

The Power Behind Performance®

STRETCH MACHINE™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Stretch Machine™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the Stretch Machine™ for cracks, and other damage prior to each use. **DO NOT USE IF DAMAGED** – Consult a Power Systems service associate for warranty information and part replacement.
- Always use the Stretch Machine™ on a level surface. An un-level surface could cause the Stretch Machine™ to suddenly tip, injuring user.
- The Stretch Machine™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Stretch Machine™.

For more information regarding the Stretch Machine™
or other training products and programs, contact:

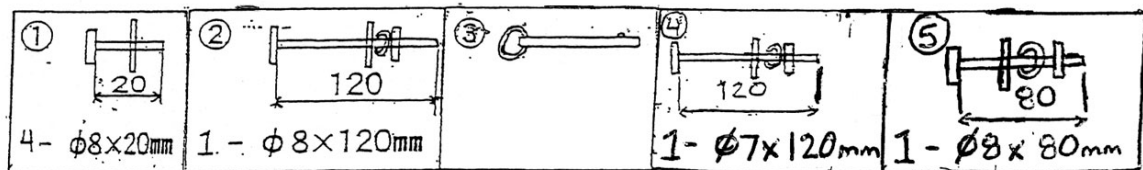
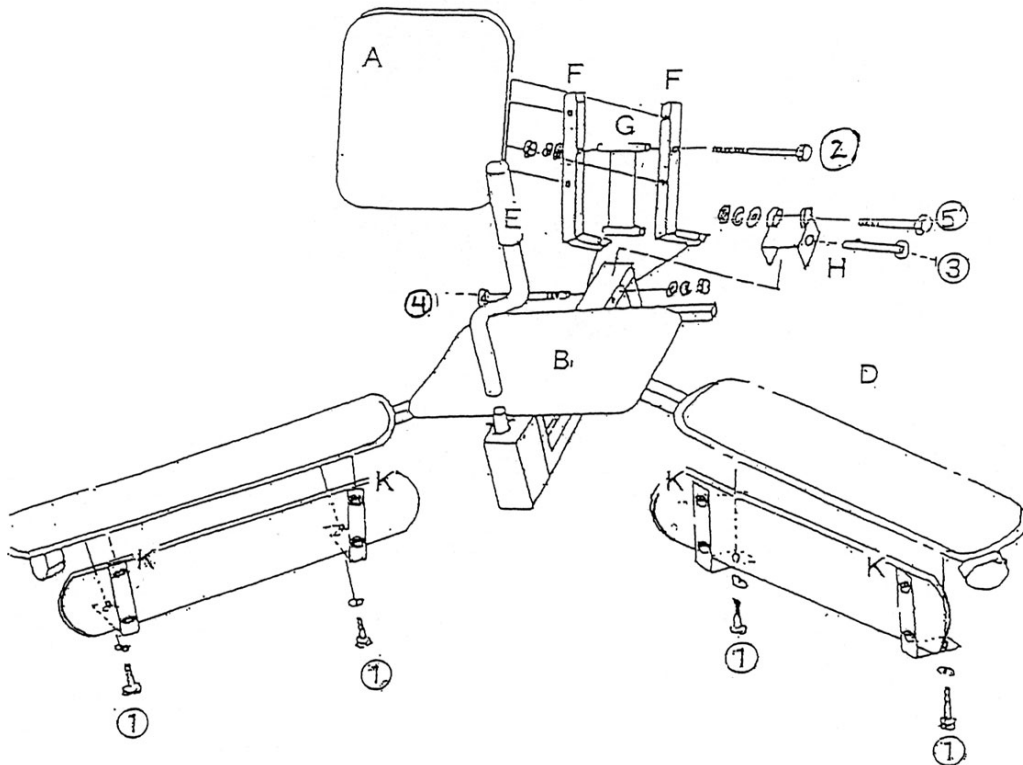
Power Systems, Inc.
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STRETCH MACHINE™

The Stretch Machine™ is designed to passively stretch the muscles of the hip and groin through user controlled abduction.

ASSEMBLY:

1. Attach part K to part D as shown in the figure below using Assembly Unit (1). Be careful not to over tighten bolts to prevent stripping the threads.
2. Repeat step 2 to attach the other leg support unit.
3. Align part G between parts F as shown in diagram. Be sure that the curved end of part G is pointing down and away from seat cushion. Insert Assembly Unit (2) to secure part G and secure with washer and nut.
4. Orient part H as shown in the diagram and align holes with opening at end of part G. Attach using Assembly Unit (5) and secure with washers and nut.
5. To secure the backrest to the main unit align the remaining holes on parts F with the first opening behind part B. Use Assembly Unit (4) to connect the parts and secure with nut.
6. Secure seat back at desired angle by aligning the holes open holes on part H with the holes on the main unit and inserting the spring loaded Assembly Unit (3).
7. Attach handle, part E, to base unit by setting notched opening in handle over pins of shaft on part B.



USING THE STRETCH MACHINE™:

1. Position the Stretch Machine™ on a level surface free from obstructions. A level surface reduces the risk of the Stretch Machine™ suddenly tipping, an event that could result in user injury.
2. The leg supports should be extended directly in front of the seat. If units are not in this position attach the handle and turn in a clockwise direction until the vertical component of each leg rest is in contact.
3. Sit down on Stretch Machine™ and position legs so that they are resting on the leg supports. The torso should be erect with the back support assisting the user to maintain this position.
4. Turn the handle counter-clockwise to begin abduction of lower legs. Continue to crank the handle until a pressure is felt in the groin and hips. It is important to slowly abduct the legs to prevent over stretching, which can result in serious injury.
5. Once desired stretch is obtained stop turning crank and remain in this position for 30 to 60 seconds.
6. Turn crank clockwise, adducting legs towards midline.
7. Repeat sequence as indicated by your training program – attempting to increase the degree of abduction with each successive stretch.

