

POSTURE CORRECTOR



Bring strap behind your back and grasp with both hands. As you hold strap in a comfortable position, gently extend your arms out while bending over and slowly move them towards the ceiling. Hold for 15-20 seconds until you feel a release that will be controlled by your breath. Be sure to exhale and don't hold your breath.

ARM STRETCH



Hold strap with one hand and place it behind your back. Grasp strap with the other hand in a comfortable split so it is diagonally across your back for a "stretch." Hold for 15-20 seconds and be sure to exhale.

QUAD STRETCH



Stand with your feet flat on the floor and place strap around your foot. Use your arms to pull your foot towards your buttocks, bending your knee slowly, stretching your quadriceps and psoas (psoas controls every muscle in your body—it's critical to unlock it to correct posture). Hold for 15-20 seconds and be sure to exhale.

HAMSTRING BACK STRETCH



Lie flat on the ground with right leg extended and put on ground. Place strap safely over the arch of your left foot and gently raise your leg up and towards the ceiling. Hold the stretch for 15-20 seconds and repeat on the other side, making sure to exhale. Stretches hip and outer thigh.

INNER THIGH STRETCH



Lie flat on ground with right leg extended and put on ground. Place strap safely over the arch of your left foot and gently raise your leg up and towards the ceiling and lower leg out to the side, keeping your back flat on the ground. Only go as far as you feel comfortable and hold the stretch for 15-20 seconds and repeat on the other side, making sure to exhale. Stretches hip, inner thigh, and groin.

LYING OUTER THIGH STRETCH



Lying flat on back, bring leg over and across your body (left leg crosses over right leg and out to left side). Keep leg as straight as possible. Make sure to exhale. Stretches hip, outer thigh, and groin.

CALF STRETCH



Lying on back, place strap over toe, pulling toe back gently. Extend your leg out in front of you, pulling your toe back gently. Gently pull strap to stretch your calf muscle. Hold stretch for 15-20 seconds, making sure to breathe. Stretches calf muscles and leg. Stretches hip, inner thigh, and groin.

ONE LEG HAMSTRING STRETCH



Sit on floor with one leg extended in front of you and the other bent toward your straight leg. Place strap around the foot of your straight leg, pull toe back. Gently lean forward, keeping chin up and bending at the hips. Bend forward until you feel a stretch and hold for 15-20 seconds. Only stretch as far as you can keep good form and feel comfortable. Exhale! Stretches hips and back.

HIP OPENER



Lying on back, bend your leg at 90° angle and place foot of opposite leg in front of knee and gently pull knee back toward your body until you feel stretch in buttocks and hips. Stretch only as far as you can, keeping good form and feeling comfortable, making sure to exhale. Hold for 15- 20 seconds. Repeat other side. Stretches and opens hips and back.

WARM UP AND COOL DOWN

Use the Stretch Strap daily or in your warm-up and cool down stretching routine. Ease into each stretch carefully and use the stretch strap to go deeper into the stretch.

You should feel tension on the muscle you are trying to stretch, but you should not be in pain. If you feel pain in the muscle you are stretching, back off the stretch until you reach a more comfortable position. Be sure that you are exhaling and not holding your breath as this exacerbates pain and inhibits stretch. If you do not feel the stretch in the intended area, reference the chart on the opposite side for proper form.

NINE THINGS YOU NEED TO DO TO IMPROVE YOUR FLEXIBILITY, REDUCE ACHES, AND PREVENT INJURY

1. Drink a tall glass of water (cold or hot) before you stretch and again after. Dehydrated muscles do not stretch well. Ease into each stretch carefully and use the stretch strap to go deeper into the stretch.
2. Warm your body enough to raise your core temp a few degrees. Walking (in place works) and cycling work. For extreme stiffness, we suggest you take a warm shower before stretching.
3. Stretch daily before bed, upon waking, and again midday for maximum prevention and recovery.
4. Recover, repair, and reduce inflammation naturally to avoid the rebounding of pain and stiffness, and prevent inflammation from occurring in the first place.

LynFit's Daily Pain Relief Protocol:

Take (1) LynFit Pure Omega 3 in the morning and another at bedtime. For advanced healing, take (1) Pure Omega 3 after strenuous exercise, stretching, or injury.

5. Nourish, protect, and lubricate muscles, joints, tendons, and ligaments by taking (1 oz.) of LynFit Daily Joint Repair. For advanced healing and repair, take an additional 1-2 ounces daily until you feel relief.
6. Relieve pain naturally versus grabbing over-the-counter pain relief that inhibits healing and may cause rebound pain and inflammation (they can damage your liver). For extreme aches and pains, or after acute injury or surgical procedures, your body's nutrition demands are greater. LynFit Recovery Agent is suggested in addition to the above protocol. For chronic inflammation, including tendinitis and arthritis (all 'itus' conditions), Recovery Agent can be used daily as your multivitamin mineral regime.
7. Increase lean proteins and decrease processed foods and sugars. Protein needs are elevated when pain is present, so it is suggested that you drink LynFit high-quality whey protein shakes or Lean Bars to meet your body's increased demands without adding excess sugars, fats, or inferior protein sources that may increase pain and inflammation.
8. Boost healing with LynFit Vitamin D3 Boost. Your body can't heal if it doesn't have the nutrients needed. Fifty percent of us are deficient in vitamin D. If you are extremely stressed, consider LynFit Thyro-Boost to help reduce the cortisol in your system that exacerbates pain. Thyro-Boost also helps detox your body from the toxins that build up and cause pain when you are under stressful conditions.
9. Heal while you sleep by taking (1) LynFit Lean Sleep before bedtime. Melatonin is a powerful antioxidant that helps with the free radical damage that occurs when you are achy and in pain. A good night's sleep also helps the body heal and repair naturally, preventing rebound pain and liver damage caused by over-the-counter medications.

SAFE PRODUCT USAGE

- Do not use stretch strap in any manner other than demonstrated in the exercise chart.
- It is the responsibility of the owner to ensure that all users of the stretch strap read all warnings and instructions before using the product.
- Only one person can use the stretch strap at a time.
- Always use slow, controlled movements.
- Keep away from children and pets.
- Do not modify the stretch strap with wet or greasy hands. Grip the stretch strap securely to prevent it from slipping out of your hands.
- Misuse or abuse of the stretch strap can cause serious bodily injury and damage to the product.
- Only use the stretch strap in an open area free of furniture and other items that could get in the way while exercising.
- The stretch strap should only be used indoors and is not intended for outdoor use.
- The stretch strap is intended for personal use only. Not for commercial purposes.
- If product becomes damaged in any way discontinue use.
- Manufacturer or distributor shall not be liable for any injury or damage that may occur while using stretch strap.
- Be sure to warm up slowly before stretching or working out.
- Never push, stretch, or work out beyond your comfort zone. Muscle fatigue or pain is a signal to stop immediately.

PRODUCT CARE

- Clean with soap and water and avoid harsh cleaning products as they may damage the product.
- Avoid prolonged exposure to heat sources such as direct sunlight, lamps, heaters, and furnaces.
- Keep sharp objects away from product as it is not puncture proof.
- Avoid using on abrasive surfaces. Hardwood, linoleum, and low pile carpeting are recommended.
- By purchasing this product, you agree to these terms.

CAUTION

Consult your physician before starting this or any exercise program. This is especially important if you are over age 35, haven't exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.