

## Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your stretch strap.

1. Consult your physician before beginning any regular exercise program.
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 immediately and contact B.M.P.® support.
3. Do not use your B.M.P.® stretch strap for anything other than exercise.
4. If you feel any pain or experience any dizziness while exercising, you should stop immediately.
5. When stretching, start slow.
6. Use the B.M.P.® stretch strap only as directed.
7. Children under the age of 18 should only use under adult supervision.

### Warranty:

1. All stretch straps are fully warrantied for life.
2. Contact Black Mountain Products® by telephone, e-mail or online if there are any missing, damaged, or defective parts.
3. Warranty does not cover any incidental damage.
4. Void where limited or prohibited by law.
5. B.M.P.® reserves the right to alter the warranty at any time.

### Warranty Support:

[blackmountainproducts.com/request-a-replacement](http://blackmountainproducts.com/request-a-replacement)

[warranty@blackmountainproducts.com](mailto:warranty@blackmountainproducts.com)

Telephone: 815-322-2028

Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at [blackmountainproducts.com](http://blackmountainproducts.com)

Like us on Facebook! 

<https://www.facebook.com/BlackMountainProducts>

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**BLACK MOUNTAIN  
PRODUCTS**

*Reach Your Peak Performance!*  
Stretch Strap



For new products and exercises scan the QR code  
or visit us at [blackmountainproducts.com](http://blackmountainproducts.com).

## Stretches

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### 1) Calf Stretch

- While in a sitting position, place your right leg straight out on floor, with your left foot bent in against your right leg.
  - Place the middle of the strap around the top of your right foot, while grasping both ends of the strap in each arm.
  - In a straight composed motion, pull the top of your foot towards your body.
  - Hold the stretch for 15-20 seconds.
  - Repeat with your left calf.
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### 2) Standing Hamstring Stretch

- In a standing position, place both feet on the middle of the strap, shoulder width apart.
  - Grasp each end of the strap with your hands, while bending at the waist.
  - Keep your back flat and parallel to floor.
  - Pull on the strap, putting tension on the back of legs.
  - Hold the stretch for 15-20 seconds.
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### 3) Standing Hamstring Stretch Single Leg

- Place your left foot on the middle of the strap.
  - Grasp each end of the strap with your hands.
  - Bend your right leg, while bending at the waist.
  - Pull your left foot towards your body, putting tension on the hamstring.
  - Hold the stretch for 15-20 seconds.
  - Repeat with your right leg.
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### 4) Sitting Hamstring Stretch

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

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## Stretches

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### 9) Upper Body Stretch (Chest and Arms)

- In a standing position, place both feet shoulder width apart.
  - Grab the strap close to each end, in a comfortable position and extend arms fully.
  - Bring the strap behind your head, near your lower neck area.
  - Pull back on the strap while maintaining a straight upright position.
  - Pulling motion should be emphasized on chest and bicep areas.
  - Hold the position for 15-20 seconds for a full stretch.
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### 10) Shoulder Stretch

- In a standing position, place both feet shoulder width apart.
  - Grasp the end loop of the strap with your left hand.
  - Place your left hand behind your lower back at a 90-degree angle.
  - With your right hand, grab the strap, pulling your left arm towards your right shoulder.
  - Hold the stretch for 15-20 seconds.
  - Repeat with your right arm.
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### 11) Upper Body Stretch

- In a standing position, place both feet shoulder width apart.
  - Grasp the strap close to each end, in a comfortable position and then extend your arms out.
  - Lift your arms above your head extending hands slightly past your elbows.
  - While keeping your arms in the same position, bend your upper body to your left.
  - Hold the position for 15-20 seconds.
  - Repeat with the right side of body.
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### 12) Tricep Stretch

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

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## Stretches

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### 5) Hip Flexor

- While lying on your back, bring your left knee towards your chest.
  - Wrap the middle of the strap around the center of your thigh.
  - With your right arm, grab both ends of the strap and continue to pull your leg towards your body.
  - Keep your back flat on the floor throughout the stretch.
  - Hold the stretch for 15-20 seconds.
  - Repeat with your right leg.
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### 6) Back (Erector Spinae)

- While lying on your back, bring both knees towards your chest.
  - Place the middle of the strap under both knees.
  - Grasp the Stretch Strap on both sides of your body.
  - Continue to pull your knees towards your chest for a complete stretch.
  - Hold the stretch for 15-20 seconds.
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### 7) Hamstrings and Inner Thigh Stretch

- While sitting in a neutral position, place the end of the loops around each foot.
  - Spread your legs wide apart in a relaxed position.
  - Grasp the strap as close as you can by both feet, pulling in while bringing in your upper body.
  - Hold the stretch in a comfortable position.
  - Continue to hold the stretch for 15-20 seconds.
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### 8) Butterfly Stretch (Inner Thighs)

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

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