



Remember, the way to a healthy life is through a healthy stretch, a healthy spine, and healthy muscles.

Stretch Partner Benefits:

- Keeps your body strong and flexible
- Improves posture
- Addresses chronic pain
- Reduces the risk of muscle strain
- Accelerates injury recovery
- Enhances athletic performance
- Calms the mind and relieves stress
- Regains and maintains full range of joint motion



Hold each stretch for 10-20 seconds.



Neck

Position: Sit tall, look straight ahead, keep chin up and shoulders square.

Action: Gently pull down from the opposite side of the head. Try to touch your ear on your shoulder. Repeat on the opposite side.



Shoulder - Rear

Position: Sit tall with one arm across the chest.

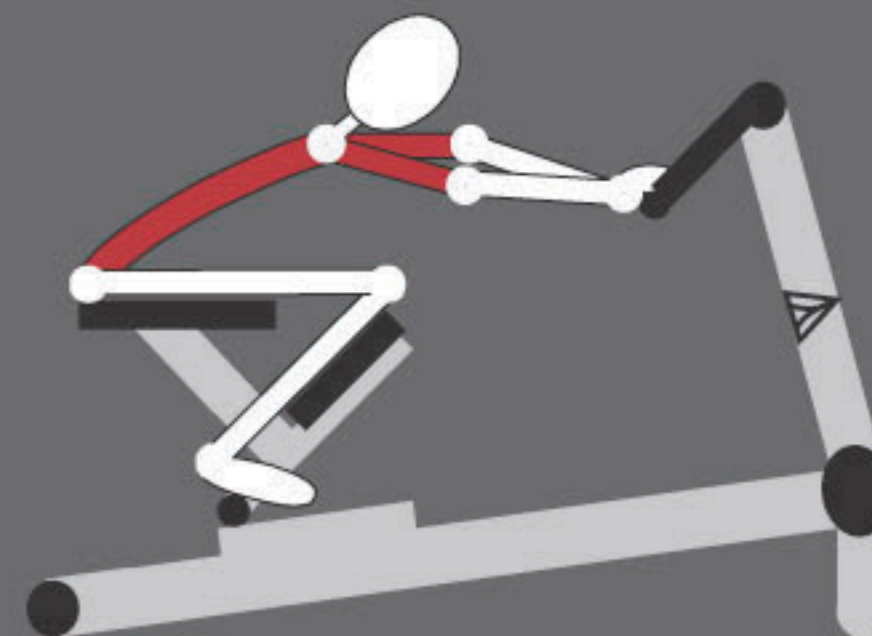
Action: Use opposite arm to pull the elbow into the chest. Repeat on the opposite side.



Shoulder - Front

Position: Sit tall, reach back and grab hold of seat top on each side.

Action: Put elbows together.



Shoulder - Rear

Position: Cross hands on handlebar.

Action: Push against the handlebar pivoting back in the seat. Reverse hands and repeat.

Safety: Always use the SAFETY STRAPS for this stretch.



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Hold each stretch for 10-20 seconds.



Back

Position: Hold handlebars with palms down.

Action: Push against the handlebars and rotate the seat back as far as possible.

Note: Move your knees further apart to get a deeper stretch.

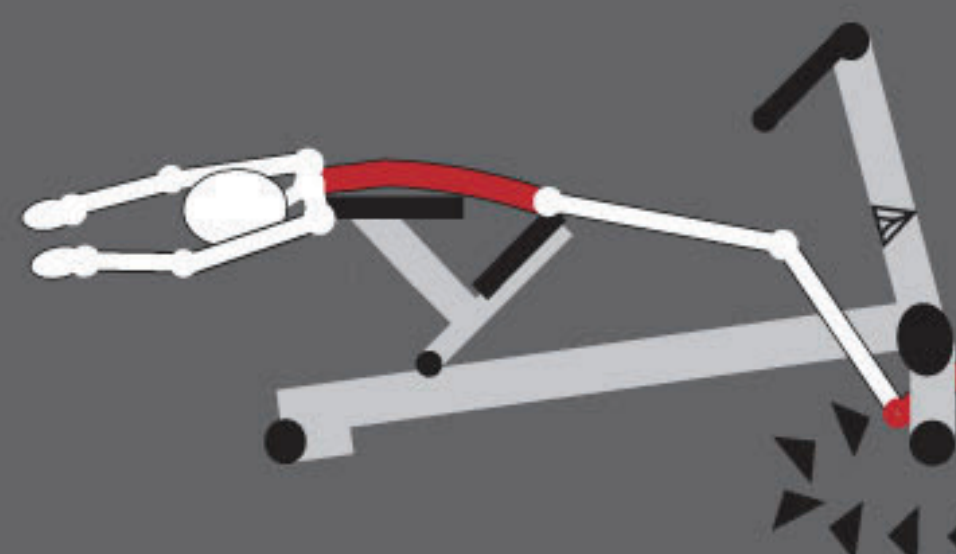
Safety: Always use the SAFETY STRAP for this stretch.



Back

Position: One hand over the head and the other hand on opposite side of handlebar.

Action: Bend to the side with shoulders facing straight ahead.
Repeat on the opposite side.

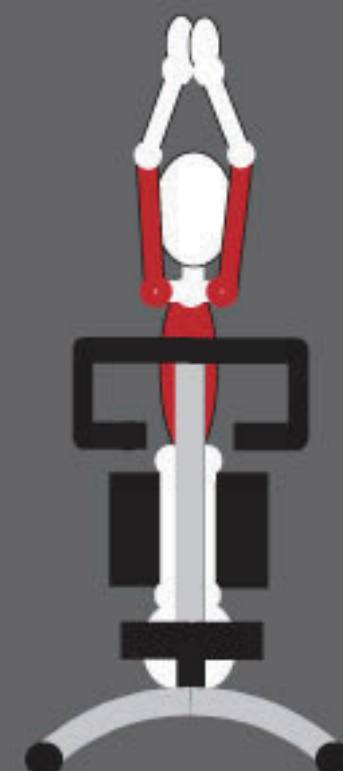


Abdominals

Position: Sit on the seat bottom with feet underneath the front base.

Action: Lean back onto the seat back and push with your legs to rotate the seating position backwards.

Safety: Keep your feet under the front of the base so you don't fall backwards.



Back and Shoulders

Position: Sitting tall, hold both arms straight up with palms together and elbows straight.

Action: Pull your arms back.

Note: Sit tall, don't lean back.



Lower Back Rotation

Position: Place one hand on top of the seat back and the opposite arm across your chest.

Action: Twist the upper body to the side.
Repeat on the opposite side.

Back &
Abdominals



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Hold each stretch for 10-20 seconds.

Hip and Hamstring

Position: Sit with one leg extended forward and straight at the knee.

Action: Push against the handlebars and rotate the seat back. Repeat on the opposite side.

Note: Use the forward handlebar position to get a deeper stretch.

Hip and Glutes

Position: Place one foot across the thigh of the opposite leg.

Action: Push back on the handlebars and rotate the seat back. Repeat on the opposite side.

Safety: Always use the SAFETY STRAPS for this stretch.

Hip and Groin

Position: Place feet on the seat bottom with knees out and feet bottoms touching.

Action: Push back on the handlebars and rotate the seat back as far as comfortably possible.

Safety: Always use the SAFETY STRAPS for this stretch.

Hamstring and Glutes

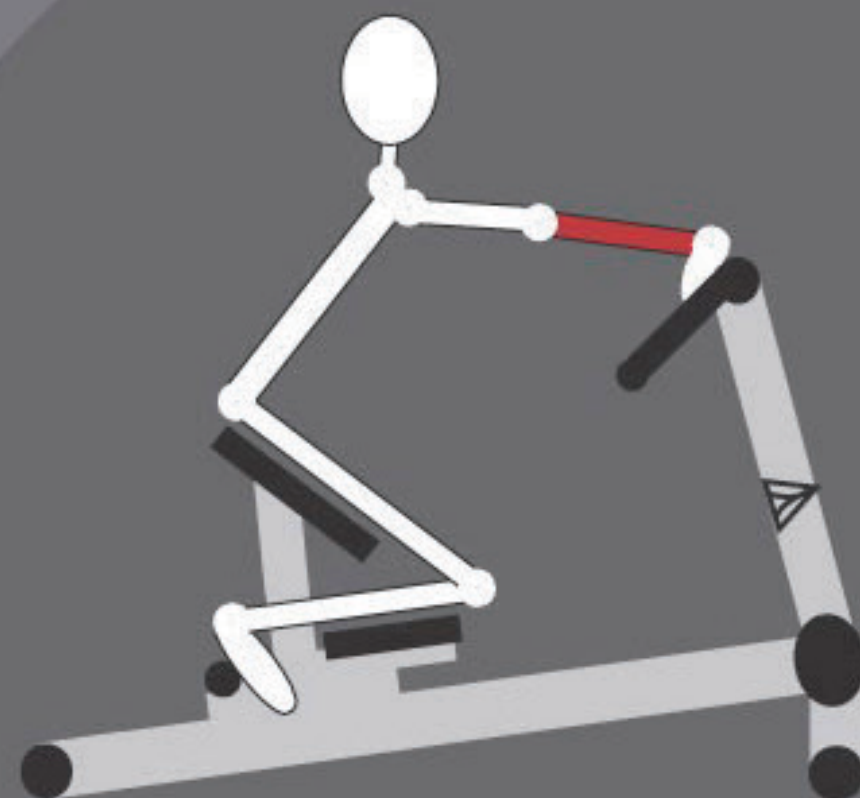
Position: Extend left leg forward and to the right side of the handlebar post. Grab handlebars on the left side so that your body forms an "X".

Action: Push back on the handlebars and rotate the seat backwards. Repeat on the opposite side.

Safety: Always use the SAFETY STRAPS for this stretch.

Hips &
Legs

Hold each stretch for 10-20 seconds.



Forearm

Position: With palms facing out and up, place finger tips on front of handlebars.

Action: Push wrists forward as far as comfortably possible.



Tricep

Position: With one arm, bend the elbow placing hand between shoulder blades.

Action: Stretch the tricep by pushing back with the other arm. Repeat on the opposite side.



Chest

Position: Place finger tips on the back of your head.

Action: Pull the elbows back.

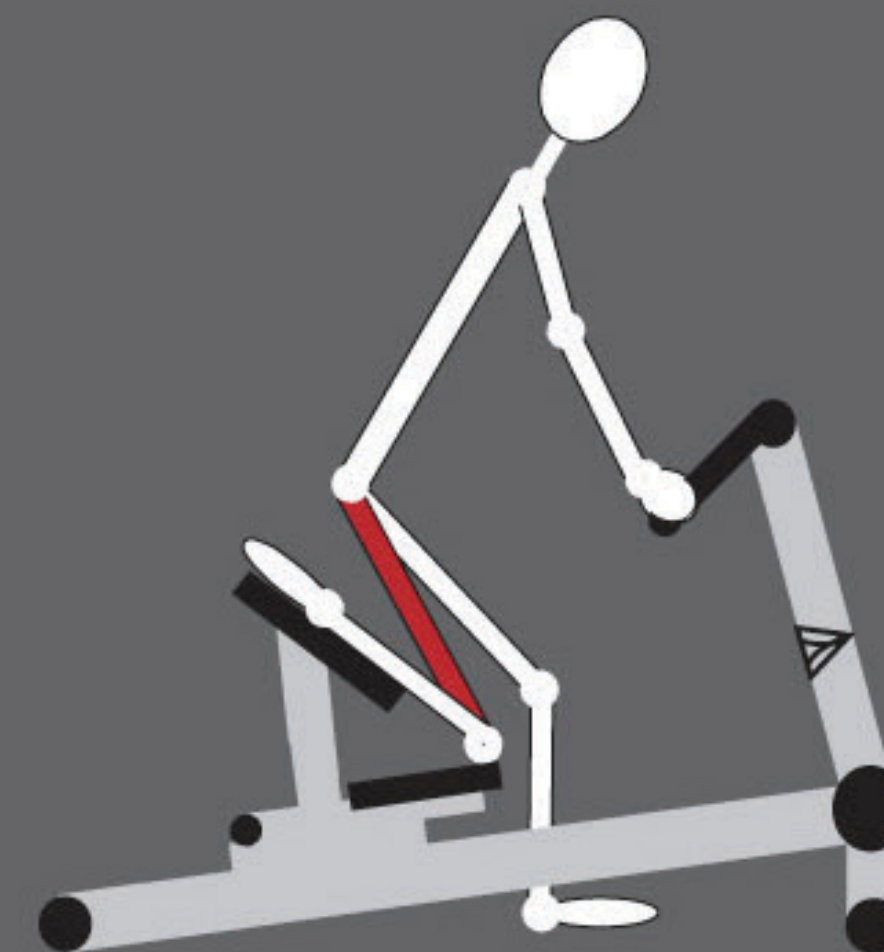
Hold each stretch for 10-20 seconds.



Calf and Achilles

Position: Stand behind the Stretch Partner, place the ball of your foot on the non-slip surface of the base.

Action: Push your heel down, keeping the knee straight. Repeat on the opposite side.



Quadricep

Position: With one foot on the floor, place opposite knee on seat bottom and shin on seat back. Keep your foot pointed.

Action: Lean back shifting your weight onto the seat back. Repeat on the opposite side.

Note: Do not rotate seat backwards.