & why he should have stayed in his lane.

*Majorly Big Ego

