

# FLEXISTRETCHER



[flxstrong.com](http://flxstrong.com)

@flexistretcher

## What is flexibility training?

Flexibility training is not just stretching. Flexibility is determined by the muscles attributing and restricting any movement. Tight or stiff muscles will limit range of motion and prevent body movements. The idea of incorporating flexibility training in one's daily life is fundamental. The Flexistretcher safely improves flexibility by simultaneously stretching and strengthening muscles. Do not expect miracles from a flexibility routine. Flexibility takes time, dedication, and determination... it is not just about stretching.

Did you know we offer FLX Master Classes and Certifications? Visit [flxstrong.com](http://flxstrong.com) for details.

### Training tip

Ensure that the Flexistretcher is adjusted to the appropriate length before performing any stretch or exercise.

### Adjusting

Pinch the metal slider with your middle finger and thumb. Slide up or down by using the pointer finger to guide the part along the strap. With your other hand, pull and hold the back side of the loop while you slide the metal piece to adjust.

Nylon straps

Loops

Rings

Elastic Center

Slider



## Safety

NEVER place any part of the strap around your neck, at any point. For children under the age of 12, make sure there is supervision and that proper usage is understood before attempting any stretch alone. Always listen to your body's limits and consult with your doctor before beginning any exercise program, especially if you have prior injuries.

## Placement

When applicable, place the elastic center around the CENTER of your foot to avoid the risk of it sliding off in the middle of an exercise. For more advanced stretches, such as the arabesque, both loops will be around the center of the foot and the elastic center will be around the OPPOSITE shoulder.

## About

Originally designed by a professional dancer for use in some of the world's top ballet companies, the Flexistretcher is an indispensable component of anyone's fitness arsenal. Harnessing the power of elastic resistance, the Flexistretcher safely improves range of motion, while simultaneously stretching and strengthening the muscles. This is flexibility training. The Flexistretcher can be used by any age or fitness level. For serious athletes and dancers, it can help extend range of motion and improve functional strength within specific positions necessary for a sport or activity. For casual exercisers and for rehabilitation purposes, it can improve basic ranges of motion by applying the fundamental principles behind the Flexistretcher – stretching and strengthening. The Flexistretcher will take you on a personal fitness journey to achieve peak performance, increase flexibility and improve strength.

Forward Fold Side Leg Lunge



Runner's Lunge



Superman Reach



Wide Pull Stretch



On Back Feet Up Press



Side Body Overhead Stretch



Cat Stretch and Press



Bicep Hold



Back Straddle Stretch



100's



Supine Hamstring Stretch



Side Leg Swing



Arabesque



Seated Pike Stretch



Seated Middle Split



Hamstring Bridge Lifts



Thigh Press 100's



Single Leg Quad Stretch



Diagonal Lift to Corner



Side Body Stretch



Airplane Stretch



Plié



Seated Straddle Stretch



IT Band Stretch

