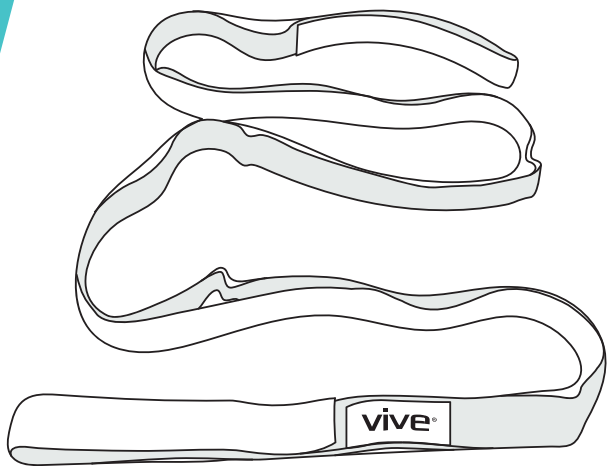


vive®

STRETCH STRAP

User Manual

RHB1004



vivehealth.com

PRODUCT DESCRIPTION

The Vive stretch strap is a versatile tool that allows you to stretch multiple muscle groups with ease and comfort. It is made of an extremely durable nylon material, measures 75" in length, and features ten individual loops that enable you to stretch your arms, legs, back, shoulders, and more. Protected by a 60 day warranty.

WHAT'S INCLUDED

- 1x Stretch Strap
- Vive Guarantee

WARNING

- Consult your healthcare provider before starting any fitness program.
- Warm up your muscles with 5 to 10 minutes of exercise before stretching.
- Always cool down and stretch your muscles after exercise.
- Stretch slowly and with control.
- Mild discomfort is normal but if you are in extreme pain, stop!

WARRANTY REGISTRATION

This product is guaranteed to be free from manufacturing defects. We will replace or exchange any product that is defective to your complete satisfaction within 60 days of purchase, as long as the product has not been misused or abused.

To ensure your warranty,
please register your product at
www.vivehealth.com/register.

Product Code: RHB1004

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HAMSTRINGS



START: Hook the Stretch Strap end loop around the middle left or right foot. Lie back with with the opposite knee bent and foot flat on the floor. Lift your leg with the strap up with knee being straight, keeping your spine and both buttocks flat on floor.

STRETCH: Press your leg with the strap down, tensing hamstrings, while resisting with the stretch strap. Then slowly lift the leg higher. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



OUTER HAMSTRINGS



START: Hook the end loop of the strap around the middle of your left or right foot. Lie back with your right or left leg extended on the floor. Wrap the strap to the inside ankle, behind your calf, and to the outside of the knee. Grip center loops on the strap. Rotate entire leg with the strap away from the center, and lift leg up, keeping your spine and both buttocks flat on floor.

STRETCH: Press your leg with the strap down, tensing outer hamstrings, while resisting with the stretch strap. Then slowly lift the leg higher. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



INNER HAMSTRINGS



START: Hook the end loop of the strap around the middle of your left or right foot. Lie back with your right or left leg extended on the floor. Wrap the strap to the outside of lower leg, to the inside of thigh, and grasp center loops. Rotate entire extended leg toward center, and lift leg up, keeping your spine and both buttocks flat on floor.

STRETCH: Press your leg down, tensing inner hamstrings, while resisting with the strap. Relax for a moment, and then slowly lift the leg higher, staying turned in. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



HAMSTRINGS & INNER THIGH



START: Hook the end loop of the strap around the middle of your left or right foot. Lie back with one knee bent and foot flat on floor. Wrap the strap to the outside of your ankle, behind your calf, and to the inside of knee. Lift leg up, and then lower it out to the side away from center, while grasping with the same side arm on one of the loops. Keep spine and both buttocks flat on floor.

STRETCH: Move extended leg back toward center, tensing inner thigh muscles, while resisting with the strap. Slowly lower your leg further to the side. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



INNER THIGH



START: Hook the end loop of the strap around the middle of your left or right foot. Lie back with one knee bent and foot flat on floor. Wrap the strap to the outside of your ankle, behind your calf, and to the inside of knee. Pass rest of strap across your thigh and grasp with same side hand, keeping the opposite arm straight out. Slide leg out to the side away from center as far as comfortable.

STRETCH: Move extended leg back toward center, tensing inner thigh muscles, while resisting with the strap. Slowly slide your leg further to the side. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



OUTER THIGH

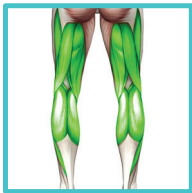


START: Hook the end loop of the strap around the middle of your left or right foot. Lie back with your right or left leg extended on the floor. Wrap the strap to the inside ankle, behind your calf, and to the outside of the knee. Grasp loop near the knee with the opposite hand and pass rest of the strap across your body following your hand that is on the floor. Lift your leg up and then lower it across your body to the opposite side keeping spine flat on floor.

STRETCH: Move extended leg back toward center, tensing outer thigh muscles, while resisting with the strap. Slowly lower your leg further across to the side. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



HAMSTRINGS & CALF

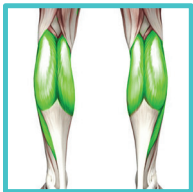


START: Hook the end loop of the strap around the middle of your left or right foot. Lie back on one side with knee bent, head supported with arm, and hold a center strap loop with other hand. With your outer leg straight at hip height, flex ankle to bring toes toward you, then hinge from your hip to bring your outer leg forward while keeping the other leg straight with your torso.

STRETCH: Press your leg back, tensing hamstring and calf muscles, while resisting with the strap. Slowly move your leg further forward. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



CALF



START: Sit on the floor with one knee bent and opposite leg straight, keeping your spine straight. Place center of the strap on ball of foot, holding loops with both hands, and flex ankle to bring toes toward you.

STRETCH: Press the foot with the strap away from you, tensing calf muscles, while resisting with the strap. Slowly flex your right ankle to bring toes closer to you. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



GLUTEUS MAXIMUS

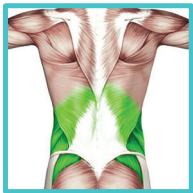


START: Lie on your back, bend one of your knees towards chest, and place center of the strap behind your thigh. Hold strap loops at sides of your left thigh, and bring knee toward chest as far as comfortable.

STRETCH: Press left thigh toward the floor, tensing gluteals, while resisting with the strap. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



OUTER HIP & LOWER BACK

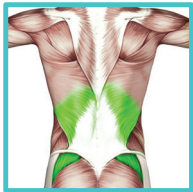


START: Lie on your back, bend one knee toward your chest, and place center of strap behind your thigh. Pass the rest of the strap to your opposite hand. Bring leg with strap across your body to the other side, keeping both shoulder blades on the floor.

STRETCH: Slowly return left thigh toward center, tensing outer hip muscles, while resisting with the strap. Bring knee further across to other side. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



LOWER BACK



START: Lie on your back, bend both knees toward your chest, and place center of strap behind your thighs. Grasp strap loops with both hands. Bring knees toward chest as far as comfortable.

STRETCH: Gently press against the strap with your legs, relax a moment, and then bring your knees closer to your chest, stretching your lower back. Continue pressing into the strap, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



HIP ROTATORS



START: Hook the strap end loop around middle of your left or right foot. Lie back, bring one of your bent knees up toward your same side shoulder. Then rotate your hip, bringing your ankle closer to you. Hold the rest of the strap with both hands. Keep your spine straight, both buttocks and opposite leg relaxed.

STRETCH: Press your leg diagonally away, tensing hip rotator muscles, while resisting with the strap. Slowly bring your right lower leg closer to your shoulder. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



HIP ROTATORS



START: Hook the strap end loop around middle of your left or right foot. Lie back with one of your knees bent and other leg extended. Rotate leg with strap outward to the side with foot in the air. Place opposite side hand on the leg with strap. Turn thigh inward, allowing lower leg to swing out to the side.

STRETCH: Rotate your hip outward and your lower leg back toward center, tensing hip rotator muscles, while resisting with the strap. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



TORSO



START: Hold the strap with each hand on the second loop from center, standing straight. Lift arms over your head, and bend your upperbody to one side and then the other.

STRETCH: Gently return body to vertical, tensing torso muscles on your left side, while resisting with the strap. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



TRICEPS

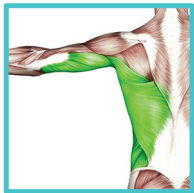


START: Hold an end strap loop in one of your hands, lift arm up overhead, and bend your elbow to reach hand toward shoulder blade, keeping upper arm as close to your head as much as possible. Hold rest of the strap behind your back with the free hand.

STRETCH: Straighten elbow by pulling upward with the overhead hand, tensing triceps, while resisting with the strap. Bend elbow to reach further down your back. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



TRICEPS & SIDES



START: Hold an end strap loop in one of your hands, lift arm up overhead, and bend your elbow to reach hand toward shoulder. Hold rest of the strap with opposite hand, and bend your upper body sideways to the left or right.

STRETCH: Slowly return upper body upright, tensing triceps and side muscles, while resisting with the strap. Side bend further to the right or left. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



FRONT OF SHOULDER



START: Hold an end of the strap in one of your hands, and reach behind and across your back at waist level. Hold rest of the strap in the other hand.

STRETCH: Reach in front of you by gently pulling your hand with the end loop forward, tensing front shoulder muscles, while resisting with the strap. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



CHEST & BICEPS



START: Stand straight up with the strap behind your back. Each hand holds the first or second loop from the center, palms facing inward. With arms straight out, reach back as far as comfortable.

STRETCH: Tense chest and biceps muscles as if pressing the strap forward, without moving the strap. Reach arms further back behind you. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



QUADRICEPS



START: Hook an end of the strap around the middle of one foot. Lie face down with the opposite leg extended. Keeping both thighs flat on the floor, bend knee with strap as far as comfortable, and pass the strap over your right shoulder.

STRETCH: Straighten your knee with the strap, tensing quadriceps, while resisting with the strap. Bend knee more, bring the foot closer to buttock. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.



HIP FLEXORS



START: Hook an end of the strap around the middle of one of your feet. Lie face down with opposite leg extended and bend the knee with the strap. Lift your thigh off floor, and hold strap loops with one or both hands.

STRETCH: Press thigh toward the floor, tensing hip flexor muscles, while resisting with the strap. Lift leg higher. Continue tensing, relaxing, and stretching 2-3 times, and then hold the stretch for at least 10-15 seconds.





We sincerely appreciate your business.
We strive to provide you with the best
quality products at great value.

If you have any questions please contact us.



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Monday - Friday 9am - 5pm EST