



MULTI-LOOP STRETCHING STRAP
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Multi-Loop Stretching Strap. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using the Multi-Loop Stretching Strap discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using the Multi-Loop Stretching Strap. Always modify exercises as needed for your fitness level.

Use & Care Instructions

- 1.** Always inspect the strap for any damage or defects before each use.
- 2.** Always select an exercise space free of objects that may cause injury.
- 3. DO NOT** use the strap if it is defective. Replace it immediately.
- 4. DO NOT** attempt to repair this strap. Discard it immediately.
- 5. DO NOT** use on or around rough surfaces to protect the Nylon Webbing.

Care & Storage Instructions

Hand wash and dry flat

All exercises in the manual are intended to improve flexibility and posture. To perform correctly and safely, make sure to use the ProsourceFit Multi-Loop Stretching Strap on a yoga mat, carpet or smooth floor.

EXERCISE GUIDE

UPPER BACK/SHOULDERS



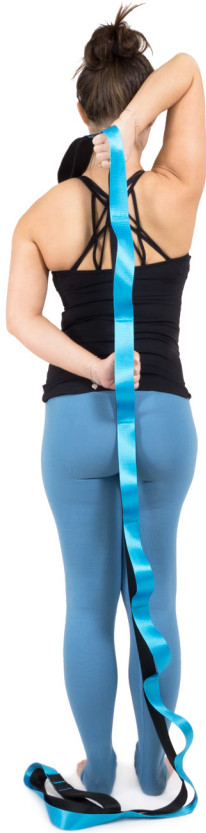
- 1.** Using the end of the strap, hold comfortably shoulder width apart behind your back
- 2.** Step feet into a wide position or keep knees bent if more comfortable
- 3.** Slowly fold forward as you pull your arms up over head
- 4.** Come up with control and have your head being last to release

FRONT OF SHOULDER



- 1.** Hold an end loop of the strap in left hand
- 2.** Reach behind across your back at waist level
- 3.** Hold the remaining strap in your right hand and pull slightly
- 4.** Repeat on the other side

TRICEPS



- 1.** Hold an end loop of the strap in your right hand
- 2.** Lift arms up overhead and bend elbow to reach hand towards your shoulder blade
- 3.** Keep upper arm as close to your ear as possible
- 4.** Hold the remaining strap behind your back with the left hand
- 5.** Repeat on the other side

SPINE



- 1.** Lie on your back, placing right foot in a loop comfortable for you. Place left leg flat on the mat, foot flexed
- 2.** Grab the strap to where it's comfortable for you
- 3.** Slowly raise your leg up as you pull on the straps while keeping neck straight, shoulders on the mat, eyes looking up and back flat
- 4.** Place the strap in your left hand and slowly lower the right leg to the left, twisting your spine and creating a L shape
- 5.** Place your left arm flat on the ground to the other side with head turned in the same direction and hold
- 6.** Slowly return to middle and repeat on the other side

HAMSTRINGS & SPINE



- 1.** Lie on your back, placing each foot in a loop comfortable for you. Feet should be about hip width apart
- 2.** Grab one loop with each hand
- 3.** Slowly raise your legs up as you pull on the straps down
- 4.** Keep neck straight, shoulders on the mat, eyes looking up and back flat and hold

HAMSTRINGS & INNER THIGH



- 1.** Lie on your back with the end loop around the middle of your right foot
- 2.** Left leg is extended on the floor, foot flexed
- 3.** Grab strap with both hands, keep spine neutral with back and hips on the floor and slowly pull to the right

QUADRICEPS



- 1.** Hook the end loop around the middle of the right foot
- 2.** Lie face down with the left leg extended
- 3.** Keep both thighs flat on the floor, bend left knee as far as comfortable
- 4.** Hold on to strap with left hand and pass strap over your left shoulder
- 5.** Repeat on the other side

CALF



- 1.** Start on the floor with right knee bent and left leg straight
- 2.** Keep spine neutral and loop the ball of left foot
- 3.** Hold on to the strap with both hands as you flex the left foot towards you

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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