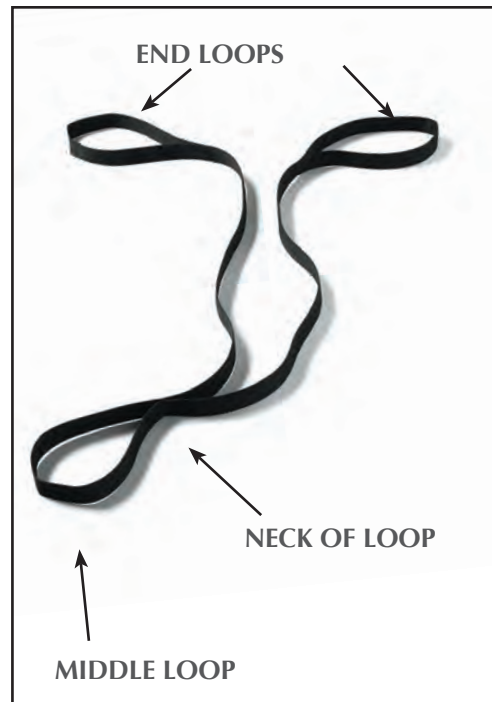


Door Attachment Instructions

All upper body stretch activities require that the middle loop of the strap be securely positioned in the hinge side of doorjamb.

Open door, insert the entire middle loop and neck of strap between door and doorjamb. Close door tightly, securing neck of loop against opposite side of doorjamb. Pull firmly on the strap to ensure that it is secure before performing each upper body stretch activity.



Stretch Benefits

- Increases joint flexibility
- Reduces muscle tension
- Prepares the body for resistance exercise training
- Reduces potential for injury
- Develops body awareness
- Improves coordination
- Promotes circulation

Stretch Instructions

- Increase effectiveness of stretches by first performing 3-5 minutes of gentle warm-up exercise.
- As a warm up, perform each selected stretch movement pattern 3-5 times.
- Perform each stretch in a progressive two-step manner:

Finish (Step 1): Stretch targeted muscle group to the point of only mild tension. Concentrate on muscle(s) being stretched and hold for 5-10 seconds without bouncing.

Finish (Step 2): Maintain stretch and slowly increase to the point of moderate tension. Hold for an additional 5-10 seconds without bouncing. Breathe deep and slow, focusing on letting go of the muscle's tension. NEVER stretch to the point of pain!!!

- Repeat each selected stretch 3-5 times with each leg/arm before performing the next stretch activity.
- If desired, stretching may be performed daily. A minimum of 3-4 days per week for each selected muscle group is recommended.

SPRI®

Xerstretch Strap

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before you use the Stretch Strap!

- Before beginning each stretch session, check for wear on the strap.
- Avoid exposing the strap to rough or abrasive surfaces.
- Perform only the stretches as shown in this chart, or other SPRI® produced informational resources.
- Make sure the middle loop of strap is securely anchored in door before beginning each upper body stretch.
- Perform stretches in a slow and controlled manner.
- Avoid straining or holding breath while stretching.
- Always keep back straight and abdominal muscles tight when performing stretches.
- Discontinue any stretch that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.

SPRI Products
1769 Northwind Blvd. Libertyville, IL 60048
800-222-7774 – www.spri.com

Disclaimer: SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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