

MINI STRETCH

User Guide



* Be sure to read all the safety precautions before use.

Manufactured for PMT:
1760 Wadsworth Rd. Akron, OH 44320



Cautions & Warnings

Warning

Warning

- Not for use by children unless under supervision by a guardian.
- Not for use by people with chronic abdominal pain, heart disease, high blood pressure, or pregnant women.
- People with spinal conditions (discs, etc) and the elderly with weak bones should consult a doctor before using this product
- Do not climb or step on the base/pegs to avoid damage to the product.
- Avoid use within 1 hour after a meal to avoid abdominal cramps.

Notice

Notice

- Not intended for people shorter than 4 foot, six inches or those who weigh more than 200 lbs
- This product is a piece of home exercise equipment.
- Do not use for anything other than its intended purpose.
- When assembling, pay attention to the corners of each part to ensure the correct orientation.
- Do not use if you have a fever or are overworked.
- Avoid using on slippery floors (hardwood, tile, etc.)
- Avoid using or storing in an inclined position.
- Keep this User Manual to help with assembly and disassembly

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Product Specifications / Parts

Product Specifications

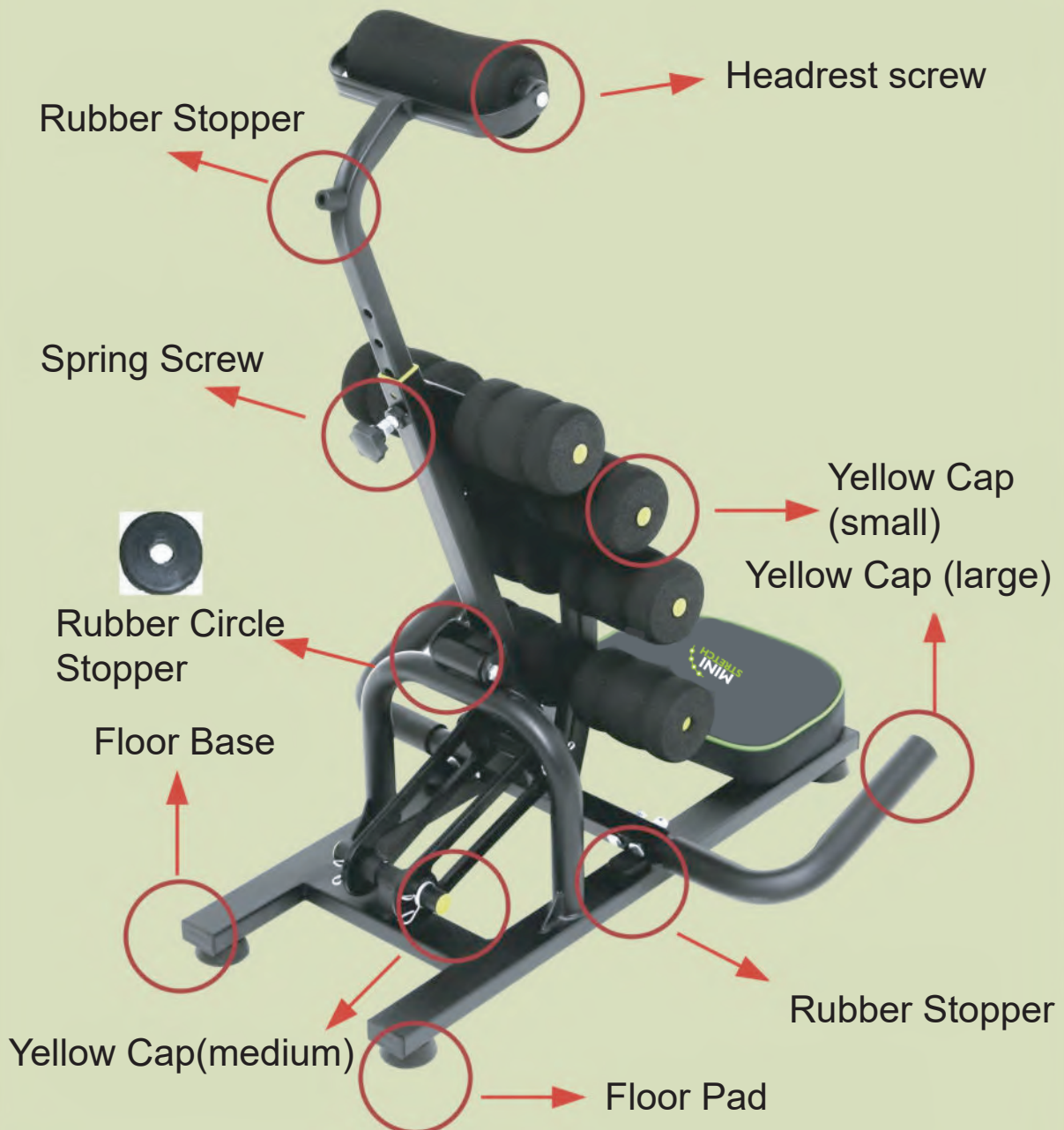
| | |
|-----------------|---------------------------------------------------|
| Product Name | MINI Stretch |
| Material | Steel pipe/polyurethane/PP/PVC |
| External Length | 6.8X25.5X27.5cm (when assembled in packaging box) |
| Weight | 6.85Kg |

Assembly Parts



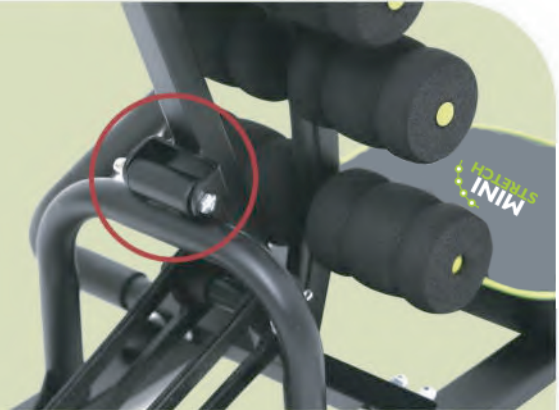
- | | | |
|----------------|------------------------------|----------------------|
| 1. Main Body | 2. Base | 3. Headrest |
| 4. Foam Covers | 5. Tension Hooks | 6. Side Handles |
| 7. Floor Pads | 8. Bolt & nut (for backrest) | 9. Allen/Bolt Wrench |
| 10. Hex Nuts | 11. Loop Rings | |

AdditionalPart Names



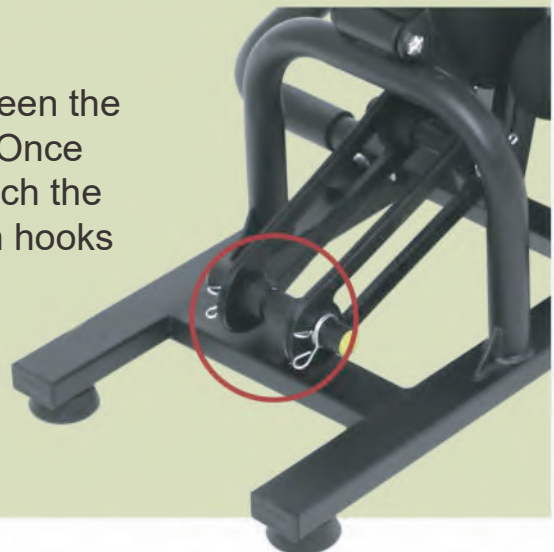
Assembly Method

Place the base (#2) on the floor and connect the base to the main body (#1) using the bolt and nut (#8)

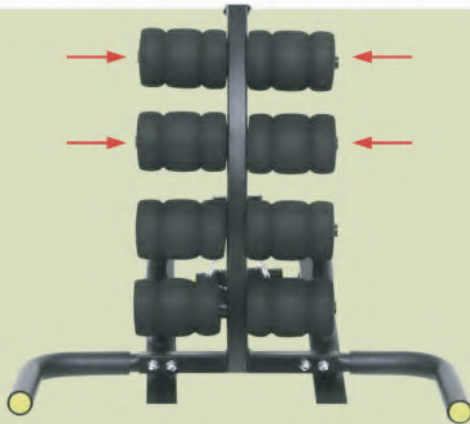


Loosen the attached bolts on the base to insert the side handles (#6) into the main base. Once the handles are in place, tighten the bolts to ensure the handles are secured

Attach the tension hooks (#5) between the main body (#1) and the base (#2). Once the tension hooks are in place, attach the loop rings (#11) to keep the tension hooks secured in place



Assembly Method



Insert the 8 foam pads (#4) into each peg on the main body as shown in the picture

Insert the headrest (#3) into the main body (#4) as shown in the picture, insert the spring bolt, and then adjust the headrest to suit your height.



Finished product
Check to ensure the bolts in each part are securely locked before use

Exercises/Stretches

1. Basic Operation

Sitting down on the base, hold the side handles, keep your feet and knees together, and then slowly lie back. Repeat the movement a few times and ease your body into moving faster.



2. Spread Your Legs

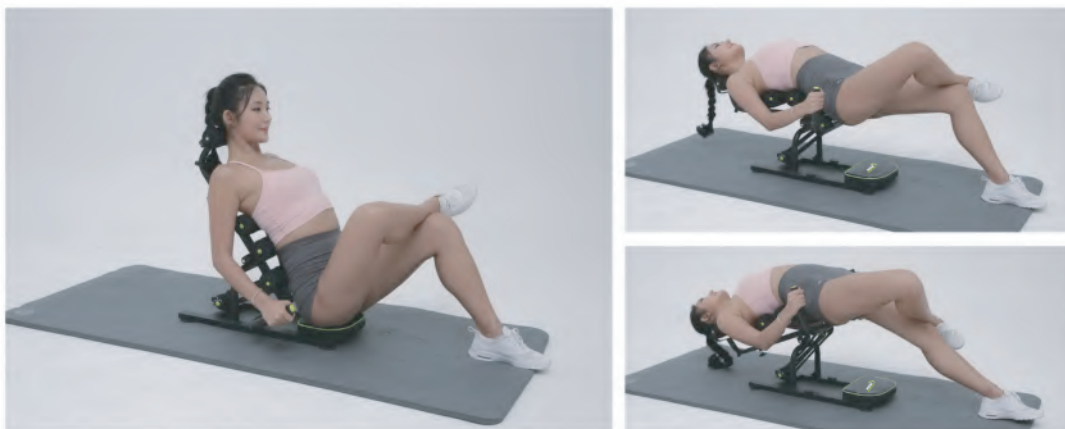
This method is the same as the basic movement, but instead of keeping your legs together, position your legs to be with slightly wider than shoulder width apart and repeat the same movement.



Exercises/Stretches

3. Leg Fold

Place your right leg on your left knee and slowly lie down without letting your leg fall off the knee. Switch legs and repeat.



4. Raise Your Legs

Push your upper body backwards to lay down, and bring your right leg close to your chest. Switch legs and repeat.



Exercises/Stretches

5. Stretching

Stretching: While performing the basic movement, simply straighten your legs, face your palms upward, and extend your arms as much as possible to perform the stretch.



6. Camel Pose

To perform the camel pose stretch, turn your palms toward your legs, fold your arms to 90 degrees, bend your legs, and assume camel pose as shown in the pictures below.

