

Effortless Stretching *Stretching has never been easier!* Strap



www.effortlessexercise.com

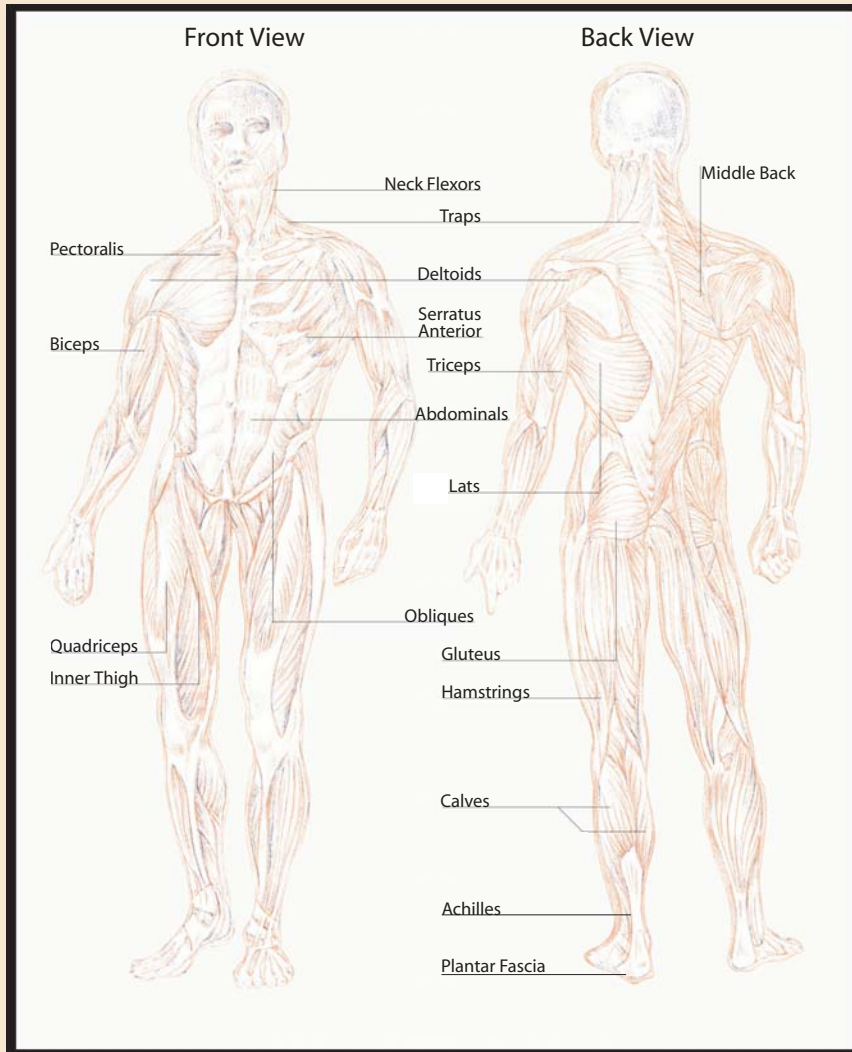
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Sit back and relax.

Handsfree Living, Inc.
www.handsfreeliving.net



INSTRUCTIONS FOR USE:

Stretch your Plantar Fascia, Achilles, Calves, Hamstrings, Quadriceps, Gluteus, Back Muscles, Obliques, Abdominals, Deltoids, Pectoralis, Forearms, Biceps, Triceps and other soft tissues with the "Effortless Stretching Strap".

- 1) For lower body stretches place the "Strap" around your middle to lower back and around one foot with that leg slightly bent. Stretch the leg out, adjusting the tension with the buckle until you feel a comfortable degree of resistance. Remain in this position as long as you feel comfortable. As the muscle lengthens, readjust the tension on the "Strap". Remove the "Strap" if you begin to experience any pain*. Alternate legs and repeat.
- 2) Adjust the "Strap" higher or lower on your back and / or foot to change the position of stretch.
- 3) For upper body stretches adjust the "Strap" to a length suitable for each position.
- 4) Tighten the abdominal muscles when using the "Strap" for flatter, tighter abs.
- 5) Feel free to contact us for further instruction.

*Consult your Physician before using this device. With any stretching exercise, you should never feel severe pain. If you do, immediately cease using the Strap and consult with your Physician.

Lower Body

Targets plantar fascia, achilles, calves, hamstrings, quadriceps, gluteus, lower back, abdominals and other soft tissues.



Figure 1



Figure 2

Figure 1 -
Plantar fascia, achilles, calves, hamstrings, lower back and abdominals

Figure 2 -
Plantar fascia, achilles, calves, hamstrings, lower back and abdominals

Figure 3 -
Plantar fascia, achilles, calves, hamstrings, quadriceps, gluteus and lower back



Figure 3

Lower Body

Targets plantar fascia, achilles, calves, hamstrings, inner thighs, quadriceps, obliques, upper, lower back and other soft tissues.

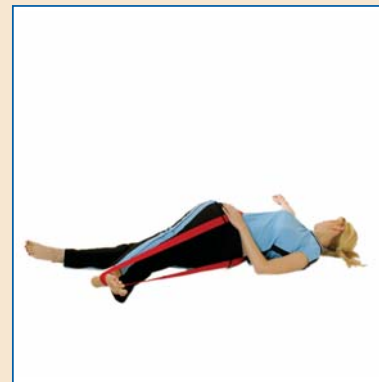


Figure 1

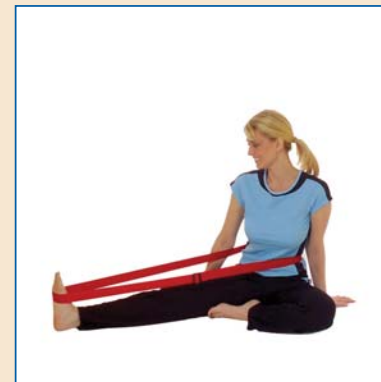


Figure 2

Figure 1 -
Obliques, upper and lower back

Figure 2 -
Plantar fascia, achilles, calves and inner thighs

Figure 3 -
Plantar fascia, achilles, calves, hamstrings and quadriceps

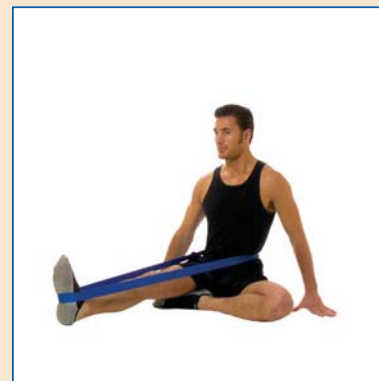


Figure 3

Lower Body

Targets plantar fascia, calves, hamstrings, inner thighs, quadriceps, gluteus, lower back and other soft tissues.

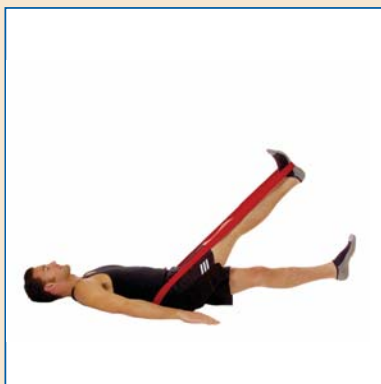


Figure 1



Figure 2

Figure 1 -
Plantar fascia, calves, hamstrings, gluteus and lower back

Figure 2 -
Hamstrings and inner thighs

Figure 3 -
Plantar fascia, calves, hamstrings, inner thighs and quadriceps



Figure 3

Lower Body

Targets plantar fascia, calves, hamstrings, quadriceps, gluteus, lower back and other soft tissues.



Figure 1

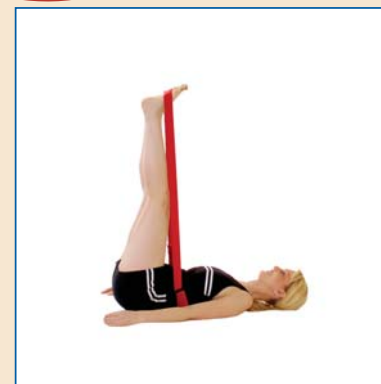


Figure 2

Figure 1 -
Calves, hamstrings, gluteus and lower back

Figure 2 -
Plantar fascia, calves, hamstrings and gluteus

Figure 3 -
Calves, quadriceps and gluteus

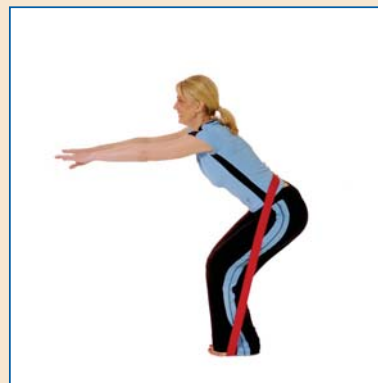


Figure 3

UpperBody

Targets triceps, deltoids, pectoralis, traps and other soft tissues.



Figure 1

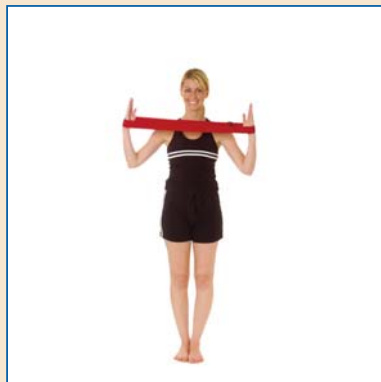


Figure 2

Figure 1 -
Triceps, deltoids, pectoralis and traps

Figure 2 -
Deltoids and pectoralis

Figure 3 -
Triceps and traps

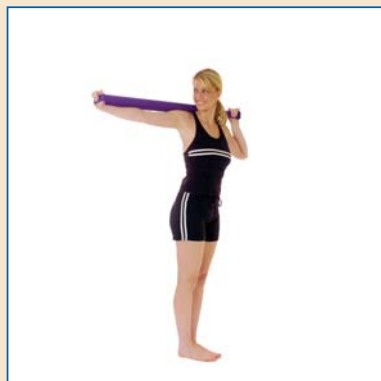


Figure 3

UpperBody

Targets obliques, forearms, lats, triceps, biceps, neck flexors and other soft tissues.

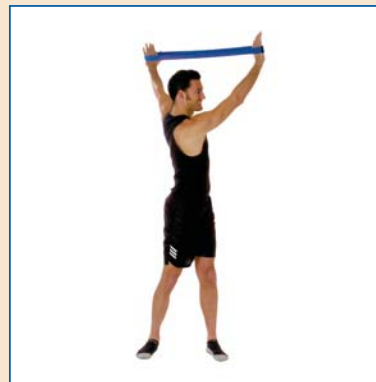


Figure 1

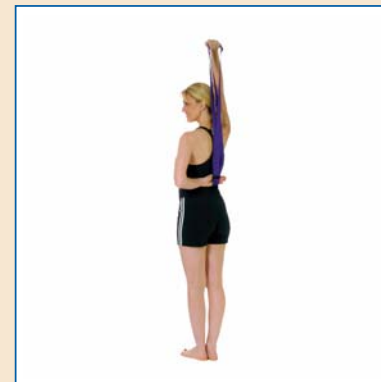


Figure 2

Figure 1 -
Obliques and lats

Figure 2 -
Triceps and neck flexors

Figure 3 -
Forearms, triceps, biceps and neck flexors

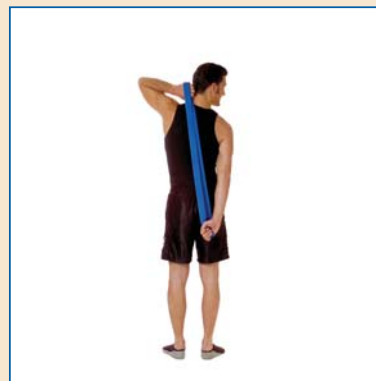


Figure 3

Upper Body

Targets forearms, obliques, lats, triceps, deltoids, pectoralis, traps and other soft tissues.



Figure 1

Figure 1 -
Obliques and lats



Figure 2

Figure 2 -
Triceps, deltoids, pectoralis and traps



Figure 3

Figure 3 -
Forearms and triceps

Lower Body

Targets outer thighs, quadriceps, groin, gluteus, lower back, abdomen, posture / back support and other soft tissues.

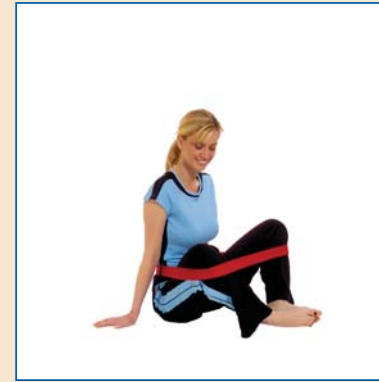


Figure 1

Figure 1 -
Outer thighs and groin



Figure 2

Figure 2 -
Quadriceps, gluteus, lower back and abdomen

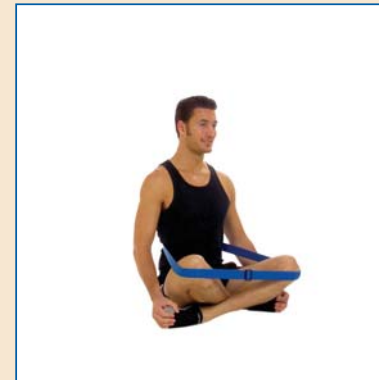


Figure 3

Figure 3 -
Posture / back support