Congratulations on your purchase. Proper stretching is a vital component of athletic performance and overall fitness. We hope you will find your StretchTowel both useful and enjoyable. This guide outlines the StretchTowel’s features and benefits, and contains diagrams and instructions for proper stretching.

⚠️ WARNING: Consult your health professional before starting any exercise program. For your own safety, do not begin any exercise program without proper instruction.
You should stretch both before and after you exercise. Stretching before you exercise allows your muscle to achieve optimal length for better performance and reduced risk of injury. Stretching after you exercise allows your muscles to return to optimal length and reduces soreness.

Stretching before you exercise will pay dividends immediately on the athletic field. Using the StretchTowel prior to activity will allow you to recharge your muscle memory, optimize your current level of flexibility and get your body’s kinetic chain ready for action! The StretchTowel will allow you to swing with ease on the first tee, come out of the blocks in style, and swing for the fence with confidence so that you can play longer. Longer.

Stretching once with the StretchTowel will help you utilize the flexibility you already have. However, to increase your flexibility you’ll need to embark on a regular stretching routine with the StretchTowel. Published data shows that significant increases in flexibility occur in six to ten weeks with an effective stretching regimen.

**WARNING:** The external strap should not be used for holding or bracing your hand or foot while stretching. The snap will detach, and may tear from the fabric. Only use internal straps for stretching.
A. Storage and hanging
To keep ST neatly folded use bi-fold snap to retain shape and form. Snap bi-fold snap closed around a handle, loop, or clip to attach to your golf or gym bag.
For additional hanging options, use the external strap to hang at open length on a wall hook or around a club head in your golf bag. Use the bi-fold snap to hang around the frame of cardiovascular equipment for easy access.

B. Zippered end pockets
Keep end pockets closed while using ST unless internal straps are needed to perform specific exercises. One pocket also contains an internal security pocket to store smaller personal items.

C. Using the ST as a support wrap
To use as wrap, place non external strap pocket, snap side in, against your body, and begin wrapping the ST around with appropriate tension. When fully wrapped, the external strap pocket should be positioned so that the external strap is facing “in”.
To secure the ST, un snapsnap the external strap snap. Place this strap completely around all layers of the wrapped ST (The strap will now be closest to your skin). Re-snap the external strap snap to hold the ST into place.
Use caution when using ST as a support wrap. Do not wrap too tightly as injury and circulation problems may occur. Always remove fragile, sharp, or delicate items from all pockets when using the ST as a support wrap.

D. The ST as an ice or heat applicator
To use ST as support wrap to hold ice/heat application in place refer to “Using the ST as a Support Wrap.” Always remove ice/heat pack when done. Place ice or heat pack into non external strap pocket. A standard size ice pack or sandwich bag filled with ice will fit into the pocket.
Consult your healthcare practitioner prior to use of ice or heat for any medical condition. Avoid prolonged exposure to ice and heat applications (20 minutes max).

E. The internal straps
Specific exercises may be enhanced with the use of one or both straps. To use straps unzip end pockets and fold pocket inside-out position for clear access to the internal straps.
The internal straps can be attached to body parts or stationary objects to aid in certain stretches. To secure the ST to a pole/post, place the ST around the pole/post and feed the ST through the internal strap. To secure to a door, place the internal strap around a door knob.

\textbf{\textit{NOTE}: When attaching the ST to a door, always use in the direction of the door closing to avoid the door unexpectedly popping open during exercise.}
\textbf{\textit{NOTE}: The StretchTowel is a very durable exercise towel. However, like a baseball glove that gets “broken in” with initial use, as you stretch and wash your StretchTowel you may find that its shape changes. The towel will continue to be completely functional, and like the baseball glove, many people find that it works better with age.}
Remember – stretching should not hurt. If you are stretching a muscle until it hurts you may injure yourself, and you are probably not getting a very effective stretch. If you are in pain, your body is probably not allowing your muscles to fully stretch.

- Avoid quick, jerky stretching motions. These motions may extend the muscles beyond safe and effective lengths and may result in injury.
- Avoid quick retractions from an extended position. There should be no quick movements when stretching with the StretchTowel.
- Avoid pulling the StretchTowel to its terminal length on your first stretch of any muscle group or exercise.

⚠️ NOTE: Before you read any further, here’s the fine print. You can hurt yourself stretching the wrong way. Before you start any exercise program, you should consult a health professional. Stretching can be fun, safe and it has tremendous performance and health benefits. Always remember to listen to your body while stretching.
Isometric Stretching is a static stretch in which the stretched muscle is actively contracted using an outside object. An example of isometric stretching is lying on one’s back, placing the StretchTowel strap around one’s foot, using the StretchTowel to hold the hamstring in a stretched position with a straight leg raise, and then activating the hamstring by attempting to force your leg back to the ground. You will hold the StretchTowel in place and not let your muscle change length. You should hold isometric stretches for 10-15 seconds.

PNF Stretching (Proprioceptive Neuromuscular Facilitation Stretching) is known as the “contract-relax” stretch. It is a combination of Static Passive and Isometric Stretching. An example of PNF stretching is lying on one’s back, placing the StretchTowel strap around one’s foot and pulling on the StretchTowel to extend your foot towards your head (static passive). When your hamstring is fully stretched, activate the hamstring by attempting to force your leg back to the ground. You will hold the StretchTowel in place and not let your muscle change length. You should hold isometric stretches for 10-15 seconds. While you relax the hamstring, use the StretchTowel to increase the Static Passive Stretch by pulling your leg gently towards your head. After increasing your passive stretch for 2-3 seconds, perform an additional isometric stretch.

NOTE: Isometric and PNF Stretching can be very effective, but care must be used. For example, PNF stretching is not recommended for children under 18 and isometric stretches should only be performed every other day.

Dynamic Stretching is the controlled movement of body parts to gradually increase range of motion while limbs are moving. An example of dynamic stretching is slow and controlled leg swings. You should perform dynamic stretches in sets of 8–12 repetitions, but stop if you feel fatigued (Note: This should not be confused with Ballistic Stretching, which involves jerky and bouncy movements which may force a limb beyond its normal range of motion. An example of ballistic stretching is bouncing up and down while touching your toes. You should never perform ballistic stretching).

Static Active Stretching is the holding of an extended position using only the strength in the opposite muscle. An example of static active stretching is a yogi holding a stretch in which his/her leg is raised in front at maximum height with no support. You should hold static active stretches for 10–15 seconds.

Static Passive Stretching is the holding of an extended position using an outside object. An example of static passive stretching is lying on one’s back, placing the StretchTowel strap around one’s foot and using the StretchTowel to hold the hamstring in a stretched position with a straight leg raise. You should hold static passive stretches for 10 seconds.
The StretchTowel Basic Stretching Routine is a whole body stretching program that should be performed both before and after physical activity. These thirteen stretching exercises should take between five and six minutes to complete.

Visit www.stretchtowel.com for more information on how to use the StretchTowel, and remember that if you are feeling any pain or discomfort, stop stretching immediately.

The Basics of Flexibility

Flexibility is range of motion about a joint. Flexibility is categorized three ways.

**Dynamic Flexibility** is the ability to perform dynamic movements within the full range of motion in the joint. An example of dynamic flexibility is a Rockette performing front leg kicks.

**Static Active Flexibility** is the ability to stretch a muscle using only the tension in the opposing (antagonist) muscle. An example of static active flexibility is a yogi holding a position in which his/her leg is raised in front with no support.

**Static Passive Flexibility** is the ability to hold a stretch using an external force. An example of static passive flexibility is a ballerina resting her leg on a ballet bar.

01. THREE POSITION OVER HEAD STRETCH

With this exercise, you will stretch your shoulders, arms, and chest. Hold each position for a count of 8. You will repeat each of the three positions as a complete set three times, each time starting further back behind you. Do not pull the ST as far as you can to start.

A. Hold the ST with each hand as shown shoulder width apart. Raise the ST directly above your head.

B. Gently pull the ST in opposite directions until you feel light tension. Hold for a count of 8 while retaining the same length of the ST.

C. From this position push both arms up to the sky, as if pushing weights above your head in a “military press”. Hold for a count of 8 while retaining the same length of the ST.

D. From this position extend your arms backwards. Hold for a count of 8 while retaining the same length of the ST.

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D. From this position extend your arms backwards. Hold for a count of 8 while retaining the same length of the ST.

Now gently pull the ST in the opposite direction until you feel your ST stretch slightly apart — this is your new “starting position” for you to begin this entire exercise. Note: You may not get a significant degree of additional stretch of the ST depending on your starting stretch as it is not a rubber band like stretching device, nor should you attempt to pull the ST to its maximal length. A gentle, sustained pull until you sense additional length is sufficient.

You have now completed the 3 positions considered one full set. Repeat this exercise 2 additional times, each time from a new “starting position”.

AVOID INJURY: Do not force your arms back to a new “starting position” beyond your limits.

02. NECK ISOMETRICS

With this exercise group, avoid pulling with your hands, the resistance comes from pushing your head in the proper direction.

A. BACK: Hold ST with each hand as shown above. Place ST over the back of your head.

B. Gently and gradually push your head backward. Hold for count of 8-12.

C. FRONT: Hold ST with each hand. Place ST over forehead.

D. Gently and gradually push your forehead into the ST. Hold for a count of 8-12.

E. SIDE: Hold both ends of ST with one hand as shown. Place ST around the side of your head.

F. Gently and gradually push your head to the opposite side that you are holding the ST. Hold for a count of 8-12.

G. Repeat procedure for the opposite side.
04. UPPER ARM STRETCH

This procedure will help you achieve greater flexibility of the upper arm and shoulders. If you are prone to elbow injuries, do not fully extend the arms, and as always never pull with 100% of your strength.

A. Start by holding the ST at one end with one hand and arm over your head as shown above, with the hand just behind your head.

B. Notice the elbow is in a bent position and the ST is hanging behind your back.

C. Reach behind you with your opposite hand, and grab the other end of the ST with your palm facing out so that the back of your hand is resting on the small of your back at about the level of your belt.

D. First pull your upper hand toward the sky and extend your arm out straight while keeping your lower hand stationary. Hold for a count of 8.

E. Hold your upper arm stationary in the extended position while pulling your lower arm straight down towards the floor. Hold for a count of 8.

F. Repeat this exercise alternating the upper and lower hands.

03. ARM AND NECK MULTI STRETCH

With this exercise, you will enhance neck and arm range of motion as a combined movement. You will do this exercise once on each side.

A. Start with holding the ST at one end with your left hand on your sternum (breast bone) as shown above.

B. Grab the other end of the ST with your right hand allowing enough distance so that when you extend your right arm out to your side, there is no slack in the ST, and a mild to moderate tension is felt in the ST.

C. Turn your head to the right and extend your right fist away from your body. Hold for a count of 8-12.

D. From this position flex your thumb and fist downward toward the floor but do not lower your arm. Hold for a count of 8.

E. From this position rotate your head to the left, turning your chin to your left shoulder as far as you can while feeling a stretch, but not pain, to the right side of your neck. Hold for a count of 8.

F. From this position, retaining the rotation of the neck, you will enhance the stretch of the right side of the neck by looking down to the floor on the left by flexing the chin down. Hold for a count of 8.

G. From this position extend your right arm backwards until you feel a stretch, not pain, to the right upper arm. Hold for a count of 8.

H. From this position extend your right arm backwards until you feel a stretch, not pain, to the right upper arm. Hold for a count of 8.

G. From this position extend your right arm backwards until you feel a stretch, not pain, to the right upper arm. Hold for a count of 8.

H. This completes this set, repeat on the opposite side. Substitute left with right and right with left upon repeating.
05. WRIST STRETCH

Here is a simple exercise to stretch the wrist and forearm.

A. Start with the ST around the palm of one hand and the arm stretched out and the fingers pointing up. Hold the ends of the ST with the other hand, gently and gradually pull to apply a light stretch to the wrist and forearm. Hold for a count of 8-12.

B. From this position gradually raise the arm above your head while applying light tension to the wrist and forearm. Hold for a count of 8-12.

C. Repeat with the other wrist and arm.

06. SITTING KNEE BACK AND CHEST STRETCH

With this stretch, you will gently stretch the regions of your chest, rib cage, and back.

A. Start in a sitting position with your knees together. Hold the ST with each hand positioned just outside your knees.

B. Keeping your elbows in a bent position, gently pull back your shoulders feeling that your shoulder blades squeeze together toward the middle of your back. Hold for a count of 8-12.

C. Repeat this exercise two additional times.
07. LOWER BACK LEAN DOWN

With this procedure, you will stretch the muscles of your lower back. If you have back pain, problems, or injury, repeat this exercise slowly and do not attempt to get in the full lean down position on your first set.

A. Start in a sitting position with your knees together. Place the ST across the back of your shoulders and grasp the ST on each end with your hands.

B. Gently and gradually lean your upper body and chest down to your lap by applying light assistance with your hands as they pull toward your knees. Be sure the ST stays across your shoulders and not on the back of your neck.

C. Continue applying pressure toward the floor with your hands as they follow the direction of your lower legs, and down to your ankles. A gentle stretch of the low back should be noted, not pain. Hold the lean for a count of 8-10 and repeat.

08. CALF STRETCH

Stretching the calf can be done in a number of positions; sitting on a chair, standing, sitting on the floor and in combination with other stretches. For a simple and easy stretch this procedure will be performed sitting, and stretching each calf separately.

A. Start in a sitting position with one foot stretched out with the heel on the floor and your toes pointing up.

Place the middle of the ST under your foot while holding each end with your hands, be sure that there is some light tension and the ST is securely under the middle of your foot to avoid the ST from slipping off your foot as you proceed.

B. Gently and gradually pull your hands backwards as your toes are pulled back to your body. Hold for a count of 8-12.

Repeat with the other calf.

⚠️ NOTE: keeping your heel on the floor will help isolate the calf whereas raising the heel will stretch the hamstring and the calf.
**09. SITTING HAMSTRING**

The ST will allow you to stretch your hamstring muscles (back of your thigh) in a number of ways and positions, sitting, standing, lying and in conjunction with other stretches such as with a slight variation of the calf muscle stretch. For the sitting hamstring stretch you will use the unique design of the ST handles found in each end pocket.

You will repeat this exercise 3 times, therefore do not force the elevation of your leg higher than comfortable. Remember stretching should not equal acute pain.

A. Start in a sitting position with one leg extended, heel on the floor and your toes pointing up. Place the ST strap handle around your foot while holding the ST with both hands.

B. Gently and gradually elevate your leg with the assistance of a light pull with your hands so that there is enough tension on the ST to avoid the strap handle from slipping. Once you feel tension at the back of your leg, or knee, hold this position for a count of 8-12.

C. For a slight variation of this exercise, once in an elevated position, let your leg cross your body in the direction of the other knee. You may sense the stretch working the various portions of the hamstring.

D. Repeat with the other leg.

**10. LUNGE MULTI STRETCH**

This is a great pre and post activity stretch that allows for multiple regions stretched at once including the calf, legs, chest, back, arms, and neck. It is a simple but amazing stretch to demonstrate the benefits and efficiency of the ST. We will again use the unique design properties of the ST strap handles to perform this exercise.

A. Start in a standing position with one foot in front of the other, keeping your hips and chest aligned facing forward and balanced. Place the middle of the ST under your front foot while holding the strap handles in each hand as shown above. Keep your chest out and elbows slightly bent.

B. Gently and gradually pull your hands and arms upward and slightly backwards, feeling your shoulder blades retract. Hold for a count of 8-12.

To optimize this stretch lean slightly forward into your front knee in this lunge position, but to avoid injury always be sure that your knee does not go forward beyond your foot. Also to enhance the chest and neck position, keep your chin up and extended slightly.

Be sure to keep the heel of your rear foot on the ground to optimize the calf stretch.

Repeat by alternating your lunge with the opposite leg now out front.
11. BACK FOOT LUNGE MULTI-STRETCH

This exercise follows the same format as the lunge multi stretch except in your starting position, the ST will be placed under the rear foot and you will gently and gradually pull upward and forward with your arms. You may sense the small change working each muscle group varied from the front foot lunge multi stretch.

A. Start in a standing position with one foot in front of the other, keeping your hips and chest aligned facing forward and balanced.
   Place the middle of the ST under your back foot while holding the strap handles in each hand as shown above.
   Keep your chest out and elbows slightly bent.
B. Gently and gradually pull your hands and arms upward and forward. Hold for a count of 8-12.
   Repeat by alternating your lunge with the opposite leg now out front.

12. TORSO ROTATION LUNGE MULTI-STRETCH

This exercise follows the same format as either the lunge multi stretch or back foot lunge multi stretch with a slight variation to help stretch the upper torso and rib cage. This is a great warm-up for golf, tennis, baseball, and running.

A. Start in a standing position with one foot in front of the other, keeping your hips and chest aligned facing forward and balanced.
   Place the middle of the ST under your front foot while holding the strap handles in each hand as shown above.
   Keep your chest out and elbows slightly bent.
B. Gently and gradually rotate your upper torso while keeping your hips stationary and pointing straight ahead.
   Rotate to one side first until you feel a slight stretch of the torso and hold for a count of 8-12. Hold for a count of 8-12.
   Repeat by alternating your lunge with the opposite leg now out front and rotating to the opposite side.

⚠️ CAUTION: Avoid injury; do not attempt to rapidly rotate from side to side.
13. STANDING QUADRICEPS STRETCH

Quadriiceps make up the muscles of the front thigh. Often stretched out while lying on your stomach or back, the unique, creative design of the ST allows you to stretch the quads while standing, and at the same time isometrically stretch out the muscles of the upper arm and shoulder!

CAUTION: this exercise requires balance, as you will be standing on one leg. If you are prone to imbalance, have knee, hip, or ankle problems, you may need to alter this exercise to your condition. You should always perform this exercise with the assistance of a stationary counter or object. Holding onto a counter will allow you to keep your balance and will promote proper form.

A. Stand next to a secure stationary object such as a deck, counter, exercise equipment frame, or golf cart in locked brake position.

Start with the ST wrapped around the lower leg with the handles in the back, and both ST strap handles exposed.

B. Grab both handles with one hand and gently and gradually lift the ST with your hand and arm, curling your heel to your buttocks until you feel light tension in the front of your thigh, and potentially tension to the upper arm. Hold the resistance for a count of 12.

Be sure to keep your knee in alignment with your standing leg, pointing directly at the floor and not pointing in front of your body.

C. Repeat for the other leg.

CARE INSTRUCTIONS

Warm wash
Tumble dry low
Do not bleach
Do not dry clean
Keep out of reach of children.
Contains small parts.

Made in china.
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