

Stretch-eze®

"The Ultimate Full-Body Fitness Band"

developed by dance/movement therapist Kimberly Dye, MS. BC-DMT



It Feels So Good! And folds easily for traveling.

What does it do?

Improves dynamic stretch and strength by:

- using resistance to simultaneously stretch and strengthen the muscle (Eccentric Muscle Use)
- stretching a muscle group while stabilizing an opposing body part
- creating countertensional pressure or pull between upper and lower body

This method promotes muscle elasticity, body alignment, coordination, and development of a solid body core. Popular with dancers and athletes, Stretch-eze bands provide a sensory feedback that facilitate improved body mechanics and more efficient use of energy. No Pain.

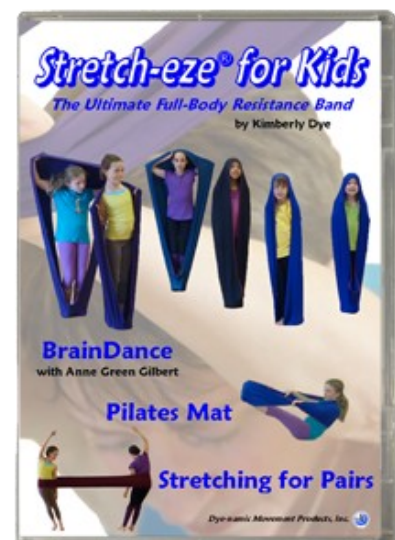
Core Strengthening

You can perform abdominal exercises while taking the strain off your neck, shoulders, and hip flexors. Wrap Stretch-eze around your shoulders like a cape, put one or both feet into the fabric and while using the counter-tensional pressure lift your body up against one or both legs. Stay there and breath into the center of your body. Try to keep a neutral pelvis (not arched or tucked) as you pulse your arms against the resistance. Many traditional Pilates exercises may be enhanced with the support and resistance of Stretch-eze



New!! Stretch-eze For Kids DVD

- Brain Dance-18 minutes. Early developmental movement patterns good for increasing brain body responsiveness
- Pilates Core-10 minutes. Strengthen your core with the tactile and proprioceptive feedback of the Stretch-eze
- Stretching For Pairs-12 minutes. Use balance and counter-balance with a friend to improve flexibility and ability to related to others non-verbally



Stretches For Sides, Arms, Back, and Legs

As you stretch your arms, shoulders, and sides, press into the resistance of Stretch-eze. Stretch your hands wide or make fists when pressing against the fabric.

Press with your feet and hands as you arch. Stretch your front while you work your back. Try one leg, two hands. Two legs, two hands. One hand, one leg.

You can use it to support your head and neck in difficult Pilates exercises like the teaser, roll-down, or the criss-cross.



Try to find ways to use the fabric to resist the stretch, pressing while you are stretching. This helps to stabilize/strengthen joints and opposite muscle groups while accessing the root of the movement. Start easily with short sets. Always allow your breathing to motivate the movement

Shoulder Bridge. Listen carefully to what YOUR body can manage. Never push beyond what feels safe. If you need more structure to begin, try the DVD to guide you through each step.

For more fitness and kids fitness products visit our website: <http://www.dyenamicmovement.com>

Look for award-winning **Elastablast** for your cardio classes, **Airwalker** for suspension, and **Co-Oper Blanket** for fun kids work-outs

Email us at: k@dyenamicmovement.com with your feedback or questions.

