

# CORESTRETCH<sup>®</sup>

by PROSTRETCH<sup>®</sup>

## STRETCHING GUIDE

### INITIAL SET-UP



Correct Height



Incorrect Height



Correct Posture



Incorrect Posture



### Lower Back

Keep legs bent and slowly lean forward. You may also lean side to side emphasizing a side or specific target area.



### Advanced Lateral

Grip the handle with one and support yourself on the chair with the other hand. Lean toward the supporting hand. Reverse hands for other side.

### BEGINNER STRETCHES



### Lower & Upper Back & Shoulders

Legs bent, cross your arms and slowly lean forward



### Lats & Lateral Scapula

Reverse your hands so that your palms are facing upwards and slowly lean forward.



### Lower Back, Hamstrings & Shins

Sitting on the edge of your chair, straighten your legs and point your toes. Slowly lean forward.



### Lower Back & Hamstrings

Position yourself on the edge of your seat. Straighten your legs and slowly lean forward. This can also be done one leg at a time.



### Hip, Upper Glute & I.T. Band

Sitting comfortably in your chair, cross the leg of the hip you want to stretch and slowly lean forward.

INTERMEDIATE STRETCHES

**!** Intermediate stretches can be done leaning against a wall for additional support



**Lower Back**

Slightly **bend the knees** and **slowly lean forward**. You may also lean side to side emphasizing a side or specific target area.



**Lats & Lateral Scapula**

Slightly **bend the knees**. **Reverse your hands** so that your palms are facing upwards (see picture) and slowly lean forward.



**Lower & Upper Back & Shoulders**

Slightly **bend the knees**, **cross your arms** (see picture) and slowly lean forward.



**Lower Back & Hamstrings**

**Straighten your legs** and slowly lean forward.

ADVANCED STRETCHES



**Lower Back & Hamstrings**

With **legs straight**, slowly lean forward.



**Advanced Lat**

With **legs straight and together**, grip the handle with one hand and support yourself on the floor with the other. **Lean toward the supporting hand**. Reverse hands for the other side.



**Peroneal & Lateral Hamstrings**

With **legs spread**, **invert toes (point inward)** and slowly lean forward.



**Medial Calf & Medial Hamstrings**

With **legs spread**, **evert toes (point outward)** and slowly lean forward.



**Groin & Hamstrings**

With **legs spread and straight**, slowly lean forward.