

CHEST/BICEPS: TWO ARM



Using both arms, firmly grasp one hand near the outside pocket of both ends of the Stretch Buddy. Lift the Stretch Buddy up and over your body until your arms and strap are behind your body. Keep a slight bend in the arms and pull both arms to the sides to increase your chest and shoulder stretch.

SHOULDERS/CHEST: TWO ARMS



Using both arms, firmly grasp one hand around the end pocket and your other arm around one of the lower pockets. Extend your arm holding the end pocket out towards the side of your body and bring your opposite arm behind your body. To increase the stretch in your shoulder and chest, pull your arm further to the side of your body.

TRICEPS/SHOULDERS: TWO ARMS



Using both arms, firmly grasp one hand around the end pocket and your other arm around one of the lower pockets. Bring your elbow of the arm holding the end pocket up towards your head and facing straight up. The opposite arm remains behind your body and pulls the Stretch Buddy towards the floor to stretch your triceps.

QUADRICEPS: SINGLE LEG



Firmly grip one foot on the floor for balance. Bend and lift your knee of the opposite foot up behind your body. Place the end pocket of the Stretch Buddy around the arm of your bent foot and firmly grasp both hands in one of the lower pockets. Lift both arms above your head and draw your foot towards your buttocks to stretch your quadriceps.

SAFETY GUIDELINES

- Avoid ballistic movements. Move into a stretch slowly by pulling or pushing gently on the Stretch Buddy. This will help prevent injury and avoid initiating a stretch reflex that can tighten the targeted muscles.
- Never stretch past the point of mild discomfort. If you feel any pain during a stretch, gently ease off, loosening the tension and length of the Stretch Buddy.
- When getting into a stretching position with the Stretch Buddy, be careful not to pull or push too hard and quickly. Get into the stretch position slowly and safely and then gently begin to pull or push the Stretch Buddy to assist with stretching.

- Always perform a full body stretch, and remember to stretch both sides of your body with equal time.
- Always keep a steady breath when performing all stretches with the Stretch Buddy. Never hold your breath during any stretch. This will help avoid injury and aid in achieving the greatest gains in flexibility.

For more information and to view our complete line of Astone™ Fitness products, please visit us online at www.astonefitness.com



The Stretch Buddy is designed to be the ultimate tool to assist with self-stretching your entire body. By incorporating multiple foot and hand loops, the Stretch Buddy allows you to perform PNF (Proprioceptive Neuromuscular Facilitation) self-stretching. This is a highly active form of stretching that uses isometric contractions to help you achieve great gains in flexibility.

IMPORTANT

1. Always consult a physician before embarking on any exercise plan.
2. Wear loose-fitting clothes and dress in several layers to keep warm. If you are too hot, you can always remove a layer.
3. Always warm up before exercising. Allow at least 5 minutes and remember to include a stretching routine.
4. Make sure your equipment is in good shape before using it to work out. Ensure all bands, cables, clips, and screws are well secured.
5. Drink plenty of fluids after exercising.
6. The Astone™ Stretch Buddy should always be used under professional supervision.



For more information about the Astone™ Stretch Buddy, please visit us online at www.thestretchbuddy.com



Astone™ Stretch Buddy Exercises

LEGS

HAMSTRINGS: SINGLE LEG



Lie down on the floor on your back with one leg extended straight on the floor and the target leg off the floor pointing upwards. Place the arch of your target foot in the end pocket of the Stretch Buddy and firmly grasp one or both hands in one of the lower pockets or around the strap. Focus on keeping your knee straight and pulling your leg towards your chest.

HAMSTRINGS: DOUBLE LEG



Lie down on the floor on your back with both legs off the floor pointing upwards. Place the arch of both feet in the end pocket of the Stretch Buddy and firmly grasp one or both hands in one of the lower pockets. Focus on keeping both knees straight, and pulling your legs towards your chest.

HIP/INNER THIGH: DOUBLE LEG



Sit upright on the floor and draw both knees in towards your body. Allow your knees to fall towards your sides as the soles of both feet touch and pull towards your inner groin. Place the end pocket of the Stretch Buddy around the arch of both feet and firmly grasp one or both hands in one of the lower pockets. For a deeper stretch, draw your feet closer to your groin and lower your knees closer to the floor.

INNER THIGH: SINGLE LEG



Lie down on the floor on your back with one leg extended straight on the floor. Keeping your opposite leg straight, lift your foot off the floor and up until it is in line with the hips and place the end pocket of the Stretch Buddy around the arch of your foot and firmly grasp one or both hands in one of the lower pockets. For a deeper stretch, lower your leg closer to the floor.

THIGHS

LOW BACK

LOW BACK/HAMSTRINGS/CALF: SINGLE LEG



Sit upright on the floor with one leg extended straight. Bend your knee of the opposite leg to a 90 degree angle, and bring your foot towards the inside of your opposite thigh. Place the arch of the extended straight leg in the end pocket of the Stretch Buddy and firmly grasp one or both hands in one of the lower pockets or around the strap. Focus on keeping a straight spine throughout the stretch. Pull your foot towards your shin and focus on keeping your extended leg straight and your bent knee towards the floor.

LOW BACK/HAMSTRINGS/CALF: DOUBLE LEG



Sit upright on the floor with both legs extended straight. Place the arch of both feet in the end pocket of the Stretch Buddy and firmly grasp one or both hands in one of the lower pockets or around the strap. Focus on keeping a straight spine throughout the stretch. Pull your shins toward your body and focus on keeping both legs straight.

LOW BACK/HAMSTRINGS/CALF: DOUBLE LEG



Sit upright on the floor and straighten and extend both legs out to the sides. After both legs are in a wide seated position, place the end pocket of the Stretch Buddy around the arch of each foot and firmly grasp one pocket of the Stretch Buddy in each arm. Keep your back straight and firmly but gently pull the Stretch Buddy towards your body. Pull your toes toward the shin for a great calf and hamstring stretch.

HAMSTRINGS/LOW BACK: DOUBLE LEG



Place both feet into individual pockets in the middle of the Stretch Buddy. Firmly grasp one pocket of the Stretch Buddy in each arm and fold forward from your hips. Keep your legs straight and your neck in line with your upper body. Pull the Stretch Buddy towards your body to further the stretch.

LEGS AND BACK

HIPS

OUTER HIP: SINGLE LEG



Lie down on the floor on your back with one leg extended straight on the floor. Bend the knee of the opposite leg and draw it towards the chest. Place the end pocket of the Stretch Buddy around the arch of your bent knee's foot. Gently pull your foot towards the hip of your straight leg and allow your bent knee to relax and drop to the outer side of your opposite hip.

OUTER HIP: SINGLE LEG



Lie down on the floor on one side of the body being supported by your bottom arm and leg. Bring your opposite leg off the floor and place the end pocket of the Stretch Buddy around the arch of your foot and firmly grasp one pocket of the Stretch Buddy with the non-body supporting arm. Keeping your leg straight, lift it until it is aligned over your bottom knee.

QUADRICEPS: SINGLE LEG



Lie down on your stomach on the floor. Extend one leg straight out and draw your opposite foot towards your buttocks. Place the end pocket of the Stretch Buddy around the arch of your bent leg and firmly grasp one or both hands in one of the lower pockets. Pull the Stretch Buddy in a forward movement to greater increase the stretch.

QUADRICEPS: DOUBLE LEG



Lie down on your stomach on the floor. Bend both knees and draw your feet towards your buttocks. Place the end pocket of the Stretch Buddy around the arch of both feet and firmly grasp one or both hands in one of the lower pockets. Pull the Stretch Buddy in a forward movement to greater increase the stretch.

LEGS