

Adjustable Stretch Board

EBY-EA001BLK/BLU



10 AMAZING BENEFITS

For Excellent Health & Longevity

- 1 Stretch & contract leg muscles and making it slimmer and stronger
- 2 Helps burn body fat and calories
- 3 Improve flexibility and reduce risk of injury
- 4 Feel light weight after use
- 5 Promote blood circulation and enhance metabolism process
- 6 Relieve fatigue and reduce stress
- 7 Stimulate the production of antibodies and remove toxin
- 8 Reduce backache, muscle cramp/stiffness and pain
- 9 Eliminate water retention and improve immune system
- 10 Improve rheumatism/rheumatoid arthritis problem

4 Different Slanting Degree

- ∠ 45° - For advance user
- ∠ 40° - For normal and healthy user
- ∠ 30° - For normal and healthy user
- ∠ 20° - For Beginner especially for those have back/body injury

Please warm up your body on the floor by bending waist down several times.



Keep stretching your hands up, and breath freely, and then start swinging your body left and right for several times.



Put your left hand at your waist and then bend your body ahead down. Meanwhile, bend your right knee a little and try your right hand to reach the floor. Please note: when bending down, please follow your breath.



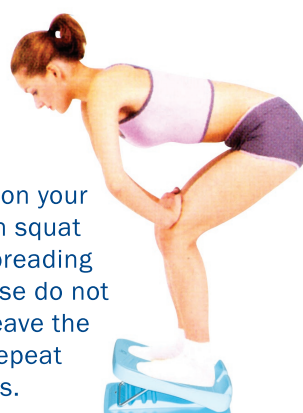
Keep your body standing upright, and then raise and stretch your hands horizontally forward, as if you are pushing something. Please repeat for several times.



Put your hands on your knees, and then squat down a little. Swing your knees towards left side, and then stand up. Do again but swing your knees toward another side. Please repeat for several times.



Put your hands on your knees, and then squat down a little, spreading the knees. Please do not let your heels leave the board. Please repeat for several times.



Stand on the board and align your feet, and then stand upright and keep your knees straight till you do not feel uncomfortable.



Put your hands on your knees, and then squat down a little. Swing your knees toward left side, and then stand up. Do again but swing your knees toward another side. Please repeat for several items.



Put your left hand at your waist and then bend your body ahead down. Meanwhile, bend your right knee a little and try your right hand to reach the floor. Please note: when bending down, please follow your breath.



Stand on the board and align your feet, and then stand upright and keep your knees straight till you do not feel uncomfortable.



Put your hands on your knees, and then squat down a little. Swing your knees toward left side, and then stand up. Do again but swing your knees toward another side. Please repeat for several times.



Keep stretching your hands up, and breath freely, and then start swinging your body left and right for several times.



© Allrights Reserved

Note: Not suitable for pregnant women. Not to use after meal. Maximum user weight: 80kg.