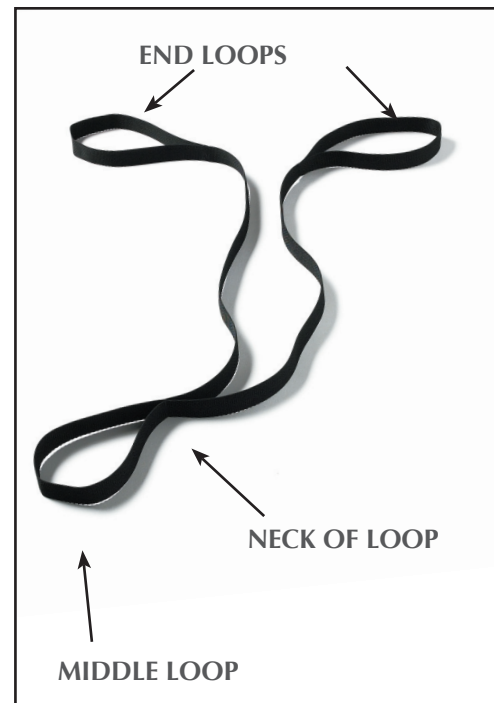


Door Attachment Instructions

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.



Stretch Benefits

- Increases joint flexibility
- Reduces muscle tension
- Prepares the body for resistance exercise training
- Reduces potential for injury
- Develops body awareness
- Improves coordination
- Promotes circulation

Stretch Instructions

- Increase effectiveness of stretches by first performing 3-5 minutes of gentle warm-up exercise.
- As a warm up, perform each selected stretch movement pattern 3-5 times.
- Perform each stretch in a progressive two-step manner:

Finish (Step 1): Stretch targeted muscle group to the point of only mild tension. Concentrate on muscle(s) being stretched and hold for 5-10 seconds without bouncing.

Finish (Step 2): Maintain stretch and slowly increase to the point of moderate tension. Hold for an additional 5-10 seconds without bouncing. Breathe deep and slow, focusing on letting go of the muscle's tension. NEVER stretch to the point of pain!!!

- Repeat each selected stretch 3-5 times with each leg/arm before performing the next stretch activity.
- If desired, stretching may be performed daily. A minimum of 3-4 days per week for each selected muscle group is recommended.

SPRI®

Xerstretch Strap

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before you use the Stretch Strap!

- Before beginning each stretch session, check for wear on the strap.
- Avoid exposing the strap to rough or abrasive surfaces.
- Perform only the stretches as shown in this chart, or other SPRI® produced informational resources.
- Make sure the middle loop of strap is securely anchored in door before beginning each upper body stretch.
- Perform stretches in a slow and controlled manner.
- Avoid straining or holding breath while stretching.
- Always keep back straight and abdominal muscles tight when performing stretches.
- Discontinue any stretch that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.

SPRI Products
1769 Northwind Blvd. Libertyville, IL 60048
800-222-7774 – www.spri.com

Disclaimer: SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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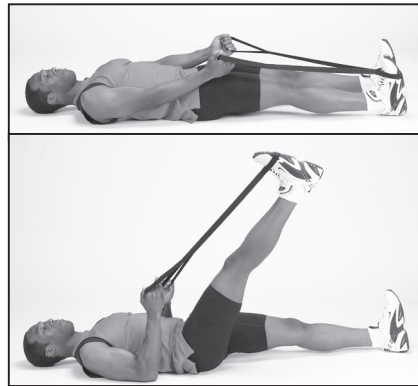
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Lower Body Stretches

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.

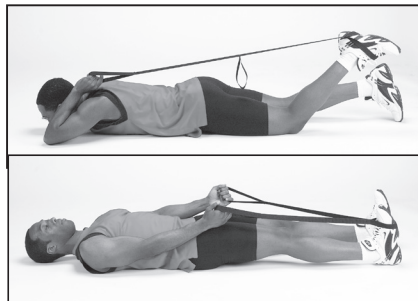


Finish (Step 1): Slowly bend arms and pull end loops toward chest while lifting leg upward. With legs straight, heel pushing upward and toes pulled downward, continue to lift leg until a mild stretch is felt along back of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to pull end loops toward chest. Hold and slowly return to start position.

Anterior Leg Stretch

Start: 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. Lie on stomach, legs slightly bent hip width apart, toes pointed toward floor, with stretching leg bent and lifted slightly off floor.

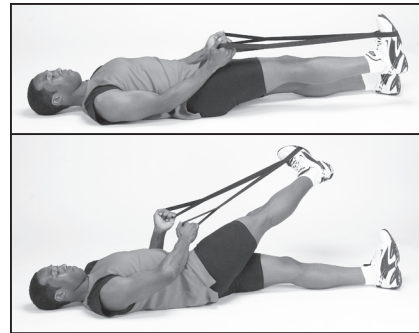


Finish (Step 1): Slowly straighten arm and pull end loop toward floor while bending leg. Pull heel toward buttock and continue to bend leg until a mild stretch is felt along front of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to pull strap toward floor and heel toward buttock. Hold and slowly return to start position.

Outer Thigh Stretch

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

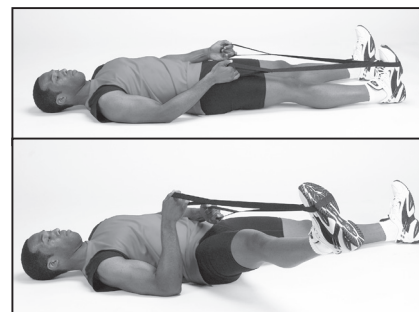


Finish (Step 1): Slowly reach across front of body with stretching side hand and pull away from body with the opposite hand. With stretching leg crossed above opposite leg, pull foot down and inward toward floor until a mild stretch is felt along outer hip and thigh. Hold stretch while keeping opposite leg straight and stationary on floor.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to pull end loops across body and toward the floor. Hold and slowly return to start position.

Inner Thigh Stretch

Start: Position middle loop around ball of one foot and hold one end loop in each hand. Lie on back, legs straight, feet shoulder width apart, toes and kneecaps pointed upward, with stretching leg lifted slightly off floor.



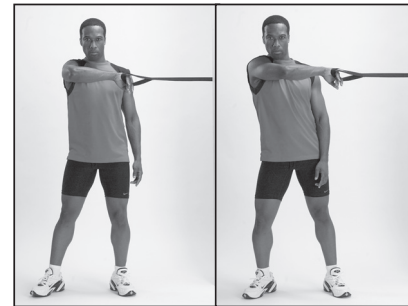
Finish (Step 1): Slowly pull stretching side hand away from body while keeping the opposite hand stationary. Push heel and pull leg outward until a mild stretch is felt along inner thigh. Hold stretch while keeping opposite leg straight and stationary on floor.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to pull arm and push leg outward away from body. Hold and slowly return to start position.

Upper Body Stretches

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 and leg bent. Position foot furthest from door outside hip width with toes pointed outward and leg straight.

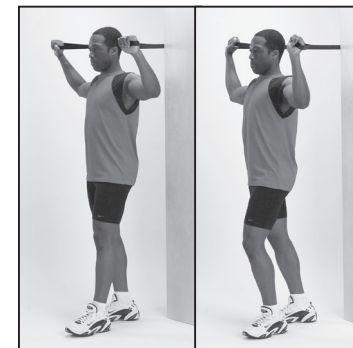


Finish (Step 1): Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. With shoulders forward and aligned with hinge-side of door, straighten and pull arm furthest from door across front of chest until a mild stretch is felt along back of arm and shoulder. Keep head, hips and feet stationary.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to pull arm across front of chest and shifting body weight onto foot furthest from door. Hold and slowly return to start position.

Chest Stretch

Start: Position middle loop in door just below head level. Place end loops around palms of hands and bend arms at shoulder level with palms facing forward. Stand facing away from the door with feet staggered slightly wider than shoulder width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg slightly bent. Position foot furthest from door in front of hip with toes pointed forward and leg straight.

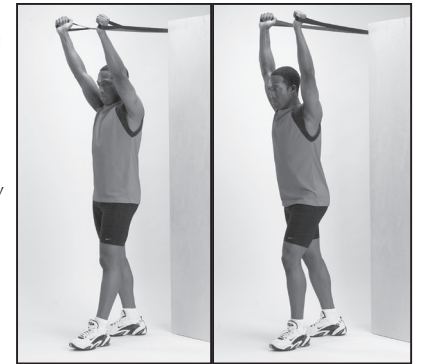


Finish (Step 1): Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly push chest forward, simultaneously pull hands and lower arms backward while keeping upper arms stationary at shoulder level until a mild stretch is felt across chest. Keep head, hips, and feet stationary.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to push chest forward and shift body weight onto foot furthest from door. Hold and slowly return to start position.

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.

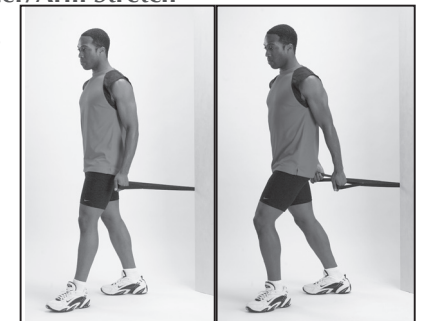


Finish (Step 1): Slowly straighten leg closest to door, simultaneously bend opposite leg and shift body weight onto foot furthest from door. Slowly lean upper body forward, simultaneously pull hands and arms backward until a mild stretch is felt across front of shoulders. Keep head, hips, and feet stationary.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to bend leg furthest from door, pulling hands and arms backward while leaning upper body forward. Hold and slowly return to start position.

Anterior Shoulder/Arm Stretch

Start: Position middle loop in door at hip level. Place end loops around palms of hands with arms straight along sides of body. Stand facing away from door with feet shoulder width apart. Position foot closest to door slightly behind hip with toes pointed forward and leg straight. Position foot furthest from door in front of hip with toes pointed forward and leg bent slightly.



Finish (Step 1): Slowly bend knee furthest from door shifting body weight to the same side foot. Slowly pull hands and arms backward while leaning upper body forward until a mild stretch is felt along front of upper arms and shoulders. Keep head, hips, and feet stationary.

Finish (Step 2): Slowly transition to a moderate stretch by continuing to bend leg furthest from door and pull hands and arms backward while leaning upper body forward. Hold and slowly return to start position.