



BODY SPORT[®]

**STATIC STRETCH STRAP
ILLUSTRATED GUIDE**



SAFETY PRECAUTIONS: As with any exercise program, consult a physician or medical professional before beginning a workout routine and follow their advice. The Body Sport® Static Stretch Strap is to be used by adults or, if under the age of 18, only with adult supervision. Read following precautions before any use.

Exercise programs of any kind pose an inherent risk of serious injury or death to the participant. Use proper techniques and common sense such as:

- Always use the strap in an open space that is designed for exercising.
- Check your equipment thoroughly and inspect for cracks, nicks, cuts, etc.
- Keep away from sharp objects. If any defects are found, discontinue use.

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Hamstrings – Lying Down

- Sit down on the floor and hook the end of strap loop around your left foot.
- Lie on your back on the floor and lift your left leg.
- Try to keep your knee straight while your back and buttocks are on the floor.
- Grip loops of the strap with both hands.
- Pull on the strap gently and use the resistance tension to stretch your leg.
- Stretch, hold for a few seconds, then relax. Repeat the process 2 or 3 times before switching the strap to your right leg.



Hamstrings – Sitting Down

- Sit down on the floor and place the center of the strap beneath your left foot.
- Hold loops of the strap with both hands.
- Sit upright and extend the leg with the strap around it straight; place the other foot against the inner thigh of the leg.
- Lean your upper body forward, keeping the back of leg pressing on the floor and stretching hamstrings.
- Stretch, hold for a few seconds, then relax. Repeat the process 2 or 3 times.
- Hold the stretch for at least 10 – 30 seconds before switching the strap to your right leg.

Hamstrings – Sitting Down (Variation)

- Sitting tall with neutral spine, bend the right leg and place your right foot against your left inner thigh.
- Place left foot in the end loop and extend the leg out.
- Grasping onto the strap, hinge forward from your hip with the neutral spine, reaching chest over your left knee.
- Gently pull back on the strap while tensing left hamstring and pressing back of leg down into the floor.
- Reach hands down farther on the strap. Hold stretch 10 – 30 seconds.
- Relax and repeat, tensing and stretching your hamstrings 2 – 3 times on both legs.



Quadriceps – Lying Down

- Hook the end loop of the strap around the top of your left foot.
- Lie face down with your right leg extended.
- Keep both thighs flat on the floor, pull the strap over your shoulder, bend your right knee and push ankle down toward hip.
- Hold the stretch for at least 10 – 30 seconds.
- Relax for a moment and then repeat the stretch, flexing the knee more while pulling on the strap and bringing the foot closer to the buttock.
- Contract, relax and stretch your quadriceps 2 or 3 times before switching the strap to the right foot.



Hip Flexors – Lying Down

- Same position as the previous stretch.
- Lie face down with your right leg extended.
- Hook the end loop of the strap around the top of your left foot, pull the strap over your shoulder and bend your left knee while lifting your thigh off the floor.
- Hold the stretch for at least 10 – 30 seconds.
- Contract, relax and stretch your quadriceps 2 or 3 times before switching the strap to the right foot.



Inner Thighs – Part 1

- Hook the strap end loops around each foot, sit in neutral position and widen your legs to a comfortable position.
- Grasp your hands far down on the straps. While tensing the inner thigh muscles, try moving your legs toward the center while resisting with your hands grasping the strap.
- Relax for a moment, then move legs farther apart while hinging from the hips and bending forward. Keep neutral spine and your head up.
- Hold the stretch for 10 – 30 seconds. Repeat tensing, relaxing and stretching your inner thigh muscles 2 – 3 times.



Inner Thighs – Part 2

- Sit down and put the soles of your feet together.
- Hook the center loops around the middle of each foot.
- Grasp loops of the strap with your hands, hinge forward from your hips, bringing the feet close to your body while keeping the knees pressing toward the floor.
- Push your feet away from your body and attempt to bring your knees together, tensing inner thigh muscles while pulling the strap with your arms.
- Relax for a moment, then repeat the process 2 to 3 times.
- Hold the stretch for at least 10 – 30 seconds.



Inner Thighs & Hamstrings

- Hook the end loop of the strap around the middle of your left foot.
- Lie down with your right knee straight or bent.
- Wrap the strap to the outside of your ankle, behind your calf and to the inside of your left knee. Grab the rest of the strap with your left hand.
- Lift your left leg up and then lower it out to the side, away from center as far as you feel comfortable.
- Keep your spine and buttocks on the floor, move your leg back toward center, stretch your inner thigh muscles while resisting with the strap.
- Relax for a moment, repeat the process 2 to 3 times.
- Hold the stretch for at least 10 – 30 seconds before switching the strap to your right leg.



Outer Thigh

- Hook the end loop of the strap around the middle of your right foot.
- Lie down with your left leg extended.
- Wrap the strap to the inside of your ankle, behind your calf and to the outside of your right knee. Grab the rest of the strap with your left hand.
- Lift your right leg up and over to the left as far as comfortable.
- Then move your leg back toward center, stretching outer thigh muscles, while resisting with the strap.
- Relax for a moment, repeat the process 2 or 3 times.
- Hold the stretch for at least 10 – 30 seconds before switching the strap to your right leg.



Lower Back

- Lie on your back, bending knees toward your chest, place the center of the strap behind your thighs.
- Grab strap loops with both hands.
- Bring your knees toward your chest as far as you feel comfortable.
- Relax for a moment, and then bring your knees toward your chest again.
- Repeat the process 2 or 3 times, and then hold the stretch for at least 10 – 30 seconds.



Hip External Rotation

- Lie on your back with right leg extended straight.
- Hook the end loop of the strap around the middle of your left foot, bending to 90 degrees.
- Hold the strap with the opposite hand near the bent knee.
- Rotate your leg outward pushing against the strap.
- Keep thigh upright and lower leg parallel to the ground.
- Exhale as you pull the strap toward your opposite shoulder, stretching your hip.
- Hold for 10 – 30 seconds. Switch legs and repeat.



Hip Rotators

- Lie on your back with knees bent.
- Cross your right foot over the left knee; hook the end loop of the strap around your right foot.
- Hold the strap with your left hand.
- Lift your left leg to bring the left knee toward your left shoulder.
- Use your right hand to press the right leg away and stretch hip rotator muscles, while resisting with the strap.
- Relax for a moment, repeat the process 2 or 3 times.
- Hold the stretch for at least 10 – 30 seconds before switching legs.



IT Band

- Lie on the floor on your right side. Hook the end loop of the strap around the middle of your right foot.
- Straighten the right leg, bend the left leg across your body.
- Hold the strap by your chest.
- Lift the bottom leg in the strap 3" – 4" off the floor and slightly in front of your body (about 20 degrees).
- Maintaining a straight knee, push your bottom leg downward toward the floor against the strap.
- Maintain your hand position. Exhale as you pull the end of the strap toward your head, lifting the leg with your knee straight to stretch the outside of the leg.
- Hold for 10 – 30 seconds. Switch legs and repeat.



Chest & Biceps

- Stand tall with the strap centered behind your back.
- Hold the strap with each hand on the second loop from the center.
- Keeping arms straight, reach back as far as comfortable.
- Contract the chest and bicep muscles without moving the strap.
- Relax and then reach your arms farther back behind you.
- Repeat the process 2 to 3 times.



Triceps

- Hold the end of strap loop in your right hand, lift your arm up overhead and bend at the elbow, reaching hand toward your back.
- Reach your left hand behind your back to grab the rest of the strap.
- Straighten your right elbow by pulling upward with your right hand. Stretch triceps, while resisting with the strap.
- Relax for a moment, and then bend your right elbow to reach farther down your back while pulling with the strap with the left hand.
- Repeat the process 2 or 3 times before switching hands.



Triceps & Side

- Hold the end strap loop in your right hand; bend your right elbow toward your back.
- Try to reach hand toward your left shoulder, hold the rest of the strap with your left hand and bend your upper body sideways to the left.
- Return your upper body straight, stretch triceps and side muscles while resisting with the strap.
- Relax for a moment, and then repeat the process 2 to 3 times.
- Hold the stretch for at least 10 – 30 seconds before switching hands.



Wrist & Forearm

- Extend your right arm, palm facing up and hook the end strap loop around the palm of your hand.
- Curl your wrist upward, into flexion. Make sure your forearm remains parallel to the ground.
- Slowly drop your wrist toward the ground to extend and stretch your forearm.
- Hold for 10 – 30 seconds. Switch hands and repeat.



Front of Shoulder (Not pictured)

- Hold the end of the strap in your left hand; reach behind and across your back at waist level.
- Hold the rest of strap in your right hand.
- Pull the strap with your right hand to stretch your left shoulder, while resisting with the strap.
- Relax for a moment, and then stretch your left arm farther behind your back.
- Continue relaxing, stretching the front muscles of your shoulder 2 or 3 times.
- Hold the stretch for at least 10 seconds before switching hands.

Torso (Not Pictured)

- Hold the strap with each hand on the second loop from the center.
- Lift your arms overhead and bend your upper body sideways to the right.
- Return your body to the center, and then bend your upper body sideways to the left.
- Relax for a moment, and then repeat the process 2 to 3 times. Hold the stretch for at least 10 seconds.



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