

STRETCHMAGIC™

Stretch Magic Flow Bar 'follow along' with Fiona Summers from Exercise 1 all the way through to Exercise 14.

Learn the Moves with a Total of 14 Variations

See FREE Videos here: Search Google - YouTube:

'FitnessWithFionaSummers'

Click on the link with YouTube 'FitnessWithFionaSummers'

Then click on 'Playlists':

Click on 'Stretch Magic'

FAQs

Q: Are there any special requirements to use this product safely?

A. It is essential to keep all children and pets away from the Bar when in use.

Q: My muscles ache after just a few minutes, is there something I am doing wrong?

A. No. This shows Summers Stretch Magic Flow Bar is doing its job.

Q: I feel lightheaded or dizzy what should I do?

A. Stop using Summers Stretch Magic Flow Bar immediately. Lie down and rest if possible and try again the following day.

Q: Can I overdo this exercise?

A. Your muscles probably will not have experienced this type of exercise for a long time. So it is prudent to start slowly and progressively build the time. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day - give yourself an extra day's rest before resuming your program.

Q: What kind of clothing do I need to wear?

A. Clothing of a loose fitting nature is necessary. Tight clothing will impede and restrict movement.

Q: Can I use it if I have a recent injury?

A. Consult first with your Medical Professional.

Q: Is it okay for tricky joints?

A. Consult with your medical professional.

STRETCHMAGIC™

**Great ideas
are born
here**



Neil Summers, Award
Winning Health
Educator, Author &
Inventor of the Best
Selling Fitness Hit...

SUMMERS
Stretch Magic™



**WEIGHT
2lbs**

Youtube: FitnessWithFionaSummers Playlist

INSTRUCTIONS

PLEASE READ THIS INSTRUCTIONAL GUIDE COMPLETELY BEFORE USING YOUR SUMMERS Stretch Magic Flow Bar.

KEEP THIS GUIDE IN A SAFE PLACE AND MAKE SURE EVERYONE WHO USES THE SUMMERS Stretch Magic Flow Bar; ALSO READS THIS GUIDE.



HOW TO USE

If you are sitting at your desk, or sitting for long periods all day, break up that sitting by STANDING UP and performing 1 of these exercises.

Once a day would be great. Standing up and moving once an hour would be even better.

When you stand up – what should you do ? One session of the Stretch Magic Flow Bar exercises would be a perfect place to start.

To START: One session; 1 exercise, 5 repetitions.

As you improve: 10 repetitions per exercise variation.

If you are feeling great build up to 15 repetitions.

2 lb really is enough. As you move you will feel the 2 lb weight add extra stretch to your movements. If you can not complete these full movements at first. Work at the level you are now at – do not push it just yet. Let the extra stretch in each session take you further, you will soon notice a difference and the goal over days, weeks and months of daily use is to restore or maintain full range of motion for each exercise.

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THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN.

In order to avoid injuries, keep this and all other fitness equipment out of the reach of children. Handicapped or disabled persons should not use the Stretch Magic Flow Bar without the presence of a qualified health professional or physician.

Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or gym footwear. Always warm-up before each training session.

All exercise carries with it some element of risk. To reduce this risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance, the risk associated with exercise can never be reduced to zero. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP THE WORKOUT AT ONCE. CONSULT A PHYSICIAN IMMEDIATELY.

HAVE A SAFE AND ENJOYABLE WORKOUT.

Carefully inspect the equipment prior to EVERY use, make sure the unit is fully intact. Never work with the Stretch Magic Flow Bar if it is damaged, showing signs of wear, or if any part of it appears to be loose or broken.

Ensure that sufficient free space is available surrounding your entire workout area. It is important that pets, furniture, and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around you during the workout.

Never let anyone get close to you, while you are actively using the Stretch Magic Flow Bar.

WARNING:

*Do not over-exert yourself with this or any other exercise program. If you feel tired or fatigued. **STOP! Do not overdo these exercises.***

Listen to your body and respond to any reactions you may be having. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.

Failure to follow these instructions could cause accidents, resulting in serious injury or death.