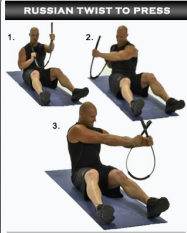
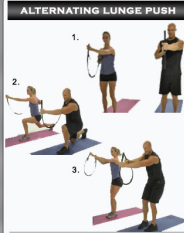


The UltraFlex™ can turbocharge any workout, whether incorporating it in your existing workout or creating new ways to use the UltraFlex™ (It can be used to replicate gym equipment, enhance steps (aerobics), Pilates workouts, yoga, walking, team sports, warm-up, therapy and others). Adding resistance to any workout will increase caloric burn and fatigue muscles more effectively and efficiently making any workout better, faster to results.

CHEST & TRICEP EXERCISE



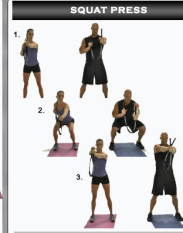
SIT IN 1/2 SIT-UP POSITION ASSUMING PUSHING POSITION TWIST OPPOSITE TO WHERE YOU ARE GOING TO PUSH. TWIST THE OTHER WAY AND PUSH LOCKING OUT AT THE END.



ASSUME PUSH POSITION. STEP BACK INTO A LUNGE POSITION. FOCUS ON SITTING INTO YOUR GLUTES. KEEP YOUR FRONT KNEE BEHIND YOUR TOES. STAND UP WHILE LOCKING OUT THE PRESS. STEP BACK WITH THE OTHER LEG AND REPEAT.



LAY ON YOUR BACK IN A SIT-UP POSITION. ASSUME PUSH POSITION. GAZE UP TO THE CEILING. SIT UP OR CRUNCH, SQUEEZING ABS AND PUSH UNTIL ARM IS STRAIGHT.



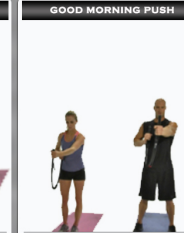
ASSUME PUSHING POSITION. SIT BACK INTO YOUR HIPS ENGAGING YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES TOGETHER AND LOCKING OUT YOUR ARM.



ASSUME THE PUSH POSITION. MAKE SURE THAT YOU FOCUS ON LOCKING OUT YOUR ARM STRAIGHT TO FULLY ENGAGE THE TRICEPS AND PECTORAL MUSCLES.



ASSUME PUSH POSITION. ADVANCED DO SINGLE LEG RDL PUSH. BASIC DO DOUBLE LEG GOOD MORNING WHILE LOCKING IN YOUR CORE (BELLY BUTTON TO SPINE) BEND OVER THEN PRESS TO LOCKOUT.



STAND UP USING YOUR HAMSTRINGS AND REPEAT.

SHOULDER EXERCISES



ASSUME SHOULDER PRESS POSITION. SQUAT WHILE SITTING BACK INTO YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES THEN PRESS UNTIL ARM IS STRAIGHT. OR IF YOU JUST WANT TO SHOULDERS PRESS STAY STANDING AND PRESS UPWARD STRAIGHTENING OUT YOUR ARM.



ASSUME UPRIGHT ROW POSITION. SQUAT SITTING BACK INTO YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES. WHILE DOING A TOE RAISE OR IF YOU JUST WANT TO DO AN UPRIGHT ROW, STAY STANDING PULLING YOUR ELBOW TO THE CEILING.

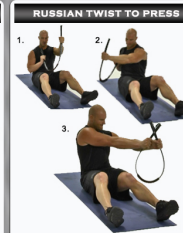
ABDOMINAL EXERCISES



LAY ON YOUR BACK IN A SIT-UP POSITION. ASSUME PUSH POSITION. GAZE UP TO THE CEILING. SIT UP OR CRUNCH, SQUEEZING ABS AND PUSH UNTIL ARM IS STRAIGHT.

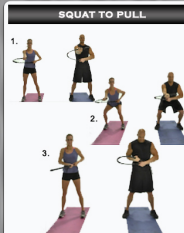


LAY ON YOUR BACK ASSUMING THE PULL POSITION. GAZE UP TO THE CEILING. LET YOUR FEET DROP BACK TO THE GROUND SLOWLY. SLIGHTLY TOUCH THE GROUND WITH YOUR HEELS AND REPEAT.

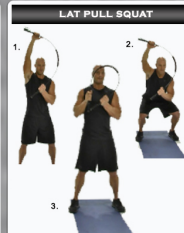


SIT IN 1/2 SIT-UP POSITION ASSUMING PUSHING POSITION TWIST OPPOSITE TO WHERE YOU ARE GOING TO PUSH. TWIST THE OTHER WAY AND PUSH LOCKING OUT AT THE END.

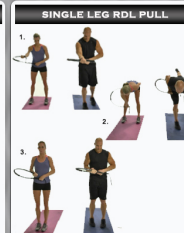
BICEPS, BACK, & LATS EXERCISES



ASSUME REGULAR PULL POSITION. SQUAT INTO YOUR GLUTES. STAND UP PULLING YOUR SHOULDER ENGAGING YOUR BICEPS, LATS AND BACK.



ASSUME LAT PULL DOWN POSITION. SQUAT INTO YOUR GLUTES. STAND UP AND PULL DOWN ENGAGING YOUR BACK, BICEPS AND LAT MUSCLES.



ASSUME REGULAR PULLING POSITION FOR THE ADVANCED DO SINGLE LEG RDL. FOR THE BASIC, DO DOUBLE LEG GOOD MORNING. ENGAGE YOUR CORE AND BEND OVER. PULL YOURSELF UP WITH YOUR HAMSTRINGS AS YOU STAND UP PULL ENGAGING YOUR BICEP, BACK AND LAT.

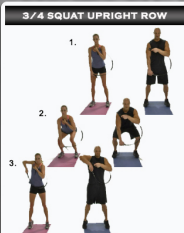


ASSUME PULL POSITION. PULL BACK ENGAGING YOUR BICEP, BACK AND LAT MUSCLE.



LAY ON YOUR BACK ASSUMING THE PULL POSITION. GAZE UP TO THE CEILING. LET YOUR FEET DROP BACK TO THE GROUND SLOWLY. SLIGHTLY TOUCH THE GROUND WITH YOUR HEELS AND REPEAT.

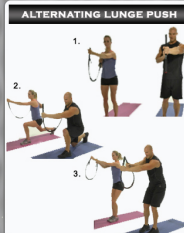
LEG EXERCISES



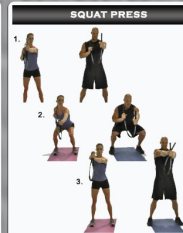
ASSUME UPRIGHT ROW POSITION. SQUAT SITTING BACK INTO YOUR GLUTES. STAND UP PULLING YOUR ELBOW TO THE CEILING WHILE DOING A TOE RAISE OR IF YOU JUST WANT TO DO AN UPRIGHT ROW, STAY STANDING PULLING YOUR ELBOW TO THE CEILING.



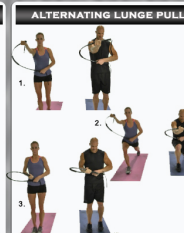
ASSUME SHOULDER PRESS POSITION. SQUAT WHILE SITTING BACK INTO YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES UNTIL ARM IS STRAIGHT. OR IF YOU JUST WANT TO SHOULDERS PRESS STAY STANDING AND PRESS UPWARD STRAIGHTENING OUT YOUR ARM.



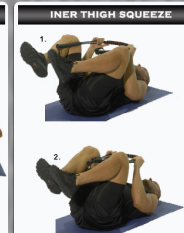
ASSUME PUSH POSITION. STEP BACK INTO A LUNGE POSITION. FOCUS ON SITTING INTO YOUR GLUTES. KEEP YOUR FRONT KNEE BEHIND YOUR TOES. STAND UP WHILE LOCKING OUT THE PRESS. STEP BACK WITH THE OTHER LEG AND REPEAT.



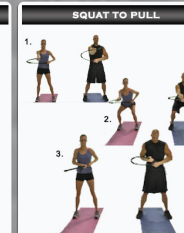
ASSUME PUSHING POSITION. SIT BACK INTO YOUR HIPS ENGAGING YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES TOGETHER AND LOCKING OUT YOUR ARM.



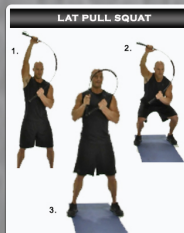
ASSUME PULL POSITION. STEP BACK INTO A LUNGE POSITION KEEPING YOUR FRONT KNEE BEHIND YOUR TOES. STAND UP ENGAGING YOUR GLUTES, WHILE AT THE SAME TIME PULLING BACK ENGAGING YOUR BICEP, BACK AND LAT.



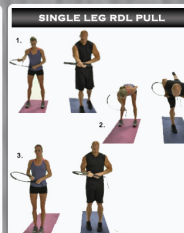
TAKE ULTRAFLEX FOLD IN HALF AND PLACE IN BETWEEN YOUR KNEES. LIE WITH YOUR BACK FLAT ON THE GROUND GAZING UP TO THE CEILING. SQUEEZE THE ULTRAFLEX ENGAGING THE GROIN MUSCLES.



ASSUME REGULAR PULL POSITION. SQUAT INTO YOUR GLUTES. STAND UP SQUEEZING YOUR GLUTES WHILE PULLING BACK YOUR SHOULDER ENGAGING YOUR BICEPS, LATS AND BACK.



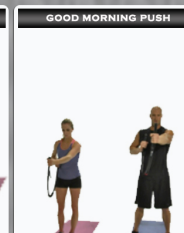
ASSUME LAT PULL DOWN POSITION. SQUAT INTO YOUR GLUTES. STAND UP AND PULL DOWN ENGAGING YOUR BACK, BICEPS AND LAT MUSCLES.



ASSUME REGULAR PULLING POSITION FOR THE ADVANCED DO SINGLE LEG RDL. FOR THE BASIC, DO DOUBLE LEG GOOD MORNING. ENGAGE YOUR CORE AND BEND OVER. PULL YOURSELF UP WITH YOUR HAMSTRINGS AS YOU STAND UP PULL ENGAGING YOUR BICEP, BACK AND LAT.



ASSUME PUSH POSITION. ADVANCED DO SINGLE LEG RDL PUSH. BASIC DO DOUBLE LEG GOOD MORNING WHILE LOCKING IN YOUR CORE (BELLY BUTTON TO SPINE) BEND OVER THEN PRESS TO LOCKOUT.



STAND UP USING YOUR HAMSTRINGS AND REPEAT.