

Stretch Partner is Golfer's Delight

Golfers everywhere are already discovering the merits of LifeSpan's Stretch Partner for their swing.

The LifeSpan Stretch Partner, which carries a suggested retail price of \$499, comes with a guidebook that illustrates and details 18 stretches. Among those stretches are those for the lower back, hamstrings and hips – key muscle areas that golfers need to stretch before and after a round of golf, to maximize their swing motion range and power and to help prevent injury. The guidebook also features stretches for the shoulders, upper back, neck, abdominals, forearm, triceps, chest, hamstring, glutes, groin, quadriceps, thighs, legs, calf and achilles. Users can quickly formulate their own stretches, as well.

The Stretch Partner was featured in PGA Magazine, and several PGA Professionals have already incorporated the LifeSpan Stretch Partner into their own pre-round routines with positive results. "We've heard back some amazing comments from golf professionals who have used the Stretch Partner," says Peter Schenk, President of PCE Fitness. "They told us that using the Stretch Partner helps golfers avoid having tight hamstrings that make it difficult to stay in the proper posture during the golf swing, and tight hips and back that make it tough to turn through the ball with any power. Christi Dorece, an LPGA Master Instructor at The Breakers in Palm Beach, Fla., says that the Stretch Partner helps the average golfer achieve a deeper stretch than they would on their own."



Out of the box, the LifeSpan Stretch Partner requires a very simple, 15-minute setup, and includes all tools and explicit illustrated directions. The sturdy machine weighs 70 pounds and is made of high-quality materials – its solid steel frame is designed to support users up to 300 pounds. The LifeSpan Stretch Partner's Flex-Smart™ pivoting system provides a greater range of movement to accommodate various body types and levels of flexibility (patent pending). It helps place the user in the proper body position for stretching, then uses gravity to stretch all major muscle groups. Transport wheels on the bottom of the unit make for easy moving.

An instructional DVD, Flexibility for Life, comes with the LifeSpan Stretch Partner. Hosted by Kimberlie Dykman, an executive lifestyle coach and fitness specialist who's also the founder of InnerStrength Connection, it shows the best ways to take advantage of all the Stretch Partner has to offer.

The LifeSpan Stretch Partner includes a residential warranty of five years on the frame and parts, and 90 days on the upholstery and bumpers. The commercial warranty is for one year on the frame and parts, and 90 days on the upholstery and bumpers.