

Tutorial GUIDE

The Fitter's Niche Stretch Strap features multiple loops for gripping and hand-holding. As motion and flexibility improves, the numbered marks on the strap will provide immediate visual feedback on the progress made. Practitioners imply use the numbered to set goals for patients and to provide guidelines so that patients do not push themselves too far too fast.

HOW IT WORKS

Each dynamic stretch has a starting position and two phases: contract and relax-stretch. During the stretch, the numbers on the strap can be used to track progression of movement and flexibility. The unique design and durable material assists with pelvic stability and correct leg/torso positioning, which ensures you can repeat the same stretch each time you perform it.

These exercises have three positions each:

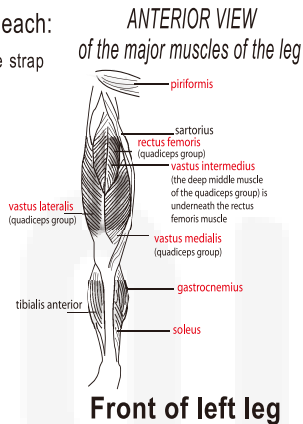
START Position: Begin each exercise holding the strap with a moderate amount of tension.

Muscle **CONTRACT** Position:

- Allow enough elasticity in the strap to provide resistance during muscle contraction.
- The muscle should be at resting length or slightly elongated.
- Contract the muscle through the range of motion or for static stretching hold the contracted muscle for 3-5 seconds.

STRETCH Position:

- Pull strap to provide enough resistance to stretch the
- Hold the stretch for approximately 10 seconds then repeat. Breathe in while you contract a muscle, and exhale when you relax or stretch a muscle.



Lower back & gluteal stretch



CONTRACT: Keeping hands in place, push down and out with your knee extending your hip against the strap.



START: Lie on your back with one knee bent at 90 degrees. Wrap the strap around that knee and hold strap with arms comfortably at your sides.



STRETCH: Pull strap and knee towards your head stretching out the lower back and hip.

Hip rotation / piriformis



START: Lie on your back with one knee bent and the opposite foot resting on the thigh. Wrap the strap around the bent knee and hold both ends in the opposite hand.



CONTRACT: While keeping your hands in place, push your knee away from your upper body. Keep foot on opposite thigh.



STRETCH: Pull strap towards the shoulder, holding the strap, stretching your hip.

Shoulder / triceps internal rotation



START: Hold one end of the strap above your head and the other end behind your back.



CONTRACT: Keep your upper arm in the same position while pulling down with the other arm extending the elbow.

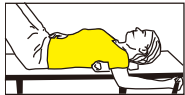


STRETCH: Exhale as you pull upwards with the arm that's above your head; this will pull the elbow behind your back upward gently stretching that side's shoulder and triceps.

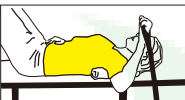
Shoulder external rotation



START: This exercise should be done while lying on a bed or table. Begin by securing one end of the strap under bed or table so that it can be held above your head. Lie on your back with shoulder abducted and elbow bent at 90 degrees; grasp strap. Use a rolled towel under your arm for support.



STRETCH: Exhale as you release the tension in the strap pulling your shoulder into external rotation, stretching the front of your shoulder.



CONTRACT: Pull strap upward rotating your arm forward while keeping shoulder abducted and elbow bent at 90 degrees.

Thigh stretch (quadriceps group)



START: Lie on the floor on the side to be stretched. Place the foot of that leg in a loop at one end of the strap and hold the other end near your waist. Bend your other leg down towards floor with foot flat on floor and in front. Lift looped leg 6 to 12 inches off the floor and slightly forward stretching the inner thigh.



CONTRACT: Keep your looped leg straight and press downward towards the floor against the strap.



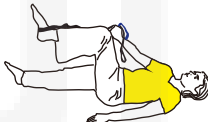
STRETCH: Pull the held end of the loop towards your head while lifting the straight leg to stretch the outside of the leg.



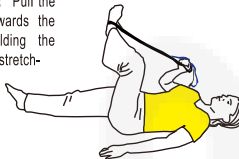
Hip external rotation



START: Lie on the floor with one knee bent and that foot in a strap loop. Hold the other end with the opposite hand near knee.



CONTRACT: While keeping your hand in place, rotate your leg outward. Keep your thigh upright and your lower leg parallel to the floor.



STRETCH: Pull the strap up towards the shoulder holding the strap, gently stretching your hip.

Shoulder / trapezoid external rotation



START: Keeping your arm straight, hold one end of strap and put the middle of the strap under one foot. With your other arm placed at the back of your head, turn your head up and toward the side holding the strap.



CONTRACT: Shrug shoulder upward and hold for a few seconds. Keep your elbow and trunk straight.



STRETCH: Exhale as you slowly relax shoulder back down and gently pull your head away from shoulder.

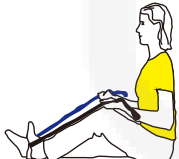
Deep calf stretch (soleus)



START: Sit with knees slightly bent; keep back straight. Wrap the strap around the middle of one foot with arms bent and relaxed at your side.

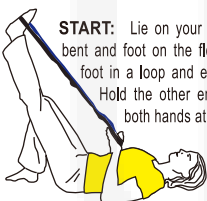


CONTRACT: Keep your hands and knees in the same position while pushing your foot down against the band.



STRETCH: Pull the strap towards you, bending your foot upwards and stretching the lower part of the calf.

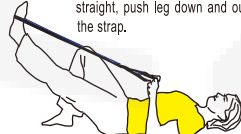
Hamstrings



START: Lie on your back with one knee bent and foot on the floor. Place the other foot in a loop and extend leg in the air. Hold the other end of the strap with both hands at your chest.



STRETCH: Pull strap and leg towards your head stretching the hamstring.



CONTRACT: Keeping your knee straight, push leg down and out against the strap.



CONTRACT: Hold the strap position at shoulder while pushing your foot out against the strap and extending your knee.



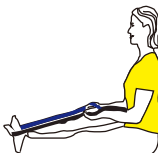
START: Begin lying on your stomach with one foot in the strap and knee bent. Hold the other end of the strap near shoulder with arm bent.



STRETCH: Pull the strap forward over your shoulder bending your knee and stretching your thigh.

Quadriceps (rectus femoris)

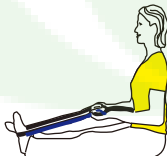
Calf stretch (gastrocnemius)



START: Begin seated on the floor with your knees extended. Wrap the strap around the middle of one foot with arms bent and relaxed at your side.



CONTRACT: Keeping your arms in the same position, point toes and push your foot down against the strap.



STRETCH: Keeping your foot pressed against the strap, pull the strap towards you using it to stretch your calf muscle.

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