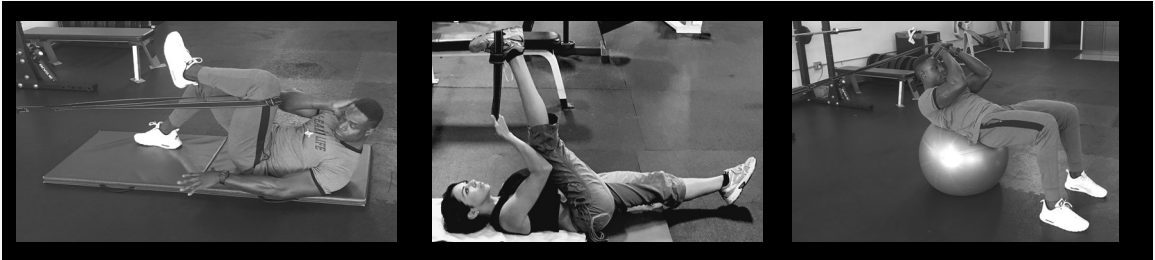
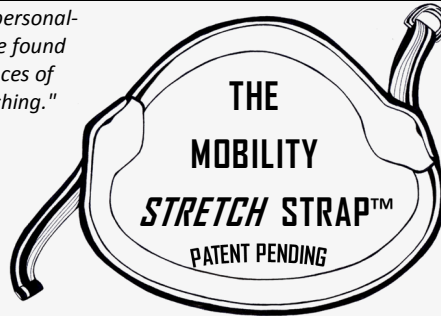


"HARNESS" RENEWED FLEXIBILITY, AUTOMATIC CORE RECRUITMENT & EXPLOSIVE POWER



"I use the Mobility Stretch Strap personally, and also with my clients. I have found it to be one the most versatile pieces of equipment for exercise and stretching."

*~Tayo Akinsete, Bodybuilder,
Certified Personal Trainer*



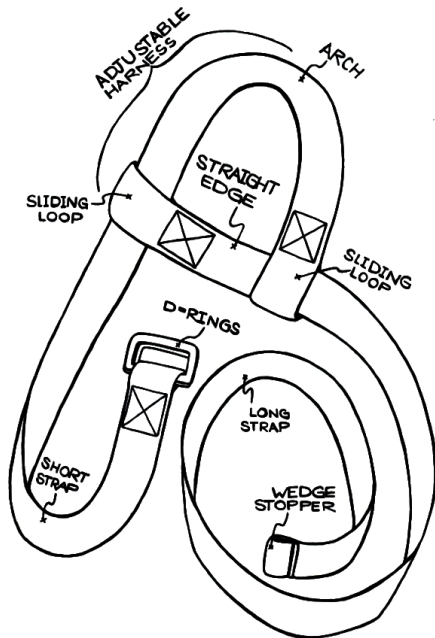
"I have found the Mobility Stretch Strap to be a great asset for speeding up my recovery for a tibia fracture I had acquired last year"

*~Barbara Elashoff, Statistician & Fitness
Enthusiast*

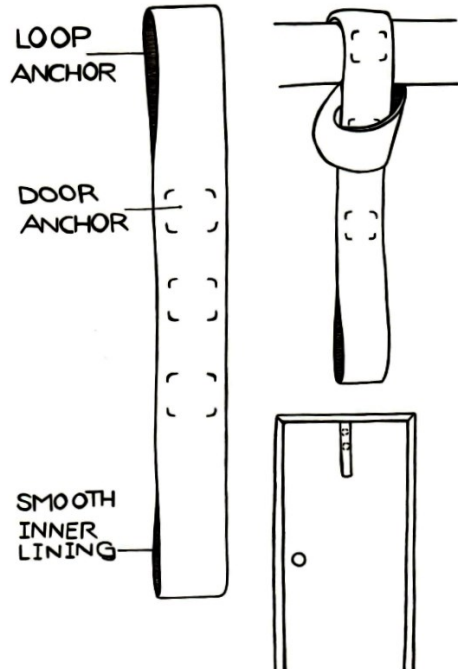
"The Mobility Stretch Strap is one of the most innovative items. Where else can you get a portable gym, stretch strap, and postural support in a package that fits easily into a small carry-on? It's the ideal "Go to" item whether you're going to the gym, or you want to take the gym with you!"

~Steve Nichols, CDN Manager, Fitness Enthusiast

MOBILITY STRETCH STRAP ANATOMY



DOOR ANCHOR EXTENTION ANATOMY



THE MOBILITY STRETCH STRAP™

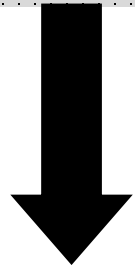
“HARNESS” RENEWED FLEXIBILITY, AUTOMATIC CORE RECRUITMENT & EXPLOSIVE POWER



For your safety, on all fastened MSS exercises, fasten the Mobility Stretch Strap by placing the long strap through both rectangular rings with the wedge face down. Lead the wedge over the first ring and under the second, face up. Pull tight to ensure the wedge stopper is in place.

EXPERIENCE A PHENOMENAL CIRCUIT BY COMBINING “SAME LEVER” EXERCISES

HIGH LEVEL



High Lever Lat Stretch (High Lever)



INSTRUCTION: Leverage the fastened MSS against a horizontal bar. Place one hand within the harness having the curved aspect of the harness at the back of the hand and wrap the fingers around the straps. People who are taller may need to grip the MSS closer to the anchor point itself for an optimum stretch.

BENEFITS: Shoulder traction & mid-back lat stretch. When the Latissimus Dorsi is too tight it may cause the low back to arch. This may lead to low back pain and rotate the shoulder inward causing the upper back to round.

INSTRUCTION: Fasten the MSS around a high, immovable base or a door anchor at the top of the frame. Position the back of the hand within the strap in the direction past the hips. Hold for 1-2 seconds and repeat

BENEFITS: Muscles of the upper, mid, and low back, firing synergistically with the rear deltoids and triceps for optimal posture.



Power Reverse Chop (High Lever)



INSTRUCTION: Fasten the MSS around a high, immovable base. Grip your hands around the shortened adjustable harness so that there is no space between the arch and the straight edge. When chopping to the left, have the right foot forward and the left foot back. Also have the right hand on top of the left when chopping in an upward motion to the left. Immediately switch feet having the left foot forward and the right foot back. The left hand will now be on top of the right hand when chopping in an upward motion to the right.

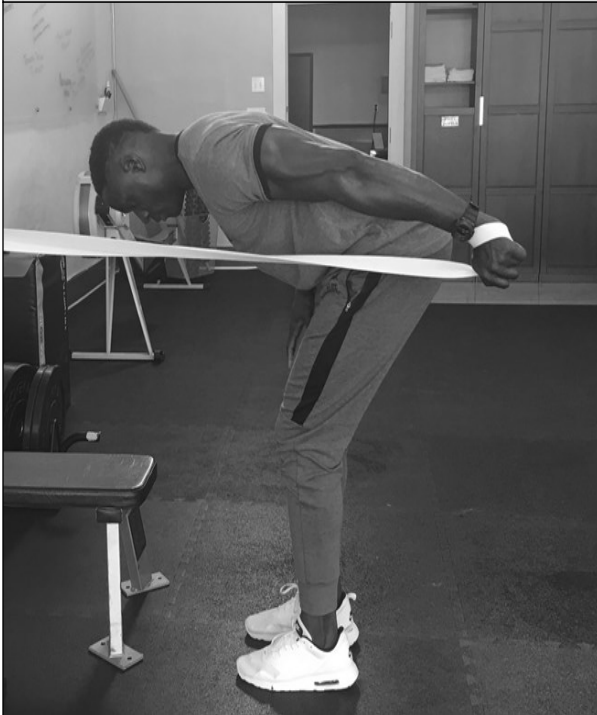
BENEFITS: The abdominals are recruited to fire with the oblique's (the sides of the core), synergistically with the stabilizers during a swinging action motion,. This is a preventative exercise for low back injuries and an enhancement for exercise for all athletics inclusive of swinging action.

INSTRUCTION: Fasten the MSS around a high, immovable base. Maintaining a distance from the anchor point with a taut MSS, grip the strap with the palms face down. With bent elbows, straighten the arms directing the MSS towards the ground and repeat.

BENEFITS: Tricep muscle activation.



(S) Tricep Kickback (High/Mid Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While facing away from the base, take an overhand grip and place one hand along side the chest ensuring the MSS is taut. While drawing the belly toward the spine, push the MSS in an upward motion while squeezing at the pecs and shoulder for optimal rotator cuff activation. Hold for 1-2 seconds and repeat.

BENEFITS: Tricep muscle activation.

Bicep Curl (High/Mid/Low Lever)

INSTRUCTION: Fasten the MSS around a high, immovable base. Having arms extended out in front of you with your palms facing up, take an under-hand grip to the MSS, pulling toward your shoulders. Hold for 2 seconds and repeat.

BENEFITS:

Tricep muscle activation.



(S) Bicep Curl (High/Mid/Low Lever)



INSTRUCTION: Fasten the MSS around a high, immovable base. Having arms extended out in front of you. With your palms face up, take an underhand grip to the MSS, pulling toward your shoulders. Hold for 2 seconds and repeat.

BENEFITS: Concentration to one arm at a time to differentiate weakness in one bicep over another. 2:1 Ratio recommended on sets for the weaker arm. For example, if the left arm is weaker, give 2 sets for every one set completed on the right to equalize strength.

Chest Press (High/Mid Lever)



INSTRUCTION: Fasten the MSS around a medium or high, immovable base. While facing away from the base, take an over-hand grip and place both hands along side the chest ensuring the MSS is taut. While drawing the belly toward the spine, push the MSS in a forward motion, squeezing the pecs for optimal chest activation. Hold for 1-2 seconds and repeat.

BENEFITS: Chest and tricep muscle activation with core musculature recruitment.

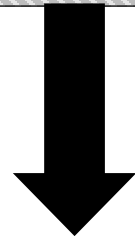
(S) Chest Press (High/Medium Lever)

INSTRUCTION: Fasten the MSS around a high or medium, immovable base. While facing away from the base, take an overhand grip and place one hand along side the chest ensuring the MSS is taut. Maintain a split stance with the opposing leg of the working arm forward. While drawing the belly toward the spine, push the MSS in a forward motion, squeezing the pecs for optimal chest activation. Hold for 1-2 seconds and repeat.

BENEFITS: Chest and tricep muscle activation with core musculature recruitment.



MEDIUM LEVER



Assisted Single Leg Squat (High/Medium Lever)



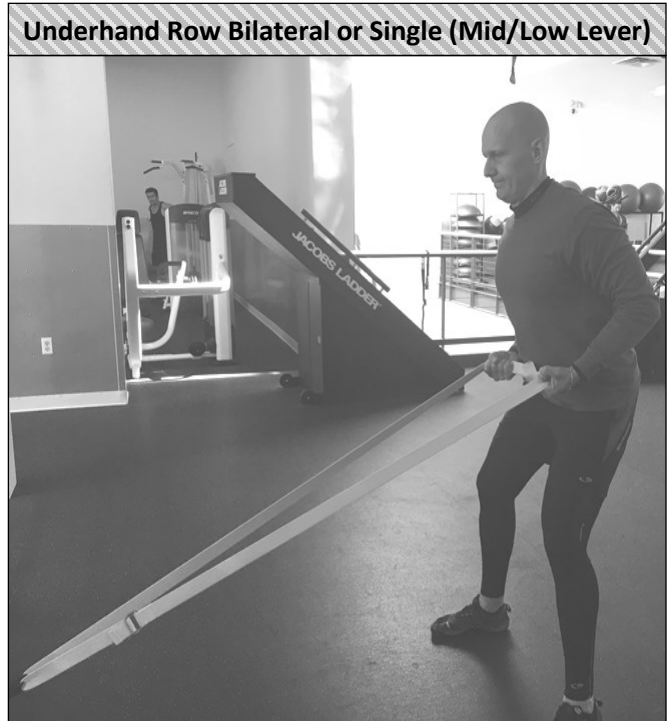
INSTRUCTION: Fasten the MSS around a high or medium, immovable base. While facing the MSS slip the harness onto the torso to tighten around the waistline. Place both thumbs within the harness on either side of the waistline to secure. Maintain a distance to ensure the MSS is taut. Stabilize on one leg and migrate down in a slow controlled manner while maintaining balance from the bottom of the movement to the top and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteus maximus, quad, hamstring, lower leg, ankle, and foot complex.

Underhand Row Bilateral or Single (Mid/Low Lever)

INSTRUCTION: Fasten the MSS around a low, medium immovable base. While facing the base, take an underhand grip and extend both arms out ensuring the MSS is taut. Press your shoulders back and down while drawing the belly toward the spine, in a half squat stance. Pull the MSS toward the belly, while squeezing the shoulder blades toward the spine for optimal mid thoracic activation. Hold for 1-2 seconds and repeat

BENEFITS: Upper, mid and low back muscular activation to optimize posture.



Overhand High Row Bilateral or Single (Mid/Low Lever)

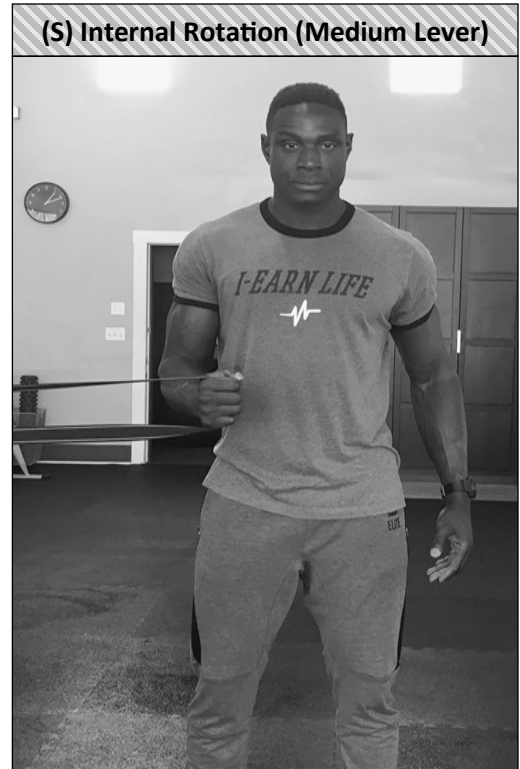


INSTRUCTION: Fasten the MSS around a low, medium, or high immoveable base. While facing the base, take an overhanded grip and extend both arms out ensuring the MSS is taut. Press your shoulders back and down while drawing the belly toward the spine, in a half squat stance. Pull the MSS toward the chest while squeezing the shoulder blades toward the spine for optimal upper mid thoracic activation. Hold for 1-2 seconds and repeat.

BENEFITS: Upper, mid, and low back muscular synergistical firing with rear deltoid to optimize posture. Development of rear delts (the backs of the shoulders) accentuate shoulder definition and establish rotator cuff efficiency.

INSTRUCTION: Fasten the MSS around a medium, immovable base. Take the MSS into one hand with the side of the body in line with the anchor point. While maintaining a distance from the anchor point, and with the MSS taut, grip the strap with the palm face forward having the elbow at a 90 degree angle resting at the side. With a manageable tension and controlled tempo, direct the MSS to the opposite rib cage and repeat.

BENEFITS: Anterior deltoid (front shoulder) and bicep musculature synergistically firing with the rotator cuff.



(S) External Rotation (Medium Lever)



INSTRUCTION: Fasten the MSS around a medium, immovable base. Take the MSS into one hand with the opposite side of the body in line with the anchor point. While maintaining a distance from the anchor point and with the MSS taut, grip the strap with the palm resting on the opposing rib cage, closest to the anchor point. With a manageable tension and controlled tempo, direct the MSS away from the body and repeat.

BENEFITS: Posterior deltoid (rear shoulder) and bicep musculature synergistically firing with the rotator cuff.

INSTRUCTION: Anchor the unfastened MSS around a medium, immovable base facing the anchor point. Make sure the MSS is taut and the straps are at an equal distance for even distribution. Wrap the end straps around each hand once, having the palms face up. With the core activated, and the pelvis tucked under, drive the straight arms back on a horizontal plane at the same time while squeezing the shoulder blades together and repeat.

BENEFITS: Rhomboid (muscle between the shoulder blades) & rear deltoid (back of shoulder) activation. Optimize posture while enhancing back and shoulder definition.



Chest Fly (Medium Lever)



INSTRUCTION: Anchor the unfastened MSS around a medium, immovable base facing away from the anchor point. Make sure the MSS is taut and the straps are at an equal distance for even distribution. Wrap the end straps around each hand once, having the palms face forward. With the arms extended out to each side, maintain a soft bend at the elbow. Engage the core and squeeze the chest while driving the hands toward the midline and repeat.

BENEFITS: Chest musculature firing with the anterior deltoids (front of the shoulders). Automatic core recruitment.

INSTRUCTION: Fasten the MSS around a medium, immovable base facing the anchor point. Make sure the MSS is taut and grip the straps with the palms facing forward. While tucking the pelvis under, drive the arms straight up while contracting the core and the mid back muscles. Repeat as desired.

BENEFITS: Rhomboid (muscle between the shoulder blades) activation, firing with rear deltoids and lower trap to optimize posture while enhancing back and shoulder definition. The lower trap is a highly neglected muscle. It helps to optimize posture by bringing the shoulders back and down.



Shoulder Circles (Medium Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, take the MSS with the working hand that is furthest away from it. With the right hand circle in a clockwise direction. With the left hand, circle in a counter clockwise direction. Repeat for 15-20 repetitions to strengthen rotator cuff.

BENEFITS: Great shoulder warm up activating rotator cuff.

LOW LEVER



Hip Opener (Low Lever)

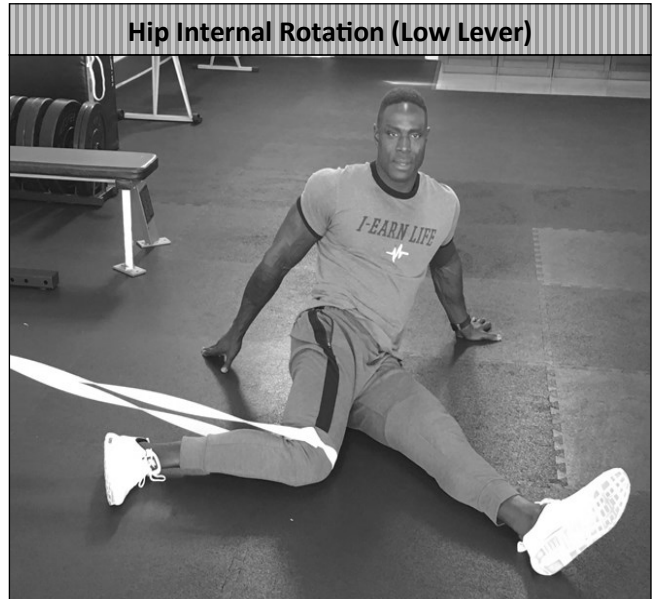


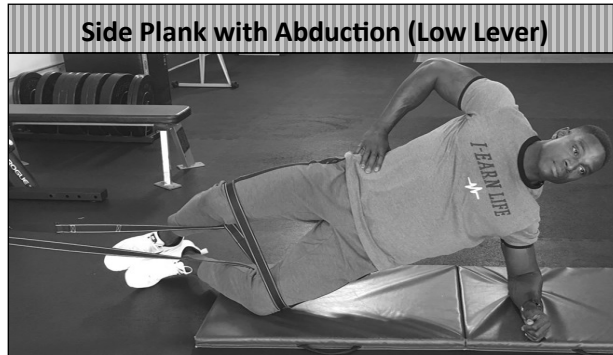
INSTRUCTION: Fasten the MSS around a low, immovable base, while maintaining a distance from the anchor point and having the MSS taut. From a half kneeling position take the arch of the harness and tighten it around the inner thigh closest to the anchor. Be sure to situate the MSS close to the groin and guide the upper body down towards the ground as comfortably as can be managed. For optimal hip mobility hold for 30-60 seconds.

BENEFITS: Opens the hip and groin while alleviating adductor (inner thigh) tightness.

INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, tighten the harness with the arch over the top of the knee. Have the working leg at a 90 degree angle with the foot planted on the floor. With a slow tempo, direct the bent knee toward the ground resisting the tension from the MSS and repeat.

BENEFITS: Activation of the adductors (inner thigh muscles) and the hip rotator muscles.

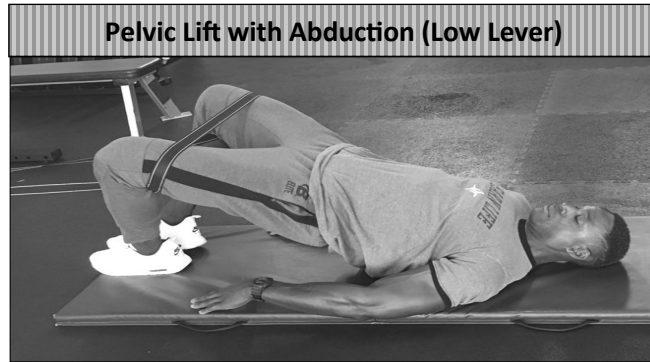




Side Plank with Abduction (Low Lever)

INSTRUCTION: Fasten the MSS around a low, immovable base. Distance yourself while lying face up with the legs closer to the anchor point. Make sure the MSS is taut, and place both legs through the harness so that the straight edge is resting on top of the knees. Wrap the leg around the underside of the straps. Tighten the harness around the knees by moving the sliding loops toward one another. From a side lying down position and with the working elbow directly below the shoulder, drive the hips upward and slightly forward, squeezing the glutes at the top of the movement. Hips, knees, shoulders and head should all be along the same diagonal line. Rest the hips down and repeat.

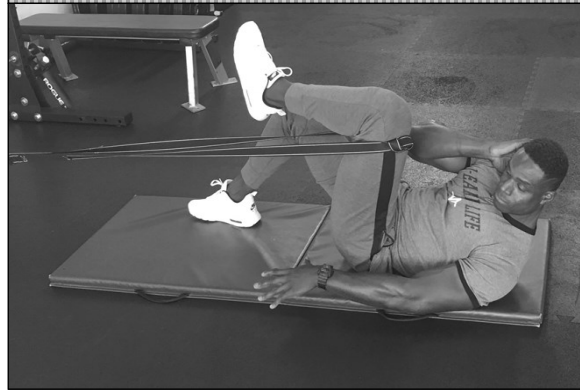
BENEFITS: Optimizes shoulder stabilizers while activating the oblique's (sides), with the hips and gluteals (buttocks).



INSTRUCTION: Fasten the MSS around a low, immovable base. Distance yourself while lying face up with the legs closer to the anchor point. Make sure the MSS is taut and place both legs through the harness so that the straight edge is resting on top of the knees. With legs on either side of the straps, plant the feet on the ground about hip distance apart. Tighten the harness around the knees by moving the sliding loops toward one another. From a lying down position, tuck the pelvis under and drive the hips up while at the same time driving the knees away resisting the harness. Hips, knees and shoulders should all be along the same diagonal line. Rest the hips down and repeat.

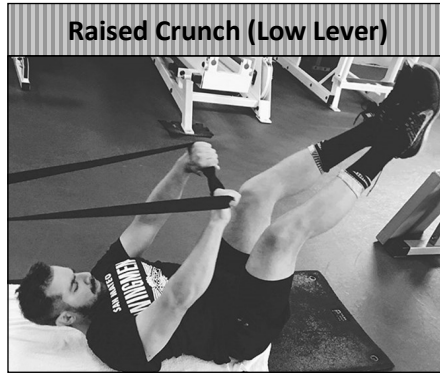
BENEFITS: Great gluteal (buttock) activation synergistically with the quads (front thighs), hamstrings (back thighs), and low back. Ideal exercise to enhance posterior and alleviate low back pain.

Single Bicycle Crunch (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. Distance yourself while lying face up with the legs closer to the anchor point. Make sure the MSS is taut. Place one knee through the underside and in between the straps while having the MSS resting above the knee. Hook the foot over and under to secure. With non-working foot planted on the ground and the belly pulled in towards the spine, pull the working knee in towards the opposite elbow and repeat.

BENEFITS: Activation of Oblique (side abdominal) muscles.



INSTRUCTION: Fasten the MSS around a low, immovable base and hold the straps with an overhand grip ensuring the MSS is taut. Resist the elastic tension by bringing your hands toward your raised legs. Careful to press the low back into the ground while extending the legs out. Pull the belly toward the spine as the legs return towards the hands at the exhale. Hold for 1-2 seconds and repeat.

BENEFITS: Activation of the neck flexors, abdominal complex and hip flexors with resistance intended to break plateaus.

Resisted Reverse Crunch (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. Place both knees within the loop having the curved part of the harness just above the knees. While crossing the ankles at the underside of the loop, resist the elastic tension by bringing the knees towards the elbows. Careful to press the low back into the ground while extending the legs out. Pull the belly toward the spine as the legs move toward the knees on the exhale. Hold for 1-2 seconds and repeat.

BENEFITS: Activation of the lower abs and hip flexors with enhanced resistance to break plateaus.

INSTRUCTION: Fasten the MSS around a low, immovable base. Distance yourself while lying face up with the head closer to the anchor point. Make sure the MSS is taut. With the belly pulled in towards the spine, pull at both straps with an equal amount of tension towards the arm pits. Optional modification is to raise the head up from the ground during the pull and drive the knees in towards the elbows at the same time and repeat

BENEFITS: Activation of the neck flexors, upper abs with minor biceps for enhanced resistance to break plateaus.



Cobra Pulls (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. Distance yourself while lying on your belly creating a comfortable yet taut tension in the MSS. While lifting your chest up from the ground, squeeze your glutes to lift your legs. Pull the MSS straps toward your armpits at the top of the cobra, then come down to a relaxed position before going into your next rep.

BENEFITS: Activation of entire posterior chain; upper, middle, and low back activation synergistically working with the gluteals and hamstrings. Minor bicep activation during MSS pull for optimal muscle recruitment.

INSTRUCTION: Fasten the MSS around a low, immovable base. While facing away from the base and standing within the MSS, take an overhand grip and place both hands along side the chest ensuring the MSS is taut. While drawing the belly toward the spine, push the MSS in an upward motion while squeezing the pecs, shoulders and triceps. Hold for 1-2 seconds and repeat.

BENEFITS: Activation of anterior shoulders (front shoulder) synergistically firing with pecs (chest muscles) & minor tricep activation (the backs of the arm).



Single Arm Shoulder Press (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While facing away from the base, take an overhand grip and place one hand along side the chest ensuring the MSS is taut. While drawing the belly toward the spine, push the MSS in an upward motion while squeezing at the pecs and shoulder for optimal rotator cuff activation. Hold for 1-2 seconds and repeat.

BENEFITS: Activation of anterior shoulders (front shoulder) synergistically firing with pecs (chest muscles) & minor tricep activation (the backs of the arms).

Tricep Extension Bilateral or Single (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While facing away from the base, take an overhand grip and place both arms overhead. Bend both elbows to a 90 degree angle ensuring the MSS is taut. While drawing the belly toward the spine extend both arms straight in an upward motion while locking out the elbows for maximum tricep activation. Hold for 1-2 seconds and repeat.

BENEFITS: Tricep muscle activation with core musculature recruitment.

INSTRUCTION: Fasten the MSS around a low, immovable base. While facing away from the base, take an overhand grip and place one arm overhead. Bend the elbow to a 90 degree angle ensuring the MSS is taut. While drawing the belly toward the spine extend the arm straight in an upward motion while locking out the elbow for maximum tricep activation. Hold for 1-2 seconds and repeat.

BENEFITS: Tricep muscle activation with core musculature recruitment.



Shoulder Opener (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, take the MSS in an overhand grip with both hands. Lie down on your back and direct your hands away from each other and as close to the ground while decreasing the bend at both elbows. Hold for 15-30 seconds. This movement is not recommended for shoulder impingement.

BENEFITS: Opens the shoulder musculature while increasing flexibility dynamically in the chest.

Lat Stretch (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. Place one hand within the harness having the arch of the harness at the back of the hand. Maintain a distance from the anchor to ensure the MSS is taut and grip the straps while resuming a child's pose. Pull away from the anchor to gain gentle traction.

BENEFITS: Shoulder traction & mid-back lat stretch. When the Latissimus Dorsi is too tight it may cause the low back to arch. This may lead to low back pain and rotate the shoulder inward causing the upper back to round. Child's pose is also a recovery pose optimal to replenish energy during a workout.

Donkey Kick (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. Place the working leg in between the two straps. The straight edge of the harness will go behind the ankle, while the arch of the harness will rest at the arch of the foot. Draw the belly toward the spine while keeping the neck in line with the spine and the hips level. Take the MSS to the point of tension while driving the working leg back to a gluteal squeeze and repeat.

BENEFITS: Stabilizes shoulders while working the gluteals (buttocks) of the working leg.



INSTRUCTION: Fasten the MSS around a low, immovable base. Place the working leg in between the two straps. The straight edge of the harness will rest behind the ankle, while the arch of the harness will rest at the arch of the foot. Draw the belly toward the spine while keeping the neck in line with the spine and the hips level. Lift the non-working knee up off the ground. Take the MSS to the point of tension, while driving the working leg back to a gluteal squeeze and repeat.

BENEFITS: Stabilizes shoulders, activates core (abs & low back) while working the gluteals (buttocks) of the working leg.

Leg Curl (Low Lever)

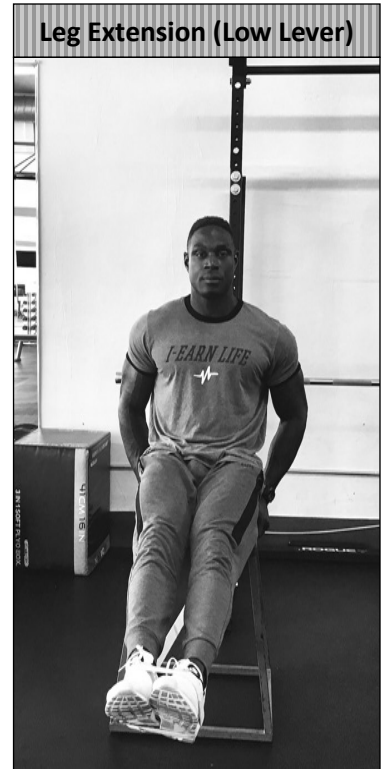


INSTRUCTION: Fasten the MSS around a low, immovable base. Secure the feet within the adjustable harness having the arch of the foot at the backs of both ankles. Maintaining a neutral pelvis by preventing your spine from over arching while driving your feet toward your posterior. Hold for 2 seconds and repeat.

BENEFITS: Hamstring activation. This is a great warm up for the hamstrings and rehabilitation exercise for hamstring injuries. May also be done as a single leg exercise to compare leg strength.

INSTRUCTION: Fasten the MSS around a low, immovable base. Use a stable seat such as the plyometric box and set at a distance from the anchor so that the MSS is taut. Place one or both feet within the harness with the arch on top of the feet and the straight edge at the bottom of the feet. Tighten the harness by moving the sliding loops toward one another. For a single leg extension and better leverage, turn the foot out slightly having the MSS outside of the leg. Extend the leg straight from a bent knee position. Hold for 2 seconds and repeat.

BENEFITS: Quadricep (front thigh) activation. This is a great warm up for the quads and rehabilitation exercise for knee injuries. May also be done as a single exercise to compare leg strength.



Single Leg Squat with Resistance (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. May maintain an overhand or underhand grip depending on optional implementation of a row. Stabilize on one leg. Hinge at the hip and bend at the knee to lower as much as can be tolerated with the standing leg. Maintaining tension from the bottom of the movement to the top and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteals & Hamstrings on the working leg and lower leg, ankle, and foot complex on the standing leg.

INSTRUCTION: Fasten the MSS around a low, immovable base. May maintain an overhand or underhand grip depending on optional implementation of a row. Stabilize on one leg. Hinge at the hip while maintaining a fixed angle of a soft bend at the knee of the standing leg. Lower as much as can be tolerated while maintaining tension from the bottom of the movement to the top and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteals, hamstrings, lower leg, ankle, and foot complex.

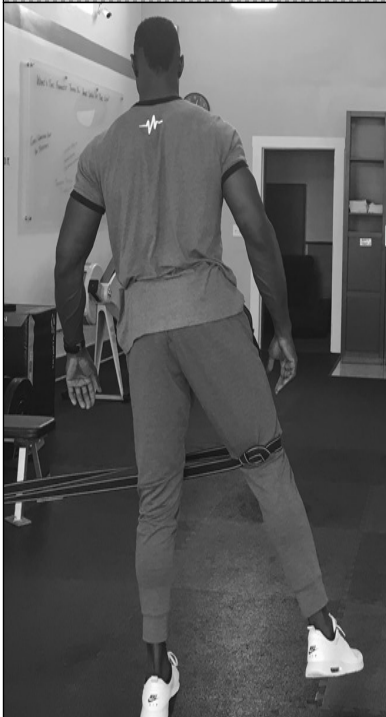


INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, face the anchor point and situate the MSS on the hamstring. Stabilize on the non working leg or have a dowel rod to add stability. Drive the working leg back while squeezing the glute while resisting the MSS. Hold for 2 seconds and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteals & hamstrings on the working leg, lower leg, ankle, and foot complex on the standing leg.



Hip Abduction (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, have the non working side of the body facing the anchor point and situate the MSS above the knee of the working leg. Stabilize on the non working leg or have a dowel rod to add stability. Drive the working leg away from the midlines of the body while squeezing the glute and resisting the MSS. Hold for 2 seconds and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteals & Adductors (inner thighs) on the working leg, lower leg, ankle, and foot complex on the standing leg.

INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, have the working side of the body facing the anchor point and situate the MSS at the ankle of the working leg. Stabilize on the non working leg or have a dowel rod to add stability. Drive the working leg toward the midlines of the body while squeezing the inner thigh and resisting the MSS. Hold for 2 seconds and repeat.

BENEFITS: Optimize single leg stabilization. Preventative from injuries related to falls. Muscles recruited are; Gluteals & Adductors (inner thighs) on the working leg, lower leg, ankle, and foot complex on the standing leg.



Anterior/Posterior Activation (Low Lever)



INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, tighten the harness around the arch of the working foot. Direct the toe outward and up toward the shin, followed by inward and up toward the shin. Hold for the 2-5 seconds at the top of each movement and repeat.

BENEFITS: Anterior & posterior tibialis (shin muscles) activation. Responsible for lifting the toe during gait. If weak, one may experience flat feet otherwise known as pronation which can lead to plantar fasciitis or Achilles tendonitis.

INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut, take the MSS into both hands from between the legs. Start in a half squat position with the belly drawn into the spine and the toes pointed directly ahead. Drive the hips forward while squeezing the buttocks for 2 seconds and repeat for 12-20 repetitions for optimal gluteal development.

BENEFITS: Gluteal activation.



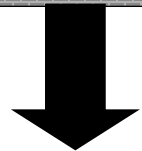
Hip Traction Mobilizer (Low Lever)

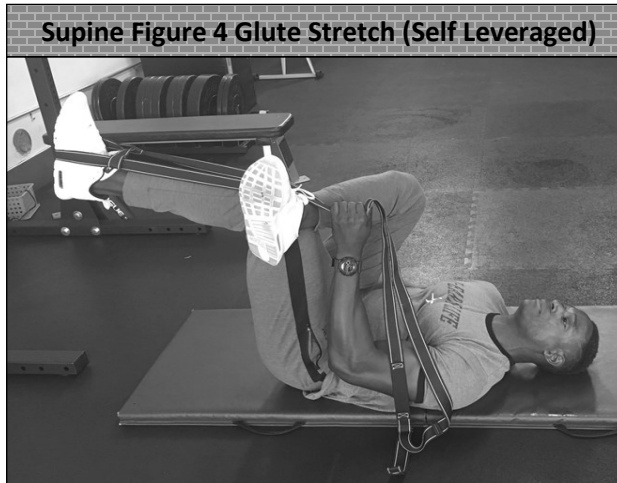


INSTRUCTION: Fasten the MSS around a low, immovable base. While maintaining a distance from the anchor point and having the MSS taut with a resistance that's comfortable for the hip, tighten the harness around the arch of the working foot. With the low back pressed into the ground direct the MSS into clockwise and counter clockwise circles.

BENEFITS: Mobilizes hip while providing traction. Excellent for hip impingement which can carry over to low back pain.

**SELF
LEVERAGED**





INSTRUCTION: Place the foot within the harness of the MSS ensuring the curved aspect of the harness is at the bottom of the foot and the harness itself is snug around the foot. Lie down on your back and place the other ankle on top of the knee of the leg that is within the harness. Pull at the MSS straps until a stretch is felt. Resist or hold as desired.

BENEFITS: Gluteal & hamstring stretch.

Shoulder & Chest Stretch (Self Leveraged)



INSTRUCTION: Take the MSS at length in both hands with an overhand grip. With little to no tension (depending on your comfort level and shoulder flexibility) and both arms outstretched at either sides, pull the MSS away, over and behind the head. Extend both arms straight, opening up the chest as comfortably and can be managed. Return to starting position at the front of the body and repeat as desired. This movement is not recommended for shoulder impingement.

BENEFITS: Opens the chest and shoulders.

INSTRUCTION: Take the MSS at length in both hands with an overhand grip. With manageable tension and both arms outstretched at either sides, pull the MSS away while squeezing the shoulder blades together. Relax and repeat for 15-20 repetitions. May integrate a 2 second hold for optimal rotator cuff activation.

BENEFITS: Shoulder warm up.

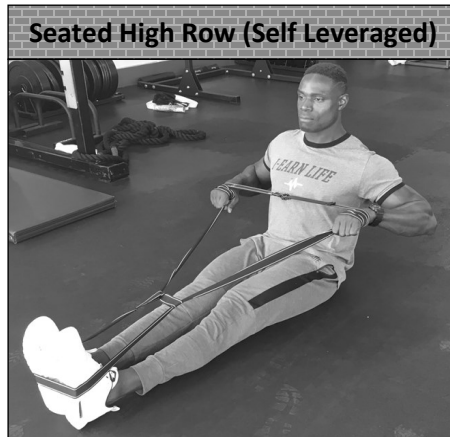


Seated External Rotation (Self Leveraged)



INSTRUCTION: Sit tall with the legs extended in front. Tighten the harness around both feet. Take an overhand grip flipping the hands over to face up. With the elbows situated at the sides, rotate the hands out and away from the midline. Squeeze the shoulder blades together for a two second hold at the end range and repeat.

BENEFITS: Emphasis of rear deltoids (backs of the shoulders), a highly neglected muscle. Weakness in the muscle can cause pain for lack of balance leading to shoulder injury.



INSTRUCTION: Sit tall with the legs extended in front. Tighten the harness around both feet. Find a desirable tension and take an overhand grip, wrapping the MSS around each hand and grip the MSS once again. With the hands at a shoulders distance apart, pull the MSS toward the chest, with the elbows high. Squeeze the shoulder blades together for a two second hold at the end range and repeat.

BENEFITS: Activation of the following muscles; Rhomboids (muscle between shoulder blades), rear deltoids (back shoulders), lats (large mid-back muscles extending from the sides to the back) and minor biceps (front upper arm).

Standing Upright Row (Self Leveraged)

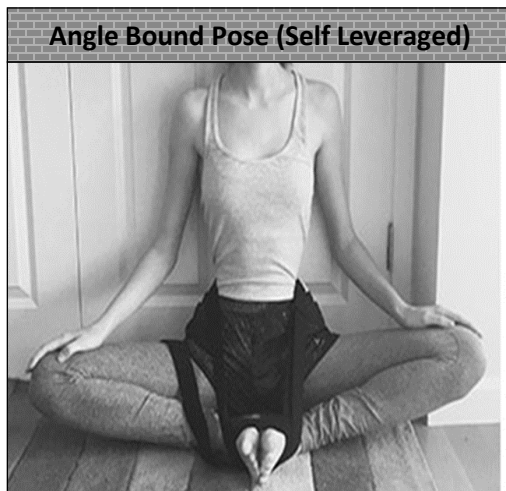


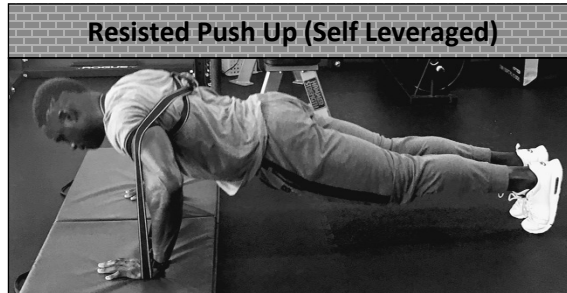
INSTRUCTION: Fasten the MSS harness around both feet. Find a desirable tension and take an overhand grip, wrapping the MSS around each hand and grip the MSS once again. Direct the MSS in an even upward motion toward the chest with the elbows high. Hold for 2 seconds and repeat.

BENEFITS: Rotator cuff activator.

INSTRUCTION: Sit Indian style with feet together placing the harness around both feet making sure the arch of the harness is on the underside of both feet and the shorter piece is on top. Tighten the harness around both feet, securing both straps tightly around the waist. For optimal leveraging, place the end straps beneath the feet.

BENEFITS: Hip and groin opener.





INSTRUCTION: Widen the central loop evenly and large enough to fit both shoulders within the harness. The arch of the harness will sit at the tops of the shoulders as the straight edge rests below the shoulder blades. Bring the sliding loops toward each other to tighten harness snug around both shoulders. A user with a large back will fasten the wedge stopper at the D-rings below the shoulder blades. Cross the straps to ensure the MSS is taut and bring the excess strap material over the head to rest on the triceps toward the front of the body. Secure hand/shoulder width apart from the inside of the MSS in push-up position. A user with a small back will fasten the wedge stopper through the D-rings at the front of the body ensuring the MSS is taught prior to resuming push-up position. Draw the belly into the spine and squeeze the buttocks. Descend down towards the floor and resist on the way up.

BENEFITS: Challenge push-up plateaus by mastering more skill. Muscles activated to intensity are; chest, anterior deltoids (front shoulders), triceps (the backs of upper arm) and core (abdominal complex).

Postural Device (Self Leveraged)



INSTRUCTION: Widen the central loop evenly and large enough to fit both shoulders within the harness. The arch of the harness will sit at the tops of the shoulders as the straight edge rests below the shoulder blades. Bring the sliding loops toward each other to tighten harness snug around both shoulders. A user with a large back will fasten the wedge stopper at the D-rings below the shoulder blades. A user with a small back will tie the straps at the front of the body and tuck the excess material under the strap that is snug against the rib cage.

BENEFITS: Setting the shoulders back and down to enhance proper posture.

INSTRUCTION: Place the foot within the harness, tightening the harness around the foot. The arch of the harness will be at the bottom of the foot. Hold both straps in the hand at the same side as the leg that is being extended.

BENEFITS: Stabilization on the standing leg while simultaneously lengthening the inner thigh and hamstrings on the working leg. Enhances focus and self awareness with practice.



Supported Side Extension (Self Leveraged)



INSTRUCTION: Place the fastened MSS beneath the armpits. Place the foot within the harness having the arch of the harness at the bottom of the foot. Grip the straps with an underhand grip with the hand at the same side as the leg being stretched. Migrate in an upward motion to challenge flexibility and repeat for 5-10 repetitions. May add resistance by flexing the muscle during the stretch component.

BENEFITS: Minor stabilization on the standing leg during assistance enabling concentration of lengthening the inner thigh and hamstrings on the working leg. Enhances focus, self awareness, and flexibility.

INSTRUCTION: Fasten the MSS around the waistline from a seated position. Place the harness around the leg to be stretched and extend outward while bending the other leg in toward the groin. Sit tall and side bend towards the leg being stretched. Take the MSS straps into the opposite hand and pull yourself closer toward the leg being stretched as comfortably as can be managed while resting the same arm on the floor within that leg. Hold for 5-30 seconds and repeat as desired.

BENEFITS: Lengthening the latissimus dorsi while increasing range of motion in the shoulder joint. Also simultaneously lengthening the hamstring complex.



Pigeon Chest/Lat Stretch (Self Leveraged)



INSTRUCTION: Place foot or ankle within the harness, moving the sliding loops toward each other to tighten around the arch of the foot. The arch of the harness will be at the top of the foot. Keep the foot flat to prevent the MSS from slipping off the foot or situate at the ankle. From the pigeon pose, sitting tall and with the back leg in alignment with the body, guide the foot towards the body with a strap in either hand. To experience a chest stretch, bring both hands out to either side. To experience a lat (Mid-back) stretch, bring both hands up, overhead.

BENEFITS: Open and lengthen aspect of anterior chain (quads, hip flexors, abdominal complex, chest and the fronts of the shoulders) while lengthening the gluteals and hamstring complex on the opposite leg.

Bow Pose (Self Leveraged)



INSTRUCTION: Place the feet within the harness. The arch of the harness should be at the top of the feet. Keep the feet flat to prevent the MSS from slipping off the foot or situate at the ankle. With the MSS fastened, take the inside of the strap in one hand and having the palm face forward so that the other may position itself in the same fashion along side it. Extend both arms and legs as comfortably as can be managed in Bow Pose.

BENEFITS: Opens and lengthens the anterior chain (the front musculature of the body) while increasing mobility in the shoulder and hip joints.

Scorpion Stretch (Self Leveraged)



INSTRUCTION: Place the foot within the harness, having the arch of the harness at the top of the foot. Move the sliding loops toward each other to tighten around the foot ankle. The arch of the harness should be at the top of the foot. Keep the foot flat to prevent the MSS from slipping off the foot, or situate at the ankle. With the MSS fastened, guide the straps from the same hand to the opposite hand toward the opposite shoulder at an angle that can comfortably be managed.

BENEFITS: Opens and lengthens the hip flexor while providing a spinal twist to the low back musculature.

INSTRUCTION: Place the foot within the harness, having the arch of the harness at the bottom of the foot. Move the sliding loops toward each other to tighten around the foot ankle. Grip the MSS with one or both hands and pull the working leg in the direction of the leg. Resist during the stretch for 5-10 repetitions for optimum benefit.

BENEFITS: Hamstring (back thigh) stretch.

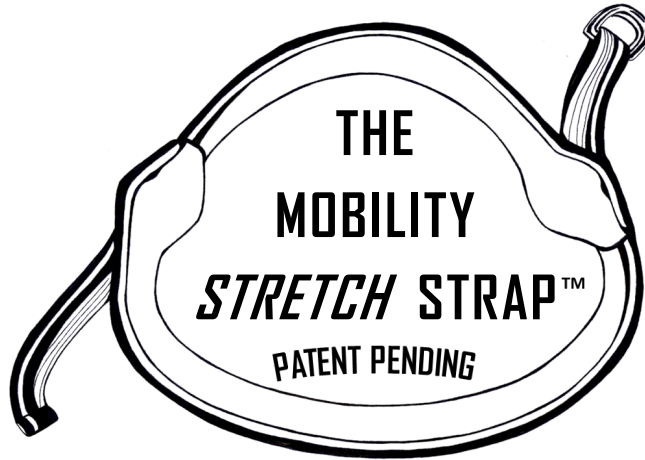


Inner Thigh Stretch (Self Leveraged)



INSTRUCTION: Place the foot within the harness, having the arch of the harness at the top of the foot. Move the sliding loops toward each other to tighten around the foot ankle. Grip the MSS with one or both hands and pull the working leg out to the side and as far up as can be managed. Resist during the stretch for 5-10 repetitions for optimum benefit.

BENEFITS: Inner thigh and hamstring (back thigh) stretch.



For more information or questions on the
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