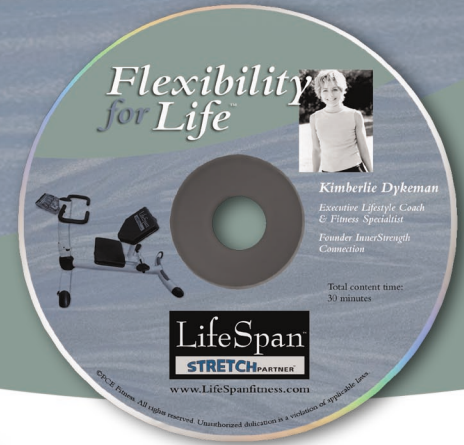


# LifeSpan™

## STRETCHPARTNER™



- Includes “Flexibility for Life” training video with instructions on how to effectively use the StretchPartner to improve flexibility, balance, posture, and reduce the chance of injury.
- Flex Smart pivoting system (patent pending), accommodates users with different levels of flexibility and varying body types and sizes.
- Provides a consistent, full body stretching program.
- Supports assisted and unassisted stretching for improved flexibility, strength and balance.
- Properly positions the pelvis, knees and back to reduce the risk of injury.
- Solid steel frame design with oversized tubing for lasting durability.
- Supports Users up to 300 pounds.
- Dimensions 48" L \* 37" W \* 32" H

- Warranty

Frame: 5 years residential  
1 year commercial

Parts: 2 years residential  
1 year commercial  
- 90 days seat and flex bumper



435-940-1180  
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Park City, Utah 84098-1316

# Flexibility for Life™



## Why Stretch?

Many factors impact flexibility. Lifestyle, age, gender and individual physical characteristics like bone structure and muscle mass all affect our level of flexibility.

Regardless of these factors, stretching can have significant benefits to quality of life, including flexibility, balance, posture, back pain, and human performance.

## The Basics of Stretching

Strength Training, Cardiovascular Exercise and Stretching are all key components to a comprehensive exercise program.

The two basic types of stretching are assisted and unassisted stretching.

- Assisted Stretching uses outside assistance such as body weight, a strap, leverage or gravity as an aid to improve the stretch. This is the most common form of stretching.

- Unassisted Stretching stretches one muscle by actively contracting another muscle. Unassisted stretching requires more effort, but can be very helpful for improving movement in everyday life and sports performance because it develops strength while building flexibility.

Both types of stretching can be used statically, where the stretch is held for a short period or dynamically, where the stretch is done in motion and repeated multiple times.

To get the most out of stretching you want to have a balance between assisted and unassisted stretches.

For those over 40 it's important to know that subtle changes begin to occur in our muscles and joints that make them progressively stiffer, less functional and more prone to injury. While this aging

process can't be stopped, you can slow it down by remaining fit, active and flexible. Research shows that regular stretching can significantly improve flexibility for individuals in the second half of life and up into the eighties and nineties.

## The American Council on Exercise includes the following reasons as a partial list of stretching benefits:

1. Decreases muscle stiffness and increases range of motion. Stretching helps improve the range of motion which may also slow the degeneration of the joints.
2. Improves posture. Stretching the muscles of the lower back, shoulders and chest will help keep your back in better alignment and improve posture.
3. Helps reduce or manage stress. Well stretched muscles hold less tension and therefore, leave you feeling less stressed.
4. Improves mechanical efficiency and overall functional performance. Since a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.
5. Prepares the body for the stress of exercise. Stretching prior to exercise allows the muscles to loosen up and become resistant to the impact they are about to undergo.
6. Promotes circulation. Stretching increases blood supply to the muscles and joints which allow for greater nutrition transportation and improves the circulation of blood through the entire body.
7. Decreases the risk of low back pain.

## Benefits of the StretchPartner

- The Stretch Partner supports assisted and unassisted stretching.

- ★ *Assisted Stretching* is at the core of the Stretch Partner design by leveraging each user's gravity regardless of body type and level of flexibility. The benefit is a deeper stretch for assisted stretches.

- ★ *Unassisted Stretching* is aided by properly positioning the pelvis and knees so that the back is properly stabilized.

- The Stretch Partner provides muscle isolation and leverage. By isolating the muscle that you're stretching you have greater control over the stretch and less resistance to overcome. Leverage allows you to easily control the desired intensity.

- The Stretch Partner supports balanced flexibility. Being flexible in a particular area or joint does not mean that you are flexible in all areas. Often people are more flexible in one joint than the other. The StretchPartner provides consistent positioning allowing you to focus on

specific joints, or areas of the body to obtain balanced flexibility and range of motion.