

STRETCH

NECK&SHOULDERS	UPPER BACK&SHOULDERS	SPINE&TRUNK	MID-BACK&SPINE	LOWER BACK&HIPS	QUADS&CALVES	HAMS&HIPS	FLEXORS&TRUNK	GROIN&HIPS	ROTATORS&HIPS

ATTENTION

1. Read and understand all instructions before using this equipment. Consult a fitness instructor about proper form. Failure to use equipment properly could result in serious injury.
2. Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DON'T use this machine.

3. Keep hands and feet away from moving parts. DON'T attempt to free any jammed part by yourself.
4. Always consult a physician before starting any exercise program.
5. Stop your workout immediately if you feel faint or dizzy.