

BLACK MOUNTAIN PRODUCTS, INC

WARRANTY SUPPORT:

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For more information about products and exercises, please visit us at **BlackMountainProducts.com**

WORKOUT INSTRUCTIONS

1. Consult your physician before beginning any regular exercise.
2. Always examine your B.M.P Stretch Strap for any defects, cuts, tears, or imperfections before use. If there are any imperfections, stop using strap immediately and contact B.M.P. customer support.
3. DO NOT use B.M.P. Stretch Straps for any use but exercise.
4. Warm up before starting any exercise routine.
5. When starting stretching, start slowly.
6. Use B.M.P. Stretch Strap only as directed
7. Children under the age of 18, use only under adult supervision.

WARRANTY

1. All Stretch Straps are FULLY warranted for life (shipping and handling charges may apply.)
2. Inform Black Mountain Products by telephone or e-mail if there are any missing, damaged, or defective products.
3. Warranty does not cover any incidental damages.
4. B.M.P. reserves the right to alter the warranty at any time.



BLACK MOUNTAIN PRODUCTS

EXERCISE & USER GUIDE



STRETCH STRAP

All Stretch Straps have a “No Questions Asked” Lifetime Warranty

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Stretches

1) Calf Stretch

1. While in a sitting position place right leg straight out on floor, while left foot sits bent in against right leg.
2. Place middle of strap around top of right foot, while grasping both ends of strap in each arm.
3. In a straight composed motion, pull top of foot towards your body.
4. Hold stretch for 15-20 seconds.
5. Repeat with left Calf.

9



2) Standing Hamstring Stretch

1. In a standing position, place feet on the middle of the strap, shoulder width apart.
2. Grasp each end of strap with hands, while bending at the waist.
3. Keep back flat and parallel to floor.
4. Pull on strap, putting tension on back of legs.
5. Hold stretch for 15-20 seconds.

10



3) Standing Hamstring Stretch- Individual Leg

1. Place left foot on the middle of strap.
2. Grasp each end of strap with hands.
3. Bend right leg, while bending at the waist.
4. Pull left foot towards body, putting tension on the hamstring.
5. Hold stretch for 15-20 seconds.
6. Repeat with right leg.

11



4) Sitting Hamstring Stretch

1. While in a sitting position place right leg straight out on floor, while left foot sits bent in against right leg.
2. Place middle of strap around bottom of right foot, while grasping both ends of strap in each arm.
3. In a slow calm motion, pull strap on foot while leaning in towards leg to begin stretch.
4. Continue to pull and stretch for 15-20 seconds for a full stretch.
5. Repeat with left leg.

12



Stretches

9) Upper Body Stretch (Chest and Arms)

1. In a standing position, place both feet shoulder width apart.
2. Grab the strap close to each end, in a comfortable position to extend arms fully.
3. Bring strap behind head, by lower neck area.
4. Pull back on strap while maintaining a straight upright position.
5. Pulling motion should be emphasized on chest and bicep areas.
6. Hold position for 15-20 seconds for a full stretch.

1



10) Shoulder Stretch

1. In a standing position, place both feet shoulder width apart.
2. Grasp end loop of strap with left hand.
3. Place left hand behind lower back at a 90 degree angle.
4. With your right hand, grab onto strap, pulling left arm towards your right shoulder.
5. Hold stretch for 15-20 seconds.
6. Repeat with right arm.

2



11) Upper Body Stretch

1. In a standing position, place both feet shoulder width apart.
2. Grasp the strap close to each end, in a comfortable position to extend arms out.
3. Lift arms above head with arms extended slightly past elbows.
4. While keeping arms in the same position, bend to your upper body to your left.
5. Hold position for 15-20 seconds.
6. Repeat with right side of body.

3



12) Tricep Stretch

1. In a standing position, grasp the end loop with your left hand.
2. With your left hand above your head, bend your elbow to place hand above upper back.
3. With left elbow facing upwards, grab other end of the strap with your right hand.
4. Gently pull down on the strap with your right hand causing tension on the back side of your arm.
5. Hold stretch between 15-20 seconds.
6. Repeat with right arm.

4



Stretches

5) Hip Flexor

1. While lying on your back, bring left knee towards chest.
2. Wrap middle of strap round center of your thigh.
3. With your right arm, grab both ends the strap and continue to pull leg towards body.
4. Keep back flat on the floor throughout the stretch.
5. Hold stretch for 15-20 seconds.
6. Repeat with right leg.

5



6) Back (Erector Spinae)

1. While lying on back, bring both knees toward chest.
2. Place middle of strap under both knees.
3. Grasp the stretch strap on both sides of body.
4. Continue to pull knees towards chest for complete stretch.
5. Hold stretch for 15-20 seconds.

6



7) Hamstrings and Inner Thigh Stretch

1. While sitting in a neutral position, place end loops of strap around each foot.
2. Spread legs wide apart in a relaxed position.
3. Grasp the strap close as you can by both feet, pulling in while bringing in upper body.
4. Hold stretch in a comfortable position.
5. Continue to hold stretch for 15-20 seconds.

7



8) Butterfly Stretch (Inner Thighs)

1. While sitting in a neutral position, place end loops on both feet.
2. Once loops are placed, bring feet together.
3. With your knees to your sides, gently pull on stretch strap pulling upper body down towards feet.
4. Hold stretch while continuing to pull on strap.
5. Hold position for 15-20 seconds.

8

