

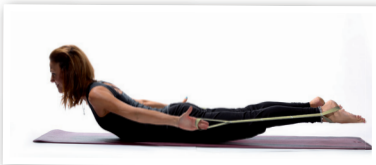
Chest & Shoulder Stretch

Sitting position

Find a comfortable seated position on a chair or mat (This stretch can be done in a standing position as well). Place your hands inside the loops in a width that feels comfortable for you and enables extending arms behind you without feeling pain. Extend your arms back while opening your chest and shoulders. Take a few deep breaths and release. You should be feeling a nice stretch in your chest and shoulders. To deepen the stretch you can change starting position of your hands and place them closer together.



Prone position Place your feet in the first loops on each side of the Logo and hold the last loops with your hands (if you feel the strap is too long hold the closer loop). While lengthening your body lift your upper back and legs slightly in the air as you open and expand your chest and shoulder region.



Neck Therapy

Passive rotation movement for your neck

Supine Place your feet in the last loops and the strap behind your head at the occipital line. You can support this position by holding the strap with your hands until you feel comfortable. As your head leans into the strap, extend your right leg slowly forward. Your head will rotate passively to the left. Switch legs. Do this movement slowly. To increase neck rotation bend the knee of the leg that comes in towards your body.



About Us

HolisticFit is a company that develops Pilates, yoga and therapeutic products alongside mind-body holistic fitness programs.

Company founders, Dalit Drori and Sunny Carmel, come from a rich background of over twenty years of experience in the fitness field, with expertise in Dance, Pilates, Yoga, Sports Therapy and Shiatsu.

Together, they have been training and educating Pilates instructors for over fifteen years, while developing their own technique called HolisticFit.

HolisticFit Loop Strap User Guidelines

Flexibility is one of the main fitness components essential to our health and well being.

Regular stretch exercises release stress and tension in the muscles and joints, reduce the risk of injury and enhance our performance during daily activities and sport.

Please consult your doctor before beginning any exercise program. Practice your stretches at a slow pace and focus on your breathing. When reaching a certain level of discomfort during a stretch - please pause and breathe deeply. Allow your body to release into the stretch. If you feel pain - please moderate your stretch to a more comfortable level.

Thank you for purchasing the
LOOP STRAP from HOLISTICFIT

For more HolisticFit Therapy Exercises and ongoing tips for healthy Mind Body & Spirit please visit us at:
www.holisticfit.net | info@holisticfit.net

Mdesign

stretch

HolisticFit Loop Strap

User Guide



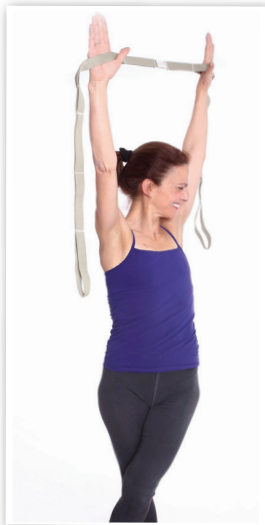
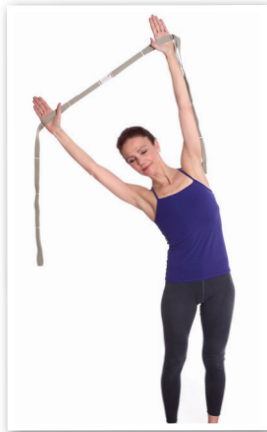
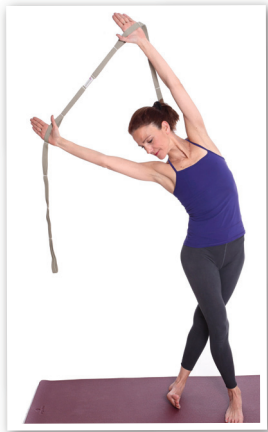

Holisticfit
stretch

Side Stretch- Standing

Feet parallel, hip distance apart, hands in the loops at shoulder width apart

Lengthen upwards and stretch side to side.

For a deeper Sideline Stretch: Cross your right leg behind you and turn the foot inwards so you are standing on the outer side of your foot. Lengthen up and over to your left side feeling a deep stretch as your right hip leans to the right side and you are stretching over to the left. Breathe into the stretch and switch sides.



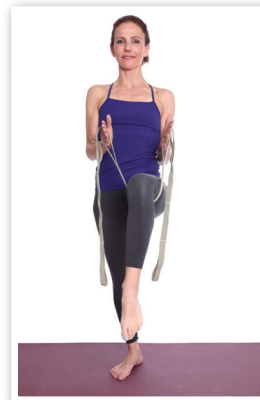
Spine Twist- Standing

Standing with your right leg crossed over, hands in the loops at shoulder width apart Inhale to lengthen upward, as you exhale, engage you abdominals, squeeze your thighs together and rotate your spine to the right (Keep lengthening upwards throughout the spinal rotation) Inhale back to center.

Repeat 4 times & switch sides.

Balance & Outer rotation in the Hip Joint – "Door"

Place the HolisticFit Loop Stretch Strap around your right thigh, each hand in a loop that suits you, lift the leg using your hands (4-8 reps) Hold the last rep. right hand holds both loops, left arm extends to the side: As you inhale open leg to the side, exhale to return center. (4-8 reps) Switch sides.



Hamstring Stretch

Supine – right foot in the end loop

Both hands climb the strap towards the foot bringing the right leg towards the body – right knee is straight. As you feel the hamstring stretch – hold for a few deep breaths.



Lower Back Stretch

Supine

Feet in the loops at hip distance apart, hands hold the loops at each end – choose the loops that suit the length of your arms.

Lengthen your arms toward the ceiling and overhead, lifting your pelvis and lower back slightly off the mat. (Your arms are lifting your pelvis, giving your lower back a nice passive stretch).



For a deeper full backline stretch – lift your head towards your knees. Take a few deep breaths into the stretch.

Spine Twist– Sitting Position

Place your right foot in first loop and lengthen the leg forward. Cross your left foot over the right leg and wrap HolisticFit Loop Strap around your body and around your left knee. Rotate your spine to the left.

Grab a loop with your left hand to help tighten the wrap and increase the spinal rotation. Change sides.

