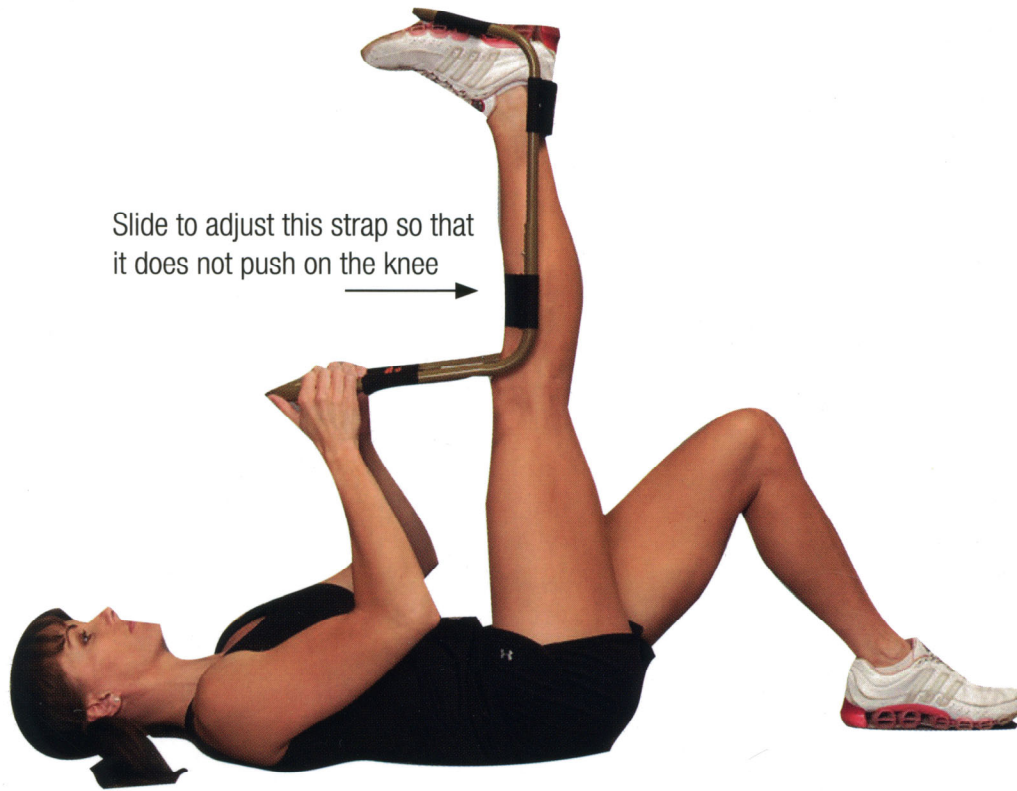


Ideal Stretch

THE ULTIMATE HOME STRETCH



Set up your IdealStretch

Assemble the unit by joining the two sections together as seen in the picture. For normal use, the sections should be telescoped in all the way (last notch as marked).

Please note: Taller people may adjust to a longer position for an improved fit.

- Perfect Hamstring stretch without stress on the back
- Stretches ITB and groin muscles
- No need for stretching partner
- Keeps knees locked and straight during the stretch
- Stretches the calf and hamstring muscles simultaneously
- Maintains proper hip orientation during hamstring stretches
- Disassembles for convenient storing and travel

www.IdealStretch.com