

STRETCHING

WELCOME TO THE WORLD of the finest multi-station gyms and functional trainers ever built – the world of VECTRA FITNESS.

Before embarking on an exercise program, it is recommended that you undergo a complete physical. Discuss with your physician a personalized exercise program taking into account your age, weight and physical condition. For safety, perform stretches exactly as shown and described here and with attachments as shown. A qualified trainer can suggest other stretches and flexibility routines to help you accomplish your goals. However, only depart from the stretches shown here under the guidance of a qualified individual.

To enhance the benefits and enjoyment you receive from flexibility training using Vectra equipment, please consider the following suggestions:

- Warm up before stretching. Stretching cold muscles can result in injury. Walking or jogging with varied/emphasized arm movement for 5 or 10 minutes will prepare muscles for stretching. Warming up helps prevent injury and enhances the benefits of stretching.
- Never hold your breath while stretching. Relax and breathe freely.
- Don't bounce. Bouncing can result in small tears in the muscle tissue. Once you feel the mild tension of the muscle reaching its limit, hold position for 15-30 seconds.
- Ideally you should stretch every day or every time you workout. At a minimum try and stretch three times a week to maintain flexibility.
- Progress gradually. Stretching too far too soon can result in a painful injury that will delay progress. Continual steady progress is the best path to real flexibility improvements. Expect to feel gentle tension, but if you feel pain, stop! Pain or discomfort means you've gone too far.
- Focus on major muscle groups. The greatest benefits will be achieved by concentrating on stretching the major muscles groups (calves, thighs, hips, lower back, neck and shoulders) as well as the muscles used most heavily in your sport, workout and daily life.
- If you have an injury or a strained muscle, stretching it may cause further harm. Discuss with your doctor or physical therapist how and when to resume stretching post injury. Caution should be taken to accommodate previous injuries or conditions that limit muscle and joint range of motion.
- Always stretch both sides. After an injury, remember to use the same stretches for the same amount of time on the non-injured side as well.
- Stretch after exercising. Stretching after a rigorous workout provides an excellent cool down and will enhance flexibility progress.

For additional or specific information on stretching and stretching programs and methods, we suggest you consider the following options: 1) Consult a certified fitness instructor or certified personal trainer (A.C.E., N.S.C.A., and the A.C.S.M. are all reputable certification programs); 2) Consult a physical therapist; 3) Consult your specialty fitness retailer; or 4) Read reference materials suggested by any of the previously mentioned sources.

FLEXIBILITY TRAINING is a key component of overall fitness and health, and is important for all ages. Stretching is natural, as demonstrated by how animals and humans stretch unconsciously after periods of inactivity. As we age, our bodies lose flexibility making simple everyday tasks such as dressing and reaching high and low shelves more difficult. Enhanced flexibility improves quality of life and delays many of the symptoms associated with aging. Besides simply feeling good, the benefits of stretching include:

- Increased range of motion in the joints
- Decreased risk of injury
- Improved blood circulation
- Boosted energy levels
- Improved posture and appearance.
- Heightened sense of well-being and relaxation
- Enhanced performance in sports and other activities
- Enhanced muscular coordination
- Delayed onset of muscle fatigue
- Decreased post-workout muscle soreness
- Enhanced mental state and brightened mood

Both aerobic and strength training require muscles to contract and flex to accomplish movement. Over time such contractions can lead to imbalances in flexibility amongst the various muscle groups that surround and move the joints. Such imbalances can limit range of motion and restrict movement, impacting sports performance and the activities associated with daily life.

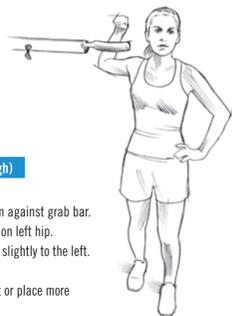
The accompanying stretching illustrations and descriptive text are designed to address the flexibility requirements and proper joint function associated with the major muscle groups. These muscle groups play critical roles in body mechanics. Safe and effective stretching should focus on elongating the muscles for full range of motion and holding each position for 15-30 seconds without causing pain. Caution should be taken to accommodate previous injuries to muscles and joints that lack full range of motion.

IMPORTANT: After each stretch title on the chart, machine arm widths and heights are given. These are recommendations for a user of average height and flexibility and are approximations only. Widths are listed as #1 through #7. #1 indicating machine arms positioned as close together as possible, #7 indicating as wide apart as possible. As an example, a listing of #3 means that the arms are in the third position counting from the center. Many stretches involve the use of one machine arm only, in which case a suggested position for that arm is given. Typically this arm position is near center to enhance machine stability and thereby safety. Heights are given in inches and correspond to the machine's labeling. At times, the arm not primarily involved in the stretch can be used for balancing or needs to be located out of the way (refer to illustrations). Many of the stretches illustrated can also be performed using attachments such as single handles and extension cables.



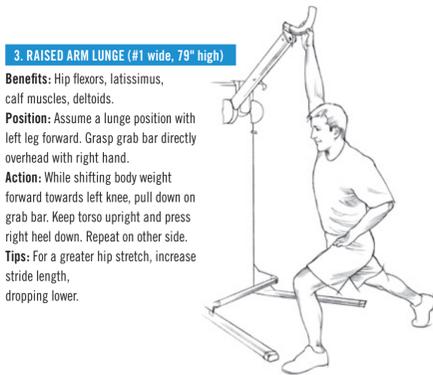
1. TRICEPS-HIP STRETCH (#1 wide, 63" high)

Benefits: Triceps, hip flexors, achilles.
Position: Lunge with left leg forward grasping grab bar with right hand. Keep torso upright.
Action: Shift weight forward and keep elbow up. Extend stretch through to right heel and hold. Repeat on other side.
Tips: To increase stretch, lower grab bar position.



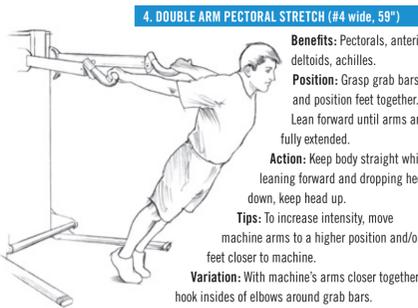
2. SINGLE ARM PECTORAL STRETCH (#1 wide, 63" high)

Benefits: Pectorals, anterior deltoids.
Position: Bend right elbow 90 degrees and press forearm against grab bar. Place left foot slightly in front of body and rest left hand on left hip.
Action: Press forearm into the grab bar and rotate trunk slightly to the left. Hold stretch. Repeat on other side.
Tips: To increase intensity, rotate trunk further to the left or place more pressure on right forearm.



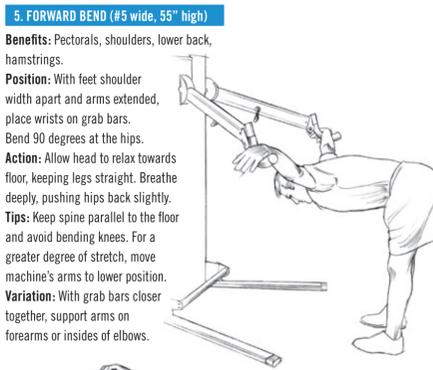
3. RAISED ARM LUNGE (#1 wide, 79" high)

Benefits: Hip flexors, latissimus, calf muscles, deltoids.
Position: Assume a lunge position with left leg forward. Grasp grab bar directly overhead with right hand.
Action: While shifting body weight forward towards left knee, pull down on grab bar. Keep torso upright and press right heel down. Repeat on other side.
Tips: For a greater hip stretch, increase stride length, dropping lower.



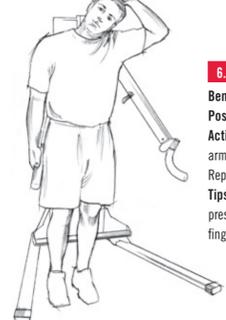
4. DOUBLE ARM PECTORAL STRETCH (#4 wide, 59")

Benefits: Pectorals, anterior deltoids, achilles.
Position: Grasp grab bars and position feet together. Lean forward until arms are fully extended.
Action: Keep body straight while leaning forward and dropping heels down, keep head up.
Tips: To increase intensity, move machine arms to a higher position and/or feet closer to machine.
Variation: With machine's arms closer together, hook insides of elbows around grab bars.



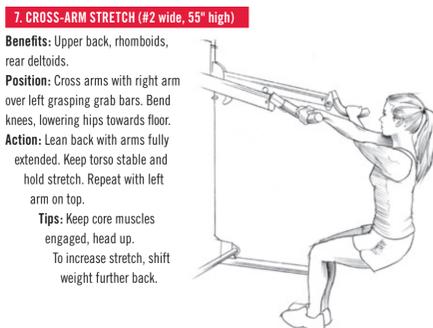
5. FORWARD BEND (#5 wide, 55" high)

Benefits: Pectorals, shoulders, lower back, hamstrings.
Position: With feet shoulder width apart and arms extended, place wrists on grab bars. Bend 90 degrees at the hips.
Action: Allow head to relax towards floor, keeping legs straight. Breathe deeply, pushing hips back slightly.
Tips: Keep spine parallel to the floor and avoid bending knees. For a greater degree of stretch, move machine's arms to lower position.
Variation: With grab bars closer together, support arms on forearms or insides of elbows.



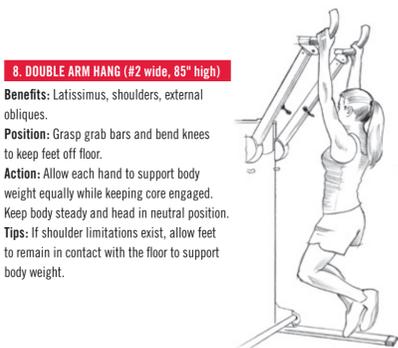
6. NECK STRETCH (#3 wide, 31" high)

Benefits: Trapezius, upper back.
Position: Grasp grab bar with right hand.
Action: While keeping back upright and right arm straight, tilt head to left. Hold stretch. Repeat on other side.
Tips: To increase intensity, apply slight pressure to right side of head with left fingers.



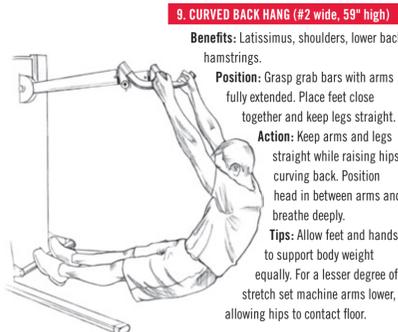
7. CROSS-ARM STRETCH (#2 wide, 55" high)

Benefits: Upper back, rhomboids, rear deltoids.
Position: Cross arms with right arm over left grasping grab bars. Bend knees, lowering hips towards floor.
Action: Lean back with arms fully extended. Keep torso stable and hold stretch. Repeat with left arm on top.
Tips: Keep core muscles engaged, head up. To increase stretch, shift weight further back.



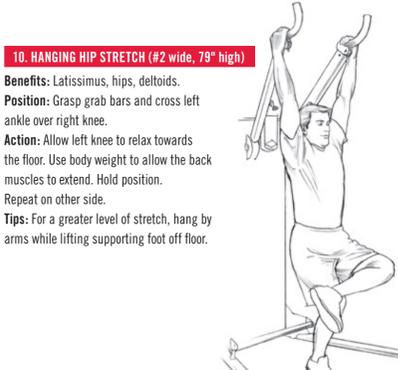
8. DOUBLE ARM HANG (#2 wide, 85" high)

Benefits: Latissimus, shoulders, external obliques.
Position: Grasp grab bars and bend knees to keep feet off floor.
Action: Allow each hand to support body weight equally while keeping core engaged. Keep body steady and head in neutral position.
Tips: If shoulder limitations exist, allow feet to remain in contact with the floor to support body weight.



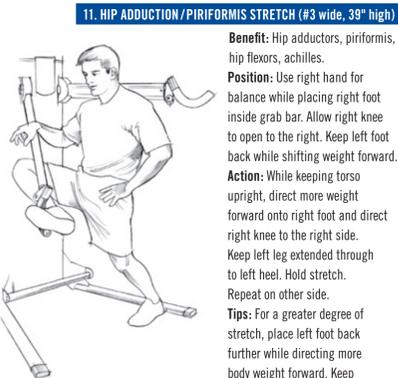
9. CURVED BACK HANG (#2 wide, 59" high)

Benefits: Latissimus, shoulders, lower back, hamstrings.
Position: Grasp grab bars with arms fully extended. Place feet close together and keep legs straight.
Action: Keep arms and legs straight while raising hips, curving back. Position head in between arms and breathe deeply.
Tips: Allow feet and hands to support body weight equally. For a lesser degree of stretch set machine arms lower, allowing hips to contact floor.



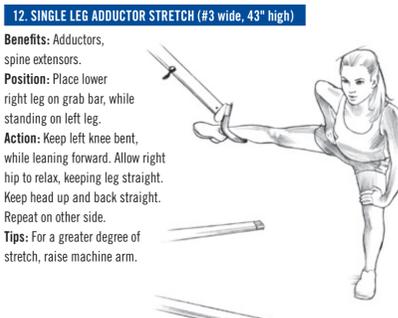
10. HANGING HIP STRETCH (#2 wide, 79" high)

Benefits: Latissimus, hips, deltoids.
Position: Grasp grab bars and cross left ankle over right knee.
Action: Allow left knee to relax towards the floor. Use body weight to allow the back muscles to extend. Hold position. Repeat on other side.
Tips: For a greater level of stretch, hang by arms while lifting supporting foot off floor.



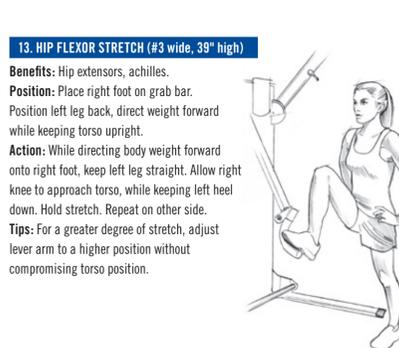
11. HIP ADDUCTION/PIRIFORMIS STRETCH (#3 wide, 39" high)

Benefits: Hip adductors, piriformis, hip flexors, achilles.
Position: Use right hand for balance while placing right foot inside grab bar. Allow right knee to open to the right. Keep left foot back while shifting weight forward.
Action: While keeping torso upright, direct more weight forward onto right foot and direct right knee to the right side. Keep left leg extended through to left heel. Hold stretch. Repeat on other side.
Tips: For a greater degree of stretch, place left foot back further while directing more body weight forward. Keep upper foot flexed towards knee.



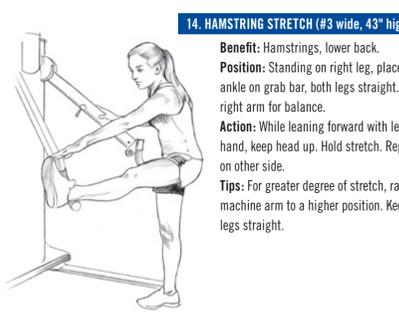
12. SINGLE LEG ADDUCTOR STRETCH (#3 wide, 43" high)

Benefits: Adductors, spine extensors.
Position: Place lower right leg on grab bar, while standing on left leg.
Action: Keep left knee bent, while leaning forward. Allow right hip to relax, keeping leg straight. Keep head up and back straight. Repeat on other side.
Tips: For a greater degree of stretch, raise machine arm.



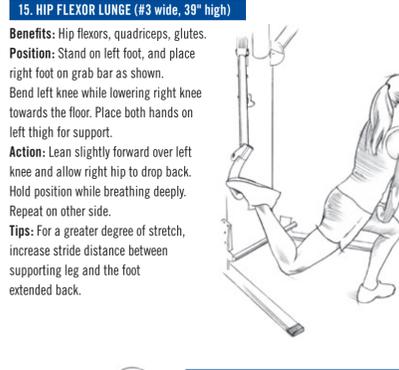
13. HIP FLEXOR STRETCH (#3 wide, 39" high)

Benefits: Hip extensors, achilles.
Position: Place right foot on grab bar. Position left leg back, direct weight forward while keeping torso upright.
Action: While directing body weight forward onto right foot, keep left leg straight. Allow right knee to approach torso, while keeping left heel down. Hold stretch. Repeat on other side.
Tips: For a greater degree of stretch, adjust lever arm to a higher position without compromising torso position.



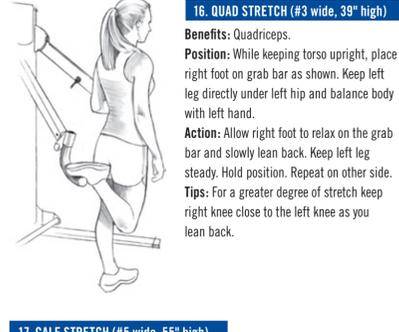
14. HAMSTRING STRETCH (#3 wide, 43" high)

Benefit: Hamstrings, lower back.
Position: Standing on right leg, place left ankle on grab bar, both legs straight. Use right arm for balance.
Action: While leaning forward with left hand, keep head up. Hold stretch. Repeat on other side.
Tips: For greater degree of stretch, raise machine arm to a higher position. Keep legs straight.



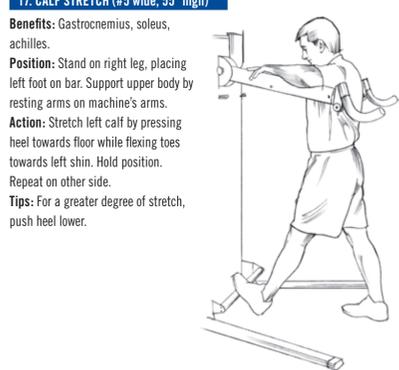
15. HIP FLEXOR LUNGE (#3 wide, 39" high)

Benefits: Hip flexors, quadriceps, glutes.
Position: Stand on left foot, and place right foot on grab bar as shown. Bend left knee while lowering right knee towards the floor. Place both hands on left thigh for support.
Action: Lean slightly forward over left knee and allow right hip to drop back. Hold position while breathing deeply. Repeat on other side.
Tips: For a greater degree of stretch, increase stride distance between supporting leg and the foot extended back.



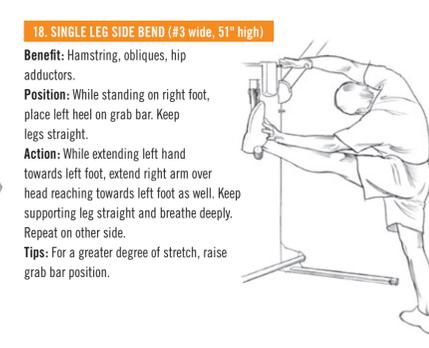
16. QUAD STRETCH (#3 wide, 39" high)

Benefits: Quadriceps.
Position: While keeping torso upright, place right foot on grab bar as shown. Keep left leg directly under left hip and balance body with left hand.
Action: Allow right foot to relax on the grab bar and slowly lean back. Keep left leg steady. Hold position. Repeat on other side.
Tips: For a greater degree of stretch keep right knee close to the left knee as you lean back.



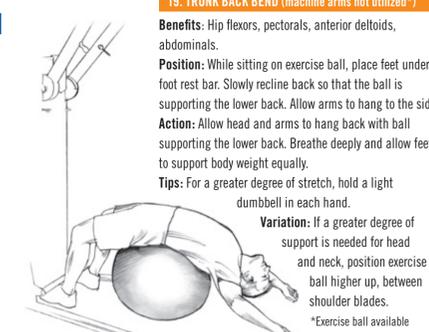
17. CALF STRETCH (#5 wide, 55" high)

Benefits: Gastrocnemius, soleus, achilles.
Position: Stand on right leg, placing left foot on bar. Support upper body by resting arms on machine's arms.
Action: Stretch left calf by pressing heel towards floor while flexing toes towards left shin. Hold position. Repeat on other side.
Tips: For a greater degree of stretch, push heel lower.



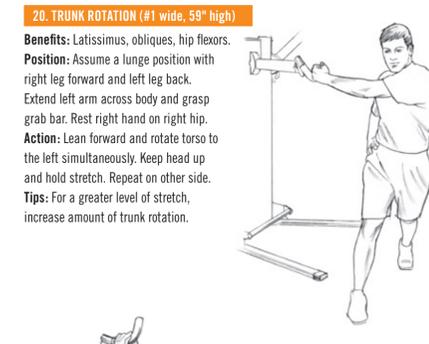
18. SINGLE LEG SIDE BEND (#3 wide, 51" high)

Benefit: Hamstring, obliques, hip adductors.
Position: While standing on right foot, place left heel on grab bar. Keep legs straight.
Action: While extending left hand towards left foot, extend right arm over head reaching towards left foot as well. Keep supporting leg straight and breathe deeply. Repeat on other side.
Tips: For a greater degree of stretch, raise grab bar position.



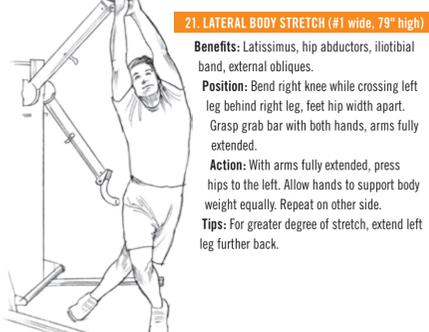
19. TRUNK BACK BEND (machine arms not utilized*)

Benefits: Hip flexors, pectorals, anterior deltoids, abdominals.
Position: While sitting on exercise ball, place feet under foot rest bar. Slowly recline back so that the ball is supporting the lower back. Allow arms to hang to the side.
Action: Allow head and arms to hang back with ball supporting the lower back. Breathe deeply and allow feet to support body weight equally.
Tips: For a greater degree of stretch, hold a light dumbbell in each hand.
Variation: If a greater degree of support is needed for head and neck, position exercise ball higher up, between shoulder blades.
*Exercise ball available separately.



20. TRUNK ROTATION (#1 wide, 59" high)

Benefits: Latissimus, obliques, hip flexors.
Position: Assume a lunge position with right leg forward and left leg back. Extend left arm across body and grasp grab bar. Rest right hand on right hip.
Action: Lean forward and rotate torso to the left simultaneously. Keep head up and hold stretch. Repeat on other side.
Tips: For a greater level of stretch, increase amount of trunk rotation.



21. LATERAL BODY STRETCH (#1 wide, 79" high)

Benefits: Latissimus, hip abductors, ilioibial band, external obliques.
Position: Bend right knee while crossing left leg behind right leg, feet hip width apart. Grasp grab bar with both hands, arms fully extended.
Action: With arms fully extended, press hips to the left. Allow hands to support body weight equally. Repeat on other side.
Tips: For greater degree of stretch, extend left leg further back.

WARNING

The risk that you assume by using this type of equipment can be reduced by obeying a few simple rules:

1. Consult a physician before beginning an exercise program.
2. Do not allow young children to use or play with this equipment. Allow older children to use only with supervision.
3. Inspect machine for loose, worn or defective parts daily. Inspect internal areas by removing cover. Inspect latching mechanisms, extension cables, and attachments to ensure safe working condition. Pay attention to ball fittings, attachment eyes, springs, pivots, webbing, and stitching. Do not use or allow use until all deficiencies have been corrected. Use only Vectra supplied replacement parts. Ensure machine is correctly assembled prior to use.
4. Ensure adjustments are locked in position before use. Support arm weight and keep fingers clear while adjusting.
5. Exercise in front of machine only. Any pulling or loading of arms from sides or back could cause machine to tip or move resulting in serious injury. Exercising at excessive angles from front of machine could also be unsafe depending on body weight and other factors. Test before committing full body weight and decrease angle if any movement is noted. Exercise using slow, steady motions only. Any swinging, quick, or gymnastic like movements could cause the machine to tip or move. Consult exercise chart for prescribed exercises. Don't be careless or play on equipment.
6. Ensure that floor is even, strong, and not slippery. If equipment slides on floor, place it on rubber matting.
7. Read and follow all instructions in owner's manual, exercise chart and product labels. Replace any labels if illegible or removed. Copies are available from Vectra or your dealer. Do not use this machine until you are completely familiar with its safe operation.

Protected by one or more of the following patents:
RE 34,572; 4,900,018; 4,986,538; 5,336,148; 5,378,216; 5,395,295; 5,462,510; 5,605,523; 5,672,143; 5,779,601; 6,482,135; 6,508,748; 6,582,346; 6,994,660; 7,150,701; 7,255,665; 7,303,514; 7,695,418; 7,846,075; 7,909,742; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; D576,230; D576,231; D576,232; D576,233; D576,234; CN1,309,738; CN2,023,972; J3,117,451.
Other U.S. and foreign patents pending.

Vectra, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc.

BRT, Series VX, VFT, ARC (Automatic Ratcheting Cam), Vector, Body ResiStability, and AL (Arm-Leg) are trademarks of Vectra Fitness, Inc.

Vectra Fitness, Inc.
7901 South 190th Street, Kent, WA 98032 U.S.A.
Tel: 425-291-9550

www.vectrafitness.com

© 2011 Vectra Fitness, Inc.

Made in U.S.A.

PN 72530

*Optional equipment shown

PRIMARY MUSCLE GROUP STRETCHED

- ARMS: 1
- CHEST: 2, 3, 4, 5
- BACK: 6, 7, 8, 9, 10
- LEGS: 11, 12, 13, 14, 15, 16, 17
- CORE: 18, 19, 20, 21



BODY RESI STABILITY™

VECTRA FITNESS