

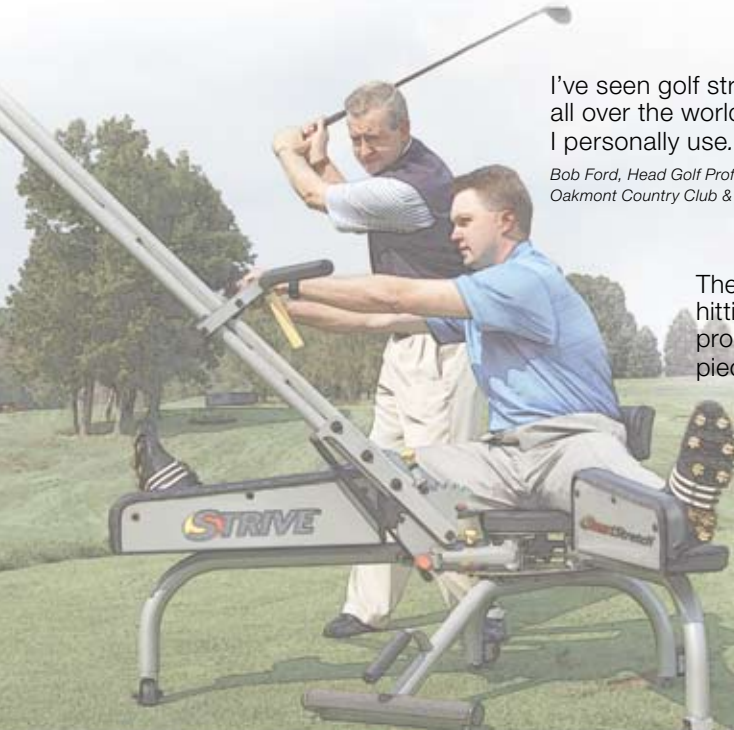


# ...for flexibility

Being flexible is important no matter what you do in life. Improve your health through increased flexibility and core strength with the latest fitness technologies from Strive. The Strive SmartStretch™ provides flexibility of every major muscle group and joint.

Regardless of your age or athletic ability, you can improve all aspects of daily life and be on top of your game with the same innovative equipment used by professional athletes around the world.

- Increase Range of Motion | Enhance Physical Performance
- Minimize Injury Risk | Reduce Lower Back Pain
- Improve Circulation | Lessen Stress | Measure Progress



I've seen golf stretching components all over the world and this is the one I personally use.

*Bob Ford, Head Golf Professional,  
Oakmont Country Club & Seminole Golf Club*

The 5 minutes on the SmartStretch is more valuable than hitting balls. It's impossible to improve your game without proper fitness and stretching components. This is the best piece of equipment available.

*Eric Johnson, Director of Instruction Oakmont Country Club*



**Guaranteed results!**

**6 easy steps | 5 minutes | 3 days a week**

*You will experience 30-50% improvement within 6 weeks*

Adjustments for individual size, reach and flexibility preference.



Lift handle to adjust desired reach



Pull knob out to position back rest



Crank to desired flexibility for inner thigh



Lift pin to adjust upper body position



Lift pin to adjust bar from left, right and center positions



## 1-Hanging Stretch

1

Wrists, Elbows, Shoulders and Trunk, Decompress Spine



## 2-Double Leg Center Stretch

2

Adductors, upper and lower back, shoulders and lats



## 3-Double Leg Right

3

Adductors, Lats, Rear Delts, Back and Torso Rotation



## 4-Double Leg Left

4

## 5-Single Leg Left



5

Achilles, Calves, Hamstrings, Back and Shoulders

## 6-Single Leg Right

6



DIMENSIONS:  
117"W x 90"L x 82"H - Working  
25"W x 52"L x 82"H - Static  
25"W x 24"L x 82"H - Storage