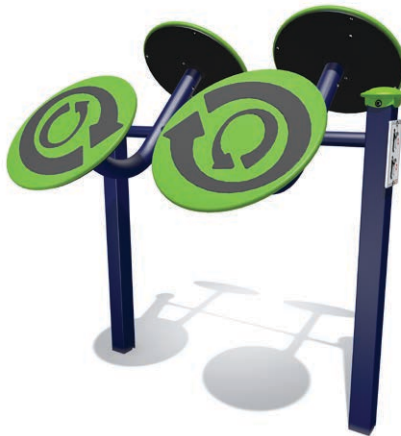


# Stretch & Go



*In-ground mount shown.*

## Warm-Up Equipment

Stretching has numerous benefits. From increasing circulation and flexibility, to reducing stress and even enhancing coordination and posture, stretching is something that anyone, any age, can—and should—do. Our new fitness equipment focuses on areas of the body that house stress with a limited range of motion exercises designed to work out the stress without overworking your muscles.



## The Twister

Twist your torso from side to side to stretch your lower back and work your oblique muscles.



## Recumbent Bike

Target muscles for better results. The natural reclining position is more ergonomically friendly for those with lower back issues.



## Arm & Shoulder Circles

Work the muscles in your shoulders and upper back.



## Shoulder Slide

Relieve stress and tension on shoulders and neck that occurs from daily tasks like computer work. Can also be used in reverse to work the upper back muscles.



## Jumping Stretch

Measure your flexibility from jump to jump-- try with each leap to reach higher.



## The Strider

Burn calories without the stress and jarring that jogging or running can inflict on joints; works the hips, glutes and lower back.

*Surface mount shown.*