TRAINING MANUAL





Read all information and warnings before use. Serious injury

StretchRope

- Increase Flexibility
- Reduce Injury
- Decrease Pain













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Shoulder Stretch

STEP ONE - Take the Stretch Rope in your left hand and put that hand behind your neck, elbow pointing up. Grab the other end of the Stretch Rope with your right hand behind your lower back.

STEP TWO - Pull your top arm to stretch. Hold stretch for 2 seconds and relax. Pull your top hand down into stretch with your bottom arm and hold 2 seconds. Repeat 6-10 times.







90/90

STEP ONE - Lie on your side, with your left leg extended and right leg at chest. Place the Stretch Rope under your right knee. Use your inner thigh muscle to push your right knee into the ground.



STEP TWO - Open your shoulders by rotating your torso to the right. Try to get your back and left arm flat on the ground. Hold stretch for 2 seconds and return to start position. Repeat 4-6 times.





Calf Stretch







STEP ONE - Lie supine on the floor with your foot placed in the foot strap.

STEP TWO - Activate your quads and hip flexors as you pull the Stretch Rope back.

STEP THREE - Pull your toes towards your shin. Exhale and hold for 2 seconds. Repeat 6-10 times.



IT (iliotibial) Band Stretch

STEP ONE - Lie supine on the floor with one foot in the foot strap.



STEP TWO - Hold the Stretch Rope with your opposite hand. Keep your non-working leg stationary. Use the inner thigh muscle of your target leg as you pull it across your body as far as possible. Hold stretch 2 seconds and relax. Repeat 6-10 times.



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STRETCH ROPE EXERCISE

Straight Leg Hamstring Stretch

STEP ONE - Lie supine on the floor with one foot in the foot strap.



STEP TWO - Actively flex your quadriceps and hip flexors as you pull the Stretch Rope back. At the end of range-of-motion, hold for 2 seconds and release. Repeat 6-10 times.





Groin Stretch







STEP TWO - Hold the Stretch Rope with same side as your working leg. Keep your non-working leg stationary. Fire your glute and sweep your leg away from your body while inhaling. When resistance is felt, hold for 2 seconds and release. Repeat 6-10 times.

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STRETCH ROPE EXERCISE

Glute Stretch

STEP ONE - Lie on your back and wrap the Stretch Rope around foot. Pull your active knee to your chest with the Stretch Rope.

STEP TWO - Exhale and hold stretch for 2 seconds then return to starting position. Repeat 6-10 times. Switch legs.





Quad & Hip Flexor Stretch

STEP ONE - Lie on your stomach with your non-working leg resting on the floor. The foot strap is wrapped around the foot of your working leg. Grab the Stretch Rope over your shoulder.



STEP TWO - Fire your glute and hamstring muscles. Pull your heel towards opposite glute. Hold stretch 2 seconds and relax. Repeat 6-10 times.

You may also stand, or lie on your side, for this stretch.





Standing Side Stretch







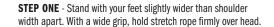
STEP ONE - Stand with your feet slightly wider than shoulder width apart. With a wide grip, hold stretch rope firmly over head.

STEP TWO - While keeping arms extended over head, slowly bend at your waist to your right side. Do not bounce or pull stretch. Hold stretch for 15 seconds and then slowly return to the upright position and then repeat on the opposite side.



Good Morning Stretch







STEP TWO - While keeping arms extended over head, slowly bend forward at your waist. Keep legs slightly bent and squeeze shoulder blades together. Do not bounce or force the stretch. Hold stretch for 15 seconds then slowly return to the upright position and repeat.

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STRETCH ROPE EXERCISE

Standing Shoulder & Upper Back

STEP ONE - Loop stretch rope around a secure pole or tree. Hold both handles in each hand and slowly lean away from pole with arms extended in front.

STEP TWO - While leaning back slowly roll shoulders forward letting the rope support your weight. You should feel a good stretch across your upper back and shoulders. Hold for 15 seconds and repeat.





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