

PROFLEX

STRETCH LIKE THE PROS

Everyday, safe and effective, 6-step flexibility program with measurable results that takes less than 5 minutes and stretches every major muscle group and joint in your body

As Demonstrated By: Joe LEWIS

Joe Lewis is considered the "Greatest Karate Fighter" of all time and is the former World Heavyweight full contact and point champion. "I use this machine for two reasons: it works both the upper and lower body, and it doesn't break like other equipment. I use the best equipment I can find, and that is why I use this machine."

1

Hanging STRETCH

Stretches upper/lower back, pectorals and abdominals.



2

Double LEG-CENTER

Stretches adductors, upper/lower back and shoulders.



3

Double LEG-RIGHT

Stretches adductors, lats, shoulders and back.



4

Double LEG-LEFT

Stretches adductors, lats, shoulders and back.



5

Single LEG-LEFT

Stretches hamstrings, lats, shoulders and back.



6

Single LEG-RIGHT

Stretches hamstrings, lats, shoulders and back.



1.800.388.0453
www.proflexstretch.com

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879 Research Road

Richmond, Virginia 23236

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“Fitness experts have always known the importance of flexibility and range of motion. Along with cardiovascular activity and strength training, the flexibility workout from ProFlex completes The Fitness Triangle.”

WORKOUT CHART

<p>For additional information about the ProFlex Personal Unit, contact 1-800-388-0453.</p>	<p>Stretching Measurement: (record in blocks) "Grip" = Hand Grip Distance up Boom "Spread" = Leg Spread or Leg Deck Angle</p>	<p>"Stretching is just as important as strength and cardiovascular training; however, flexibility is critical for functional conditioning. This machine assures the proper biomechanical positioning in performing correct, effective stretches relating to posture and daily function."</p> <p>Stephen Tharret, MS Exercise Physiology, Former President, IHRSA, Program Director and Lecturer for the American College of Sports Medicine on flexibility training, and currently Vice President of Athletics & Tennis, Club Corporation of America</p>
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1	Hanging STRETCH x 2 Hold each rep for 15 seconds	Grip							
		Spread							
2	Double LEG-CENTER X 2 Hold each rep for 15 seconds	Grip							
		Spread							
3	Double LEG-RIGHT X 2 Hold each rep for 15 seconds	Grip							
		Spread							
4	Double LEG-LEFT x 2 Hold each rep for 15 seconds	Grip							
		Spread							
5	Single LEG-LEFT x 2 Hold each rep for 15 seconds Lat Boom: 1 to left leg deck	Grip							
		Spread							
6	Single LEG-RIGHT X 2 Hold each rep for 15 seconds Lat Boom: 1 to right leg deck	Grip							
		Spread							
7	Test STRETCH Repeat Hanging Stretch #1 and measure your progress	Grip							
		Spread							