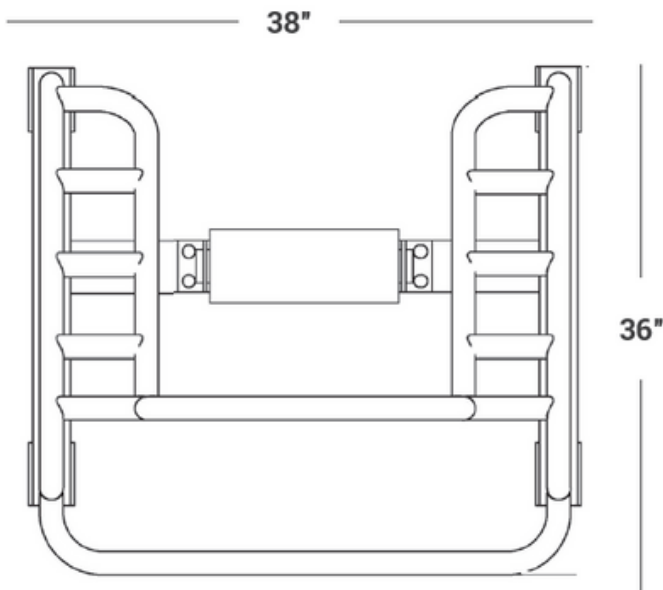


## Flex Multi-Stretch



### KEY FEATURES

- ✓ One (1) user
- ✓ One (1) station
- ✓ 18+ different stretches
- ✓ Weatherproof and tamperproof
- ✓ 15-year warranty

**FLEX**  
MULTI-STRETCH

### TECHNICAL SPECIFICATIONS

<b>Height:</b> 56" (143 cm)	<b>Fall Height:</b> N/A	<b>Shipping Dimensions:</b> 44" (112 cm) W x 45" (114 cm) L x 62" (158 cm) H
<b>Width:</b> 38" (97 cm)	<b>Use Zone:</b> 10'9" x 9'2" (328 cm x 280 cm)	<b>Shipping Weight:</b> 205 lbs. (93 kg)
<b>Length:</b> 36" (92 cm)	<b>Weight:</b> 155 lbs. (71 kg)	

**Instructional Placards:** Reverse print with UV-stabilized ink on 1/4" thick Lexan. Bolted to the columns with a stainless steel trim ring using stainless steel carriage bolts.

**Frame:** Constructed of 3/16" and 1/4" thick heavy-duty steel. All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck.

**Roller:** The roller is constructed from a synthetic EPDM rubber with a 40 durometer.

#### Finish:

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven
  - Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven
  - Tested for 1500 hours of salt spray resistance
- All parts inspected to be free of paint defects prior to shipping

**Accessibility:** It is the manufacturers' opinion that the Flex Multi-Stretch conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided or within the entire use zone.

### Upper Body Stretches

- Various grip anchor points for optimal flexibility and mobility techniques
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Stretches available:
  - Standing Cat Stretch
  - Shoulder Flexion Stretch
  - Side Bending Stretch
  - Chest Stretch
  - Bicep Stretch
  - Upper Trap Stretch
  - + More

### Lower Body Stretches

- Various grip and foot anchor points for optimal flexibility and mobility techniques
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Stretches available:
  - Hip Swings
  - Standing Hip Flexor/Calf Stretch
  - Standing Hip Opener
  - Figure Four Glute Stretch
  - Inner Thigh Stretch
  - Deep Calf Stretch
  - + More

### Recovery Stretches

- Includes a UV-stabilized 40-durometer urethane rubber roller
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Stretches available:
  - Quadriceps Release
  - Glute Release
  - Hamstrings Release
  - Lateral Hip Release
  - Calf Release
  - Mid-Back Release
  - + More

End of comprehensive technical specifications.