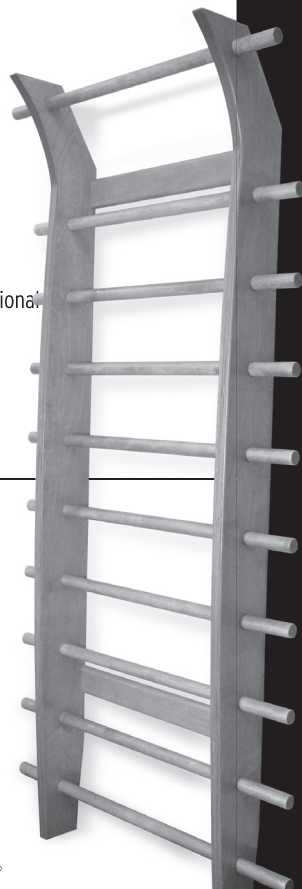


## EXERCISE BOOKLET: STRETCHING WITH THE ESPALIER

BainUltra has worked with a team of kinesiologists to develop a series of stretching exercises you can do at home. The espalier provide a host of exercise possibilities—ask a health professional for advice on how to get the most out of them.



### YOU MUST CONSULT A HEALTH PROFESSIONAL BEFORE USING THIS DEVICE.

### WHY SHOULD YOU STRETCH REGULARLY?

To stay flexible.  
To relax and keep your body in good shape. To prevent certain types of muscle pain like backaches.

### HOW DO YOU STRETCH PROPERLY?

Ease yourself slowly into position until you feel slight discomfort in the muscle.  
**IMPORTANT:** Do not bounce up and down—your muscle isn't an elastic band!  
Hold the position for 30 seconds to a minute. Repeat each stretch 1 to 3 times.  
Breathe deeply throughout.  
And remember that stretching isn't supposed to hurt!

### CONTRAINDICATIONS

Don't stretch injured joints or muscles.  
Do not continue a specific stretch if it causes you pain.  
Consult a kinesiologist or health professional.  
Do not do these stretches on a wet floor.

This booklet was designed and created in conjunction with the kinesiology clinic at Université Laval in Quebec City and Total Coaching

## EXERCISES



### BACK AND LEGS

Face the espalier with your feet about 10 cm back and your hands holding a bar above your head.  
Lower yourself gently backward to form a V with the espalier.  
Keep your legs straight.  
Be careful not to slip.



### UPPER AND LOWER CALF

Facing the espalier, place your foot on the bottom bar with your toes pointing up toward the ceiling.  
Fully extend your leg and hold.  
Move your body forward by pushing with the ball of your back foot and pulling with your hands.  
For a deeper stretch, bend your front leg at the knee.



### QUADS

(front thigh)  
With your back to the wall bars, place the top of your foot on a bar (cover the bar with a towel for more comfort).  
Hold on to a bar with your hands and pull to bring your buttocks closer to the wall bars.



### BACK AND RIB MUSCLES

Facing the espalier, place your hands on the top bar.  
Lower yourself gently and rest your knees against the espalier to control your stretching.



### HAMSTRINGS

(behind the thigh)  
Facing the espalier, place the bottom of your calf on a bar (cover the bar with a towel for more comfort), fully extend this leg, and hold.  
Grip a bar at shoulder height with both hands.  
Gently lean forward.  
Variation: Bend your outstretched leg at the knee and lean slightly further forward.



### HIP FLEXORS

Facing the espalier, place your foot on a bar and rest your knee against the wall bars.  
Move your back leg back and stand on your toes.  
Slowly pull yourself toward the espalier, keeping your back straight.



### MIDDLE AND UPPER BACK

Face the espalier standing at arm's length.  
Hold on to the bars and lower yourself gently backward without letting your buttocks touch the floor.  
Gently stretch your shoulder blades apart.



### ADDUCTOR

(inner thigh)  
Standing at 90 degrees to the espalier, place the side of your foot on a bar (cover the bar with a towel for more comfort).  
Stretch as desired by bending your other leg.  
Use a towel to keep your grip.



### BACK FLEXORS

Standing at 90 degrees to the espalier, hold on to a bar above head height, and slowly lower your buttocks sideways to form a V with the espalier.  
Hold on to the bar with one hand above your head and push away slightly using the other hand at waist height.  
Keep the knee close to the espalier bent.



### NECK EXTENSORS

Stand with your back to the espalier, with your buttocks and back resting against them.  
Hold a bar at hip height with your arms fully extended.  
Gently bend your head forward.  
Variation: Gently bend your head to the sides or 45° forward.



### BUTTOCKS

Facing the espalier, place your foot on a bar (cover the bar with a towel for more comfort).  
Your knee should be at a 90° angle, with your thigh parallel to the floor.  
Hold on to a bar at shoulder height with your hands.  
For a deeper stretch, gently lean forward.