

Instructions for Multi-Slant HOME Model

Note: Consult Physician before starting any exercise program and discontinue if you feel discomfort or pain.

WARM-UP



Warm-up with calf raises, either facing the wall or with back to the wall on the lowest angle setting (10 degrees). Raise up on toes as high as possible and back down until heels touch. Be sure to keep feet parallel. Repeat.

HAMSTRING STRETCH



Position upper body support apparatus as pictured. Begin on lowest level. Bend at waist with sit bones touching wall and thighs slightly contracted. Bend more forward as hamstrings begin to "open". Hold for desired duration.

HIP AND CALF STRETCH



Begin on the lowest level. Keep thighs slightly contracted, belly relaxed. with head and body in full contact with the wall. Hold position for a short duration until you become accustomed to the stretch. Move to next angle as desired.

PLANTAR FACIA (Arch) STRETCH



Set board at 30 or 40 degrees. Slide down wall until buttocks rest on heels. (Place pillow under buttocks if knees are uncomfortable.) Keep knees and ankles close together with back and head in contact with wall. Hold for desired duration.

ACHILLES / SOLEUS STRETCH



Bend both knees until you feel deep resistance along the Achilles tendon and lower calf. Shift majority of weight to one leg and hold for desired duration.. Shift weight to the other leg and repeat

ELEVATED SQUATS



Set board at 10 degrees. Stand with heels going up the board and feet parallel. Bend knees slowly to no more than 90 degrees. Avoid bending upper body and head forward. Repeat

Please note: 2 pieces of wood make up the HOME model.

To Adjust Levels:

Slid standing platform (the piece of wood with the non-slip tape affixed) into the desired slots on the second piece of wood (adjustment plate). You'll have the choice between 5, 10, 15, 20, 25 and 30 degrees as indicated on the blue label. Once you have selected the desired level, place unit on floor and use. It is preferable to use on a non-slip flooring surface such as carpet or a workout mat.

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