

GAIAM WELLBEING™

FLEXIBILITY & MASSAGE KIT EXERCISE GUIDE

EXERCISE INSTRUCTION

- Complete 1-3 sets per exercise, 15-60 seconds per set.
- Perform each exercise with a comfortable amount of muscle pressure.
- When applicable, perform selected exercise for an equal amount of time on each side of body.
- Roll the ball along the entire area of the tight and (or) sore muscles.
- If desired, stop and apply pressure with the ball directly over the knotted muscle area(s) for 3-5 seconds.
- Ball exercises may be performed daily, or as needed.
- **IMPORTANT!** Remember to always roll the ball over the muscles and soft tissue areas, while avoiding prominent bony areas.

LOWER LEG



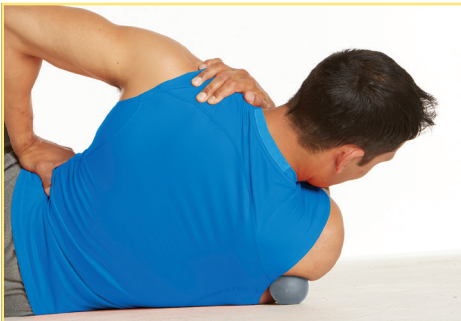
Sit and position ball under back of lower leg. Roll ball forward and backward along underside of lower leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

FOOT



Sit or stand and position ball under arch of foot. Roll ball forward and backward along underside of foot. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

SHOULDER



Lie on side and position ball under back of shoulder. Roll ball in a small circular motion along back of shoulder. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

UPPER BACK



Lie on back and position ball along the side of the spine just above the shoulder blade. Roll ball up and down the upper back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

LOWER BACK



Lie on back and position ball along the side of the spine just above the hips. Roll ball side to side from spine to side of waist. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

BUTTOCKS



Lie on back and position ball under buttock. Roll ball in a small circular motion. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

HIP



Lie on side and position ball along side of upper thigh just below hip. Roll ball up and down the side of the leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

MID BACK



Lie on back and position ball along the side of the spine between the shoulder blades. Roll ball up and down the mid back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

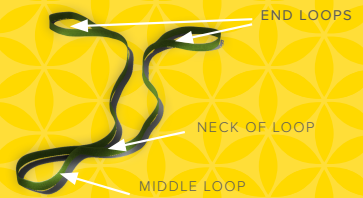
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DOOR ATTACHMENT INSTRUCTIONS

All upper-body stretch activities require that the middle loop of the strap be securely positioned in the hinge side of doorjamb.

Open door, insert the entire middle loop and neck of strap between door and doorjamb. Close door tightly, securing neck of loop against opposite side of doorjamb. Pull firmly on the strap to ensure that it is secure before performing each upper-body stretch activity.



EXERCISE INSTRUCTION

- As a warm-up before each session, perform each selected exercise 3–5 times without the stretch strap.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets.
- OR—
- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each stretch strap exercise session.

ANTERIOR LEG STRETCH



Start: Lie on stomach, legs slightly bent hip-width apart, toes pointed toward floor, with stretching leg bent and lifted slightly off floor. Position one end loop around arch of one foot and hold the opposite end loop with same-side hand, bend arm, and position hand over same-side shoulder.

Finish: Slowly straighten arm and pull end loop toward floor while bending leg. Pull heel toward buttock and continue to bend leg until a mild stretch is felt along front of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

POSTERIOR LEG STRETCH



Start: Position middle loop around ball of one foot and hold one end loop in each hand. Lie on back, legs straight, feet on floor hip-width apart, toes and kneecaps pointed upward.

Finish: Slowly bend arms and pull end loops toward chest while lifting leg upward. With legs straight, heel pushing upward and toes pulled downward, continue to lift leg until a mild stretch is felt along back of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

ANTERIOR SHOULDER STRETCH



Start: Position middle loop in door above head level. Place end loops around palms of hands with arms fully extended overhead and palms facing inward. Stand facing away from door with feet shoulder-width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg bent slightly. Position foot furthest from door in front of hip with toes pointed forward and leg straight.

Finish: Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly lean upper body forward, simultaneously pull hands and arms backward until a mild stretch is felt across front of shoulders. Keep head, hips, and feet stationary.

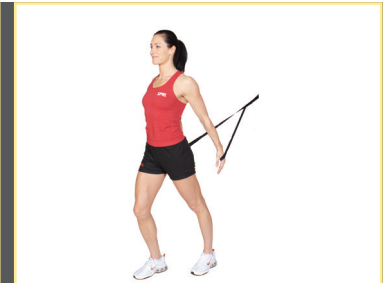
POSTERIOR SHOULDER / ARM STRETCH



Start: Position middle loop in door at shoulder level. Place end loops around heel of hand furthest from door and position slightly bent arm across front of chest with fingers facing forward. Stand perpendicular to door with shoulders angled slightly inward and aligned with hinge-side of door. Position foot closest to door directly under hip, toes pointed outward slightly. Position foot furthest from door outside hip width with toes pointed outward and leg straight.

Finish: Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. With shoulders forward and aligned with hinge-side of door, straighten and pull arm furthest from door across front of chest until a mild stretch is felt along back of arm and shoulder. Keep head, hips and feet stationary.

ANTERIOR SHOULDER / ARM STRETCH



Start: Position middle loop in door above head level. Place end loops around palms of hands with arms fully extended overhead and palms facing inward. Stand facing away from door with feet shoulder-width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg bent slightly. Position foot furthest from door in front of hip with toes pointed forward and leg straight.

Finish: Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly lean upper body forward, simultaneously pull hands and arms backward until a mild stretch is felt across front of shoulders. Keep head, hips, and feet stationary.