

# TRUESTRETCH™



## THE ULTIMATE IN FLEXIBILITY TRAINING

The TRUEStretch™ was developed by an internationally renowned physical therapist 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 gives 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 state-of-the-art flexibility equipment that provides an effective stretching regimen for all ages and body types.

### SPACE EFFICIENT, SOLID STEEL CONSTRUCTION

The footprint of the TRUEStretch is 60"D x 48"W 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. Constructed from tubular steel for strength, the TRUEStretch is protected by a silver powder coat finish and 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™



FRAME	<b>Frame</b>	Structural Tubular Steel Frame
	<b>Finish</b>	Powder Coat Paint
	<b>Base Surface</b>	Polyethylene Platform with Non-Skid Rubber Padding
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	87"H x 60"D x 48"W (221 cm x 153 cm x 122 cm)
	<b>Weight / Shipping Weight</b>	180 lbs (82 kg) / 246 lbs (112 kg)
	<b>Maximum User Weight</b>	500 lbs (227 kg)
WARRANTY	<b>Warranty</b>	Parts 1 Year, Labor 1 Year

\* Warranties outside the U.S. and Canada may vary - Please contact your local dealer for details. Specifications subject to change without notice.