# **TRUE**

# TRUE Stretch® GOLF

**TRUE Stretch® Golf** is the *preferred choice* among golf professionals. Featuring a solid, scientific design the TRUE Stretch® Golf helps golfers increase flexibility while minimizing injury through simple and safe stretching exercise routines. TRUE Stretch® Golf is featured in 40% of the Top 100 golf courses in the United States.

# **FEATURES**

- Solid Steel Construction
- Space-Efficient Design
- Easy-to-Follow Placard with 12 different routines

# **SPECIFICATIONS**

**DIMENSIONS** (L X W X H)

87" x 48" x 57" / 221 cm x 122cm x 145 cm

#### **FRAME**

Structural Tubular Steel Frame

#### **BASE SURFACE**

Polyethylene Platform with Non-Skid Rubber Padding

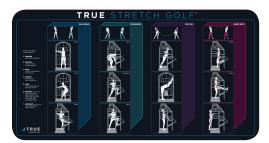
# **PRODUCT WEIGHT**

180 lbs / 82 kg

#### COLOR

Charcoal/Black

#### **GOLF PLACARD**



-STANDARD Placard also available



# ENHANCE YOUR SWING



# **Proper Stretching Improves Your Swing**

A simple round of golf requires continual, complex body movements in three planes of motion: front to back, side-to-side and rotationally. Research indicates that stretching for 3-5 minutes prior to teeing off can increase club speed by as much as 5 mph.

#### Stay In The Fairway

Stretching is a simple way to improve your swing and decrease the chance of injury. Nearly 70% of all golfers experience golf related injuries that cause them to miss playing time. TRUE Stretch® reduces that risk by stretching key muscle groups and minimizes the likelihood of a strain in the lower back, shoulders, elbows, or wrists.

# Self-Guided Stretch Routine From a Top Golf Expert

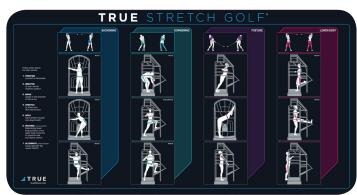
Your TRUE Stretch® includes an easy-to-follow stretching routine. These effective and simple exercises are displayed on a placard mounted directly on the TRUE Stretch® unit. Like many top athletes and trainers who follow similar routines, your golfers will quickly realize the importance of flexibility and stretching to their overall game.

### **Low Maintenance**

The intelligent and sturdy design of the TRUE Stretch® includes a tubular steel frame and non-skid base that is weighted to stay in place.



#### **GOLF PLACARD**



FRAME	Frame	Structural Tubular Steel Frame
	Finish	Powder Coat Paint
	Base Surface	Polyethylene Platform with Non-Skid Rubber Padding
PHYSICAL SPECIFICATIONS	Footprint	87"H x 48"W x 57"D / 221 cm x 122cm x 145 cm
	Weight	180 lbs / 82 kg
	Shipping Weight	246 lbs / 112 kg
	Maximum User Weight	500 lbs / 227 kg
WARRANTY	Warranty Classification	Parts 1 Year, Labor 1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

