

LifeSpan Stretch Partner wins 'Gear of the Year' Award

LifeSpan was awarded a Sports, Health & Fitness 'Great Gear of the Year' Award in the fitness gear category for the Stretch Partner from ShapeYou.com GearAwards™.

The award recognizes outstanding innovative fitness products, selected by a team of fitness professionals which includes trainers, coaches, competitors, nutritionists, health care practitioners, industry writers, gym owners and sports, health & fitness retailers.



Here's what they said about the Stretch Partner

"The LifeSpan Stretch Partner, with a \$499 suggested retail price, comes with a guidebook and 30 minute Flexible for Life DVD illustrating a full range of stretches. Included are those for the lower back, hamstrings and hips – key muscle areas needing stretching before and after a round of golf, a game of tennis or a morning jog, to maximize range of motion and minimize the risk of injury. The guidebook also features stretches for the shoulders, upper back, neck, abdominals, forearms, triceps, chest, hamstrings, glutes, groin, quadriceps, thighs, legs, calves and achilles. Users can also quickly formulate their own stretches. The LifeSpan Stretch Partner's exclusive design offers seated position stretching that stabilizes the pelvis and lower back and leverages the user's gravity. The pivoting seat and handlebars give the user complete control over each stretch, and supports various levels of flexibility to effectively stretch all major muscle groups."

For more information visit www.shapeyou.com.