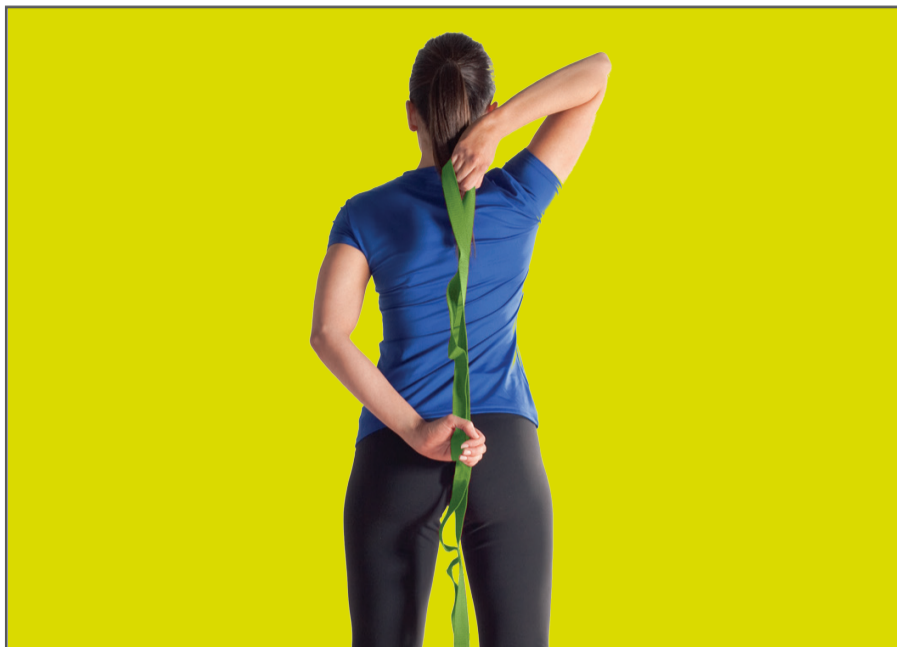


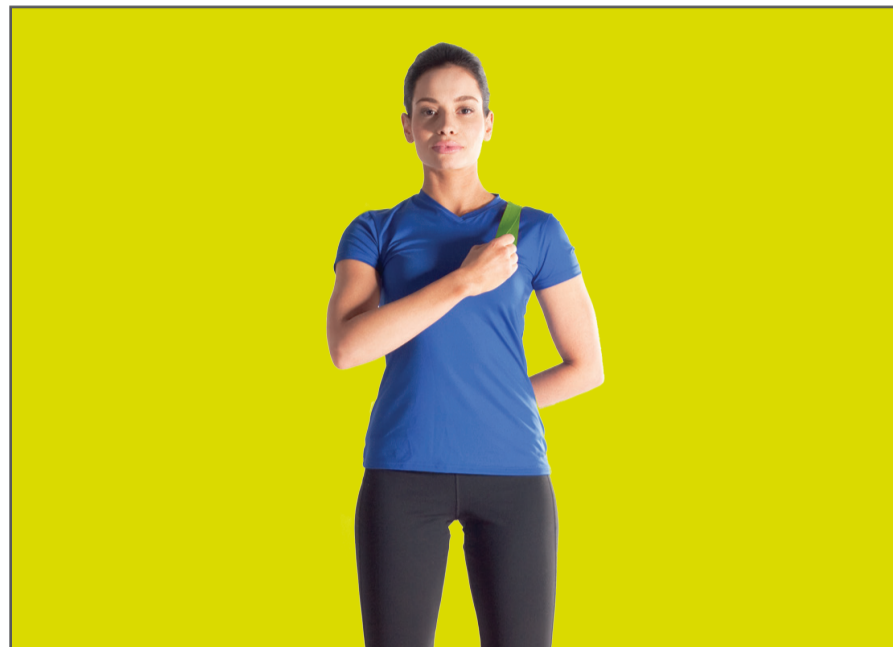
MULTI-GRIP STRETCH STRAP EXERCISE GUIDE

OVERHEAD TRICEPS STRETCH



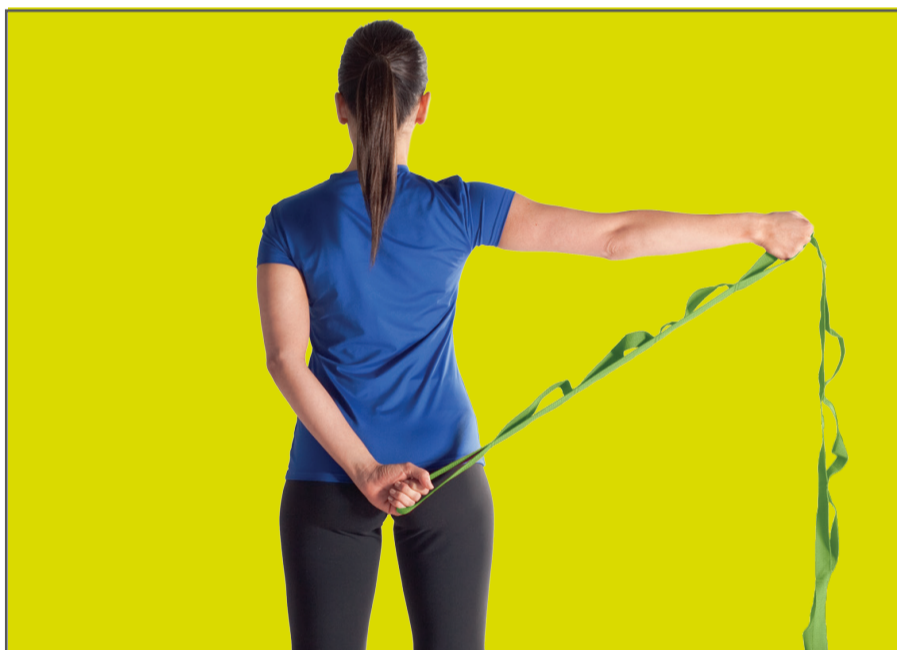
Grab one end of the stretch strap with your right hand. Place the strap over your right shoulder and grab behind your back with your left hand. Perform 3 times and switch the locations of your hands allowing you to stretch your left tricep muscle.

ACROSS BODY TRICEPS STRETCH



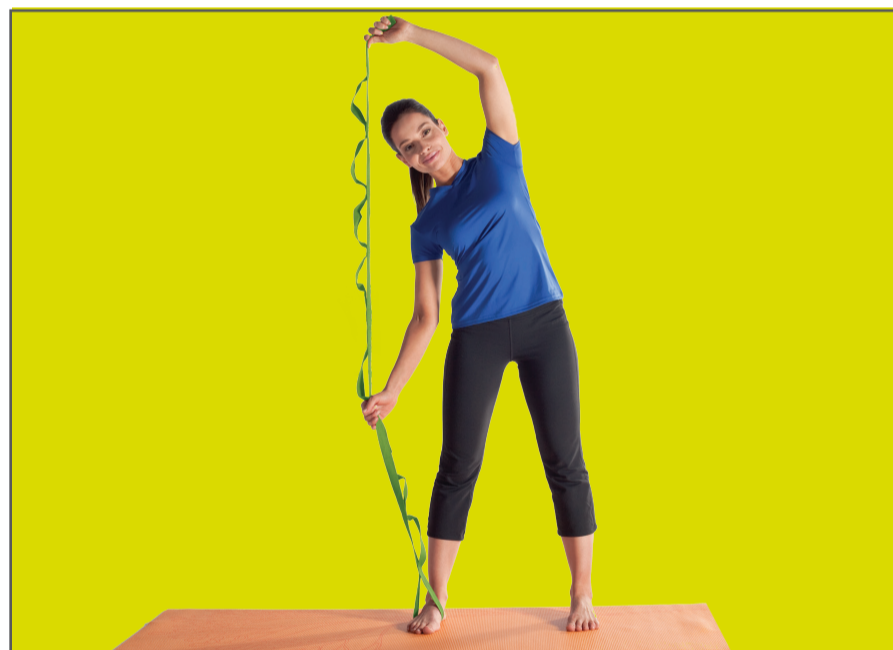
Grab one end of the stretch strap with your right hand. Place the strap over your left shoulder and grab behind your back with your left hand. Pull down with your left hand allowing you to stretch across your body. Perform 3 times and switch the locations of your hands allowing you to stretch your right tricep muscle.

SIDE TRICEPS STRETCH



Hold one end of the strap in your left hand behind your back. Grab the center of the strap with your right hand. Keep your right arm straight and raise it up while stretching the side of your left tricep muscle. Perform 3 times and switch to stretch your right tricep muscle.

SIDE OF BODY AND TRICEPS STRETCH



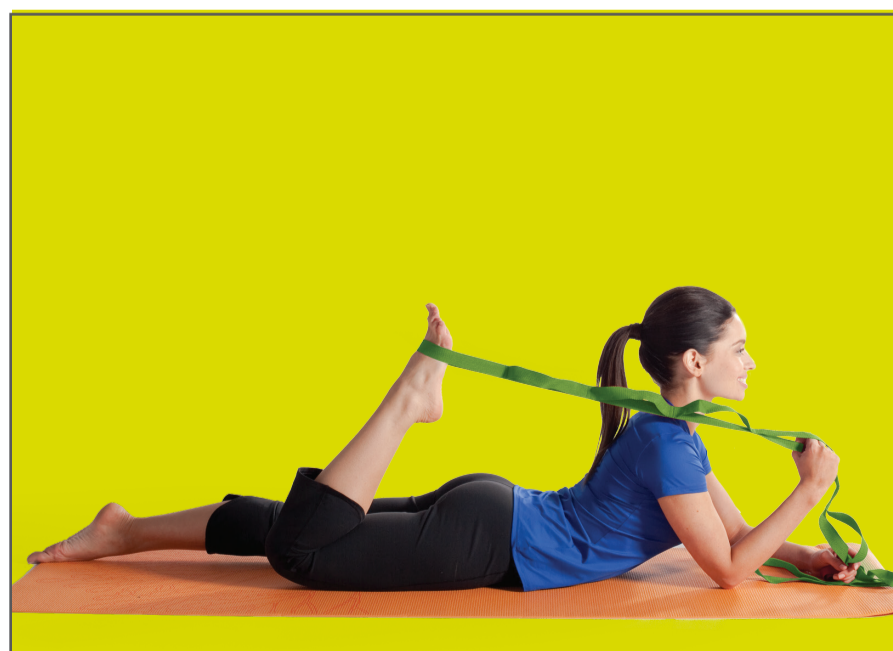
Place right foot in last loop of strap. Reach up with left arm and grab other side of strap above your head. Keep your body straight at all times. Grab the center of the strap with your right hand and pull down allowing you to stretch the left side of your body. Perform 3 times and switch to stretch your right side.

LOWER BACK STRETCH



Sit with legs bent and feet flat on floor. Keep back straight. Hold one end of strap in each hand. Put the strap over your shoulder and wrap around under arm. Push against the strap with the upper back while resisting with your arms and hands. Relax. Pull your chest closer to the knees. Continue to push against the strap with the upper back, relax and pull down moving the chest closer to the knees.

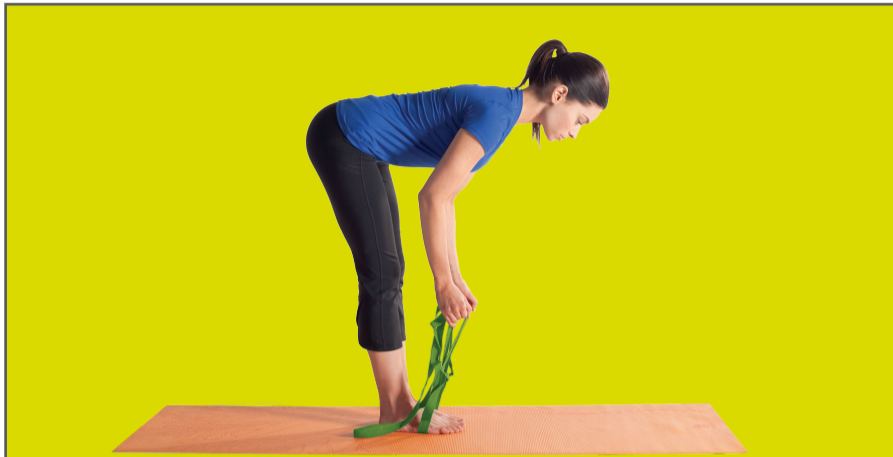
LOWER BACK STRETCH



Lay on your front. Place your right foot in the end of the loop. Run the strap along your back while keeping the other end in your right hand over your right shoulder. Pull the strap while bringing your right leg towards your buttock, stretching your quadriceps. Perform 3 times and switch to your left side.

MULTI-GRIP STRETCH STRAP EXERCISE GUIDE

HAMSTRING STRETCH



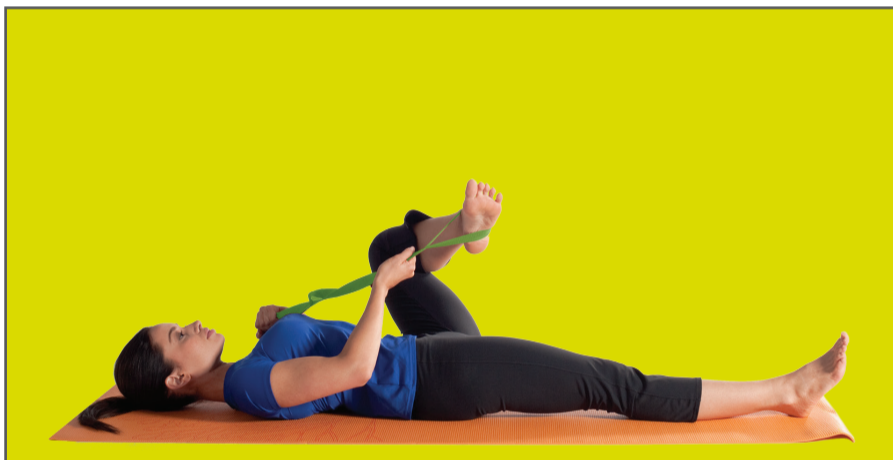
Stand in the middle of strap. Bend over at waist keeping back straight and head up. Do not lock your knees. Hold loops in each hand. Pull up on the strap stretching your hamstrings. Try to stretch lower each time you pull on the strap.

HAMSTRING STRETCH



Lay flat on the ground on your back. Put your right foot through the last loop of the strap and grab the strap with your hands. Suspend right foot in the air while keeping left leg flat on the ground. Pull on strap bringing your leg closer to your head. Perform 3 times, switch legs.

HAMSTRING, IT BAND STRETCH



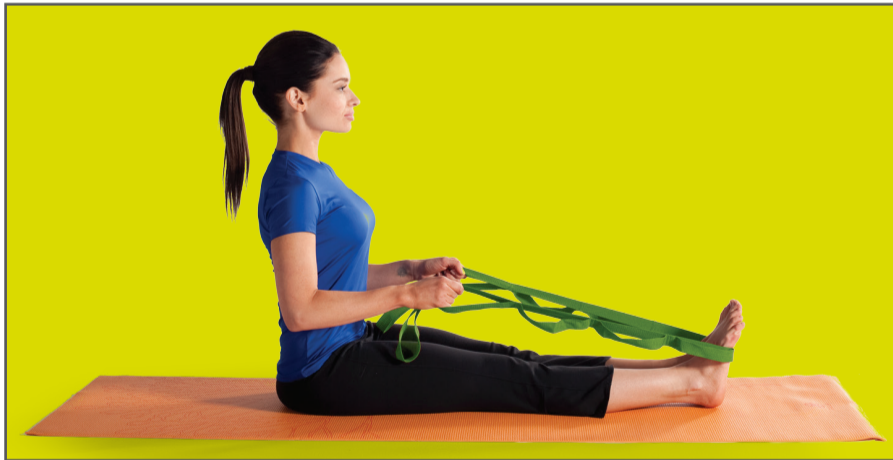
Lay flat on back. Put right leg through last loop of the strap. Try to pull the right foot up toward the left shoulder. Push the right foot away from the shoulder while holding tight to the strap. Again, pull the foot closer to the shoulder. Perform 3 times, switch legs.

INNER HAMSTRING, INNER THIGH STRETCH



Lay on left side. Put right foot in last loop of strap. Bring your right leg up by pulling the strap toward you. Keep leg straight. Perform 3 times, switch legs.

HAMSTRING, CALF & LOWER BACK STRETCH



Sit on the floor with both legs straight out, back straight and head up. Grab one side of strap with each hand and loop around your feet. Pull the strap towards you bringing your back toward your knees. Keep back straight while you pull lower.

CALF STRETCH



Sit on the floor with one leg straight and one leg crossed over the other. Grab both sides of the strap with each hand and loop around your outstretched foot. Push forward with your feet, relax for a second, then pull back with the strap. Perform 3 times, switch legs.

INNER THIGH STRETCH



Sit on the ground with your legs spread apart, your back straight and chin up. Loop one end of the strap around each foot. Reach out toward your feet and grab along the strap. Pull toward your body bringing your chest to the floor. Perform 3 times.

INNER THIGH STRETCH



Sit on the floor with your back straight, chin up and feet together in front of you. Loop each foot in each end of the stretching strap keeping the strap in each hand. Pull your feet toward your body. Relax and then try to pull in closer. Perform 3 times.