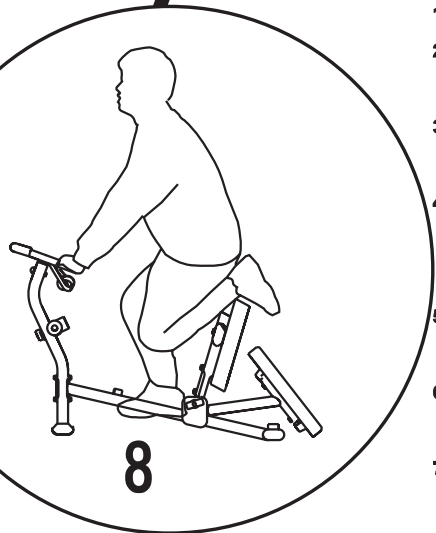
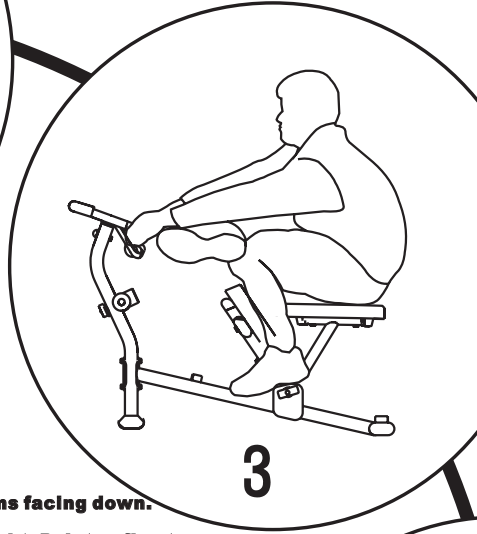
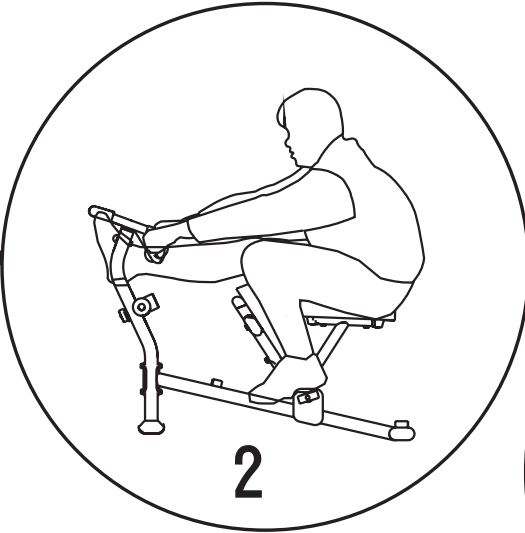
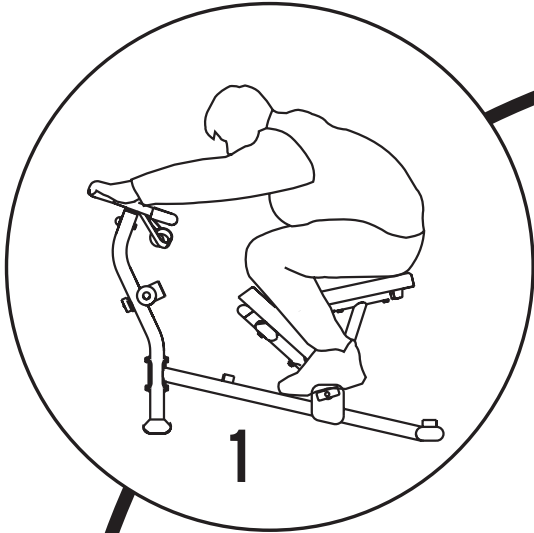


# IT6004 WORKOUT INSTRUCTIONS



1. Begin with seat in the forward position. Hold upper bar with palms facing down.
2. Hold lower bar with palms facing down. Keep extended leg straight. Point or flex toe. Complete the stretch, then switch legs. To intensify stretch, hold upper bar.
3. Hold lower bar with palms facing down. Place ankle on top edge of kneepad, knee or thigh. Complete the stretch, then switch legs.
4. Hold upper bar with palms facing down. Place both hands left of center. Extend left leg toward the right side of the center. Point or flex toe. Complete the stretch, then switch leg and hand positions.
5. Hold lower bar with palms facing down. With seat in forward position, place feet facing one another on top edge of kneepad.
6. Hold upper bar with palms facing up. To intensify this stretch, look up or to the right or to the left.
7. Hold upper bar. Cross arms and grasp bar. To intensify this stretch, look up or to the right or to the left. Complete the stretch, then switch hand positions.
8. Stand facing bar. Hold bar for support. Rest top of foot on top edge of kneepad. Keep back straight. Bend supporting leg. Complete the stretch, then switch legs.

