

# STRETCH BOARD



Adjustable angles in six steps.

## Activity Effect

- Make the legs sturdy, slim and strong.
- Improve the body and muscle to be more elastic and flexible.
- After use, the pace while walking will be lighter.

15~20°	Be aware of waist injury when exercising.
24°	Feet and waist are tired easily.
30°	Normal and healthy people's angle.
39°	People who have experienced may practice in different angle.

Please Stand Well According To The Instruction Diagram Below



Please warm up your body on the floor by bending waist down several times.



Keep stretching your hands up, and breath freely, and then start swinging your body left and right for several times.



Put your left hand at your waist and then bend your body ahead down. Meanwhile, bend your right knee a little and try your right hand to reach the floor. Please note, when bending down, please follow your breath.



Keep your body standing upright then raise and stretch your hand horizontally forward, as if you are pushing something. Please repeat several times.



Put your hands on your knees, and then squat down a little. Swing your knees toward left side, and then stand up. Do again but swing your knees toward another side. Please repeat for several times.



Put your hands on your knees, and then squat down a little, spreading the knees. Please do not let your heels leave the board. Please repeat for several times.



Stand on the board and align your feet, and then stand upright and keep your knees straight till you do not feel uncomfortable.



Put your hands on your knees, then squat down a little. Swing knees toward left side, and then stand up. Do again but swing your knees toward another side. Please repeat several times.

