

TRUESTRETCH™

TRUEStretch Club

THE ULTIMATE IN FLEXIBILITY TRAINING

The TRUEStretch™ was developed by internationally renowned physical therapist Gary Gray and is used by a number of top professional and collegiate teams as well as many professional athletes and their personal trainers. It is also featured at many of the top resort spas around the globe because TRUEStretch is the most effective piece of equipment available for maximizing flexibility.

ENHANCES WORKOUTS AND REDUCES INJURY RISK

The revolutionary TRUEStretch provides a dedicated, self-contained stretching area that allows users a safe platform for comprehensive stretching to increase flexibility and reduce the risk of injury. TRUEStretch eliminates the need for floor-based stretching or leaning uncomfortably over other equipment or an exercise ball. The TRUEStretch is the state-of-the-art standard in flexibility equipment and provides an effective stretching regimen for all ages and body types.

SPACE EFFICIENT, SOLID STEEL CONSTRUCTION

The footprint of the TRUEStretch is 48"W x 87"H x 60"D which protects your valuable floor space and adds considerable value to any exercise routine. Like all TRUE equipment, it's built to endure the rigors of daily heavy usage. The TRUEStretch's 11-gauge welded steel frame is protected by a silver powder coat finish that will last for decades and is covered by a one year parts warranty.

EASY TO FOLLOW STRETCHING REGIMEN

TRUEStretch comes with an easy-to-follow exercise placard that is displayed on the frame. This full color photo-illustrated display is organized by muscle groups and features 30 different stretching exercises. All are designed to mimic real-life, real world stretches. TRUEStretch effectively stretches the body in all three planes of motion (front to back, side to side, and rotational) while keeping the user in natural upright positions with four points of contact (both hands and both feet) for proper body alignment, stability and safety.



TRUESTRETCH™

Specifications

Frame

Frame Structural Tubular Steel Frame

Finish Durable Powder Coat Paint

Base Surface Polyethylene Platform with Non-Skid Rubber Padding

Physical Specifications

Weight 180 lbs (82 kg)

Maximum User Weight 500 lbs (227 kg)

Footprint 87"H x 60"D x 48"W (221 cm x 153 cm x 122 cm)

Warranty

Warranty Parts 1 year, Labor 1 year

TRUESTRETCH®

Follow steps below for best results:

- 1. POSITION** yourself as illustrated.
- 2. BREATHE** at your normal rhythmic pattern.
- 3. MOVE** slowly in the direction of the arrow.
- 4. STRETCH** to where you feel mild tension.
- 5. HOLD** each stretch 3-5 seconds and repeat 2 times.
- 6. REVERSE** (when indicated) Maintaining lower body position, move upper body and arms to opposite side and repeat stretch.
- 7. ALTERNATE** (when indicated) Using opposite leg, repeat stretch.

Recommended stretches for specific activities:

Running/Walking:	C2	F1	G1	F1
	E2	F2	H2	J2
Cycling:	A2	B2	F1	G1
	H1	I1	I2	H2
Strength Training - Upper Body:	A2	B1	G2	G1
	A3	B2	C2	G1
Strength Training - Lower Body:	F1	G1	H2	H2
	F2	I2	H2	J2
Aerobics:	A1	B2	G1	F1
	C2	F1	H1	J1
Ramp Stairs:	A1	B2	D2	H1
	B2	C2	G1	J2
Golf:	A1	C1	E2	H2
	B1	D2	G1	J2
Tennis/Pickleball:	A1	B2	F1	H2
	C2	E2	G1	J2

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