

Balancing and Stretching

This exercise can be practiced with one Bamboo Stick or 2 Bamboo Sticks for additional balance support. Use one hand or both hands to stabilize yourself while you lift one leg and extend to the side. For additional strength support bend leg at the knee for 10 reps. Repeat on opposite side.



Begin with the Bamboo stick behind your neck. Spread your feet until they are about hip distance apart. Bend down as though you are preparing to sit in a chair, while keeping your back straight and the bamboo stick resting on your neck.



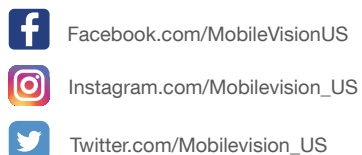
Begin sitting cross-legged on the floor. Hold the Bamboo Stick vertically on one side of your body. The arm closest to the Bamboo Stick should be placed high on the Bamboo Stick, extending the arm as much as comfortably possible. The arm further from the Bamboo Stick, should cross over your body and grab hold of the Bamboo Stick. Use the Bamboo Stick to guide your stretch and lean toward the side of your bended arm.



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Bamboo Stick

for Walking, Stretching,
Balance Work and Flexibility

Remember to practice caution when using any exercise equipment. Make note of your surroundings and your current physical condition.

The exercises shown in this brochure are only suggestions and recommendations to the user. They are not to take the place of medical advice prescribed by a healthcare professional.

Always consult a physician or healthcare professional before beginning any new exercise program.

**IT IS BEST IF EACH EXERCISE IS
PRACTICED IN REPETITIONS OF 10.**

EXERCISES:

Core, Posture, & Back Strength

Lay on the floor with the Bamboo Stick in both hands extended over your head. Your legs should also be extended. Bring your hands and knees to touch.



Begin by holding the Bamboo Stick with both hands above your head. Stand tall with arms stretched wide apart, palms facing forward. Lower the stick until it is resting just behind the neck. Be mindful of pressing your shoulder blades together in toward each other while lowering the stick.



Shoulder and Chest Stretch

With palms facing forward hold the Bamboo Stick from behind. Raise the Bamboo Stick as high as possible until you feel a comfortable stretch in your chest area.



Hold the Bamboo Stick behind your neck. While keeping your back and arms straight, rotate at your hips to the left and then to the right.



Begin by holding the Bamboo Stick vertically behind you. Your top hand should have the palm facing forward toward your neck. Your bottom hand should have your palm facing out away from your body. Begin pulling the stick up with your top arm until you feel a comfortable stretch in the shoulder of your lower arm. Repeat on opposite side.



With arms shoulder distance apart, press the Bamboo Stick into your lower back. Gently, lean back until you feel a comfortable stretch in your lower back.



Hold the Bamboo Stick in front of your body, with your front palm facing out away from the body and your back palm facing in toward your body. Use your back hand to gently push the stick as far back as possible until you feel a comfortable stretch in your shoulders and chest. Switch hand positions and repeat on opposite side.

