

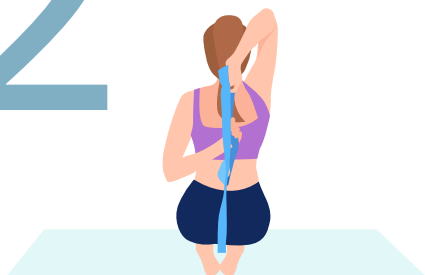
 **beenax**
YOGA STRAP
Workout Guide



1 Seated Forward Bend



2 Cow Face Arms



3 Shoulder Circles



4 Dancer Pose



5 Standing Leg Stretch



6 Sideway Triangle Stretch



7 Reclined Big Toe



8 Quad Release



9 Dolphin Pose



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YOGA STRAP

Quick Start Guide



Benefits

Yoga Strap proves to be an effective way to add tension to your workouts! It not only allows you to expand your range but also helps you achieve more challenging positions and sustain poses for a longer period of time.

The D-ring design of our bands are easy to use and secure, supporting dozens of yoga postures without slipping, breaking, or bending. A D-ring strap is perfect for taller users, or those who prefer the extra length. The benefit to a D-ring strap is the durability compared to that of a plastic adjustment piece.



- Opens chest, shoulders and hips
- Improves balance and flexibility
- Improves breathing
- Provide support and form alignment
- Strengthens the hamstrings
- Helps to hold poses longer
- Deepens your stretch
- Uplifts the spirit!

Tip to get started

- 1 Breathe deeply and slowly while stretching. Inhale through your nose for a count of five and exhale through your mouth, also for a count of five.
- 2 Start with light pressure and build up as you get used to the yoga Strap. You may find it difficult at first if your muscles are tight.

Storage and Care

It is easy to wash and clean it after using it for multiple sessions, thus make your workouts hygienic and safe.

1



Use washing machine on a cold water and gentle setting. You can also soak it in a bucket full of soapy water for a few days.

2



Use a very gentle or mild detergent. They change color and become brittle if you use harsh chemicals to clean it.

3



The safest way to dry your yoga strap is hang it to air dry completely on a hook or over a plastic hanger.

Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!