

## Fitness Gear Review:

### LifeSpan StretchPartner By PCE

Don't Be So Upright...Loosen Up With the StretchPartner Stretching Machine!

By Bruce Pechman, The Muscleman of Technology<sup>®</sup> June, 2005

[www.mrbicep.com](http://www.mrbicep.com)



#### Try To Be More Flexible

That's what I kept trying to tell myself after flunking out of a "Beginning Yoga Class" a couple of months ago. There's a very logical reason why I couldn't complete the basic Yoga moves hence disrupting the class by falling all over myself and fellow Yogees. You see, to do the most rudimentary Yoga moves a certain degree of flexibility is required. It's a classic sort of a chicken and egg thing with a rooster thrown in. Try standing on one foot with your hands over your head pointed towards Jupiter and you'll get the picture. The problem is most Health and Fitness facilities across the country have gone to the latest flavor of the month. That would be classes on some form or variation of Yoga and Pilates. Basic core "Stretching" is usually non-existent on the weekly and monthly schedules. And that my friends, is where the LifeSpan StretchPartner Machine enters your life and keeps you—how shall we say...Flexible!

#### Stretch or Stretcher

Stretching should be considered an essential activity just as your cardiovascular health or diet. Why? Because being loose and flexible is a proven method to minimize your risk of injury—it's that simple. Let me illustrate it to you in straightforward terms. You're walking towards your car after a long day at work. You fumble in your pocket for the keys and oops, you accidentally dropped an important note from your pocket. As you swoop down to grasp the folded paper from the tarmac you feel the defining pain shoot down your leg and back...not pretty. Yet this scenario (or slight variation) repeats itself in emergency rooms every day, in every state. Realize how fortunate we are to live in a society with the tools, resources, and expert physical therapy services to prevent and treat these unnecessary injuries. The Muscleman of Technology uses the LifeSpan StretchPartner to keep him loose and keep from having to worry about pulling a muscle when hitting that next bicep pose.

#### The StretchPartner

Needless to say, the StretchPartner has improved my workouts simply by improving the range of motion during routine exercises. I can also go about my daily business with confidence that I'm not going to get one of those stupid needless injuries. The unique thing about the StretchPartner is the way machine uses your own body weight to provide a complete full-body stretching program. You essentially reap the benefits of having a partner helping you lean into the stretch...without the partner! Typically this is called "Assisted Stretching." Because the StretchPartner is designed to use gravity in leveraging your own body weight, you can acquire deeper stretches without assistance. There are also no seat adjustments to mess with or remember—just hop on and the "Flex Smart Pivoting System" will give you the stretch of your life! The StretchPartner is a professional apparatus which is fairly compact and can support users up to 300 pounds. You will love the included DVD "Flexibility for Life" which is fabulous for taking you slowly through all the full body stretches (step by step). If that's not enough, the instructional placard is permanently mounted just above the handle bars. Now you can just turn tabbed pages to see the illustrations with text if you need a quick reference on a specific stretch.

#### The Home Stretch

I can't recommend the StretchPartner enough. If you want to start realizing the benefits of improved posture, decreased risk of lower back pain, decreased muscle stiffness, and an improved sense of well being, you simply owe it to yourself to try this extraordinary machine! You can't put a price on your health. At less than \$500, that's a pretty small price to pay for stretching your way to health in the privacy of your own home.

For more information about the LifeSpan StretchPartner by PCE, be sure visit their site at: [www.lifespanfitness.com](http://www.lifespanfitness.com)