


## The Strive ProFlex is:

- Safe and effective for all ages, abilities and body types.
- Easy to incorporate into everyday activities and routines.
- Increases range of motion and gait.
- Stretches upper and lower back, pectorals, abdominals, adductors, lats and shoulders.
- Provides users controlled static stretch of every major muscle group and joint.
- Six step flexibility program specifically designed to target sports specific muscle groups.

### 1


## Hanging Stretch



Stretches upper and lower back, pectorals and abdominals.

### 2


## Double Leg-Center



Stretches adductors, upper and lower back, and shoulders.

### 3


## Double Leg-Right



Stretches adductors, lats, shoulder and back.

### 4

## Double Leg-Left



Stretches adductors, lats, shoulder and back.

**The Strive ProFlex is the only machine that provides upper and lower body flexibility.**

- Guarantees proper technique (spine angle).
- Provides a safe, assisted stretch (relaxation).
- Measures progress, quantify results (set & achieve goals).

**Users will experience a 50% improvement within 6 weeks if they use the Strive ProFlex for 5 minutes a day, 3 days per week.**

Dimensions of the Strive ProFlex:  
 117" W x 90" L x 82" H — working dimensions  
 25" W x 52" L x 82" H — static dimensions  
 25" W x 24" L x 89" H — when stored upright  
 165 pounds

### 5

## Single Leg-Left



Stretches, shoulders, hamstrings, lats, and back.

### 6

## Single Leg-Right



Stretches, shoulders, hamstrings, lats, and back.