



Mat Strap Plus

On the mat or off, this multi-purpose strap is a versatile tool that is as convenient to carry as it is to use. Loops on both ends of the Mat Strap Plus make for gentle grips for the hands and feet for a wide range of resistance exercises, and easily slip over the ends of a rolled up mat when you're finished for maximum portability.

Includes 6 Exercises:

- Ab Prep with Bicep Curl
- Leg Raise with Bicep Curl
- Cross Country
- Upper Back Extension with Lat Pull
- Spine Twist
- Overhead Triceps Press

Ab Prep with Bicep Curl

A



Starting Position: Lie on your back with your knees slightly bent and your feet on the mat. Place the Mat Strap around your feet and hold the loops of the strap in your hands. Start with your arms long by your sides, with your palms facing up.

B



Curl your upper torso off the mat, pulling your hands in by your shoulders in a bicep curl. Hold the upper body position and reach your hands forward again. Continue the bicep curls for 5-10 reps.

Tip: Keep the lower back in a neutral position. Do not allow it to press down to the mat in a pelvic tilt.

Leg Raise with Bicep Curl

A



Starting Position: Lie on your side with your bottom hand supporting your head. Bend your bottom leg and keep your top leg straight. Wrap the Mat Strap around the sole of the top foot and hold both loops of the strap in your top hand with the palm facing up.

B



Raise your top leg toward the ceiling and pull the top hand in by your shoulder in a bicep curl.

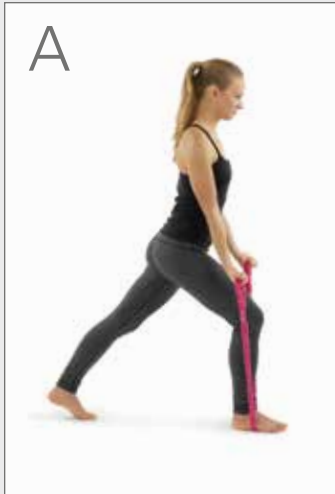
C



Variation: Start with your top arm long by your side. Reach it up toward the ceiling as the leg reaches up.



Cross Country



Starting Position: In a forward lunge, bend your front knee and keep your back leg long. Tip your torso forward so it is in line with your back leg. Step on the center of the Mat Strap with the front foot, and hold the loops of the strap with your arms long by your sides.



Reach one arm forward and the other arm backward. Rotate the torso toward the back arm. Then, rotate toward the other side, reaching the opposite arm forward and the other arm backward.

Tip: Keep the hips square to the front during the rotation. Only allow the upper body to move.

Upper Back Extension with Lat Pull



Starting Position: Lie on your stomach with your legs long and slightly apart. Reach your arms overhead, holding close to the center of the Mat Strap with your arms shoulder width apart.



Keep the abs tight and lift your upper torso slightly off the mat, pulling the arms out to the sides. Inhale. Reach arms overhead and lower torso to the mat.

Spine Twist



Starting Position: Sit with one leg reaching forward, bend the other knee and place your foot against the inside of the opposite knee. Keep your back as straight and vertical as possible. Hold both loops of the Mat Strap in both hands. Lift the arms in front of the torso and round them as if holding a beach ball.

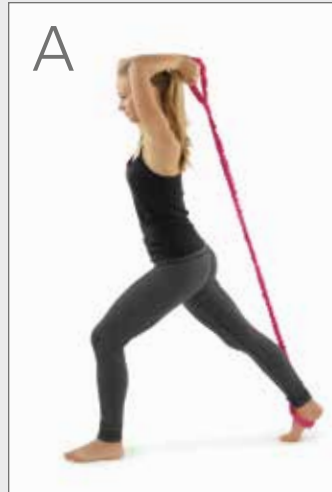


Keep your hands directly in front of your torso and rotate your upper body toward the bent knee.



Modification: Pull the elbow back during the rotation, keeping the other arm reaching forward.

Overhead Triceps Press



Starting Position: Forward lunge with the front knee bent, back leg long, torso tipped forward in line with the back leg, back foot on the center of the Mat Strap, holding the loops of the strap, arms raised, with elbows bent and reaching up, hands behind the head.



Extend your elbows and straighten the arms in line with the torso.



Modification: Hold both ends of the strap in the same hand as the back leg, extending only one elbow at a time. Keep the opposite hand on your hip.

WARRANTY, CARE AND USAGE FOR MAT STRAP PLUS

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.



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