

INSTRUCTION GUIDE

FOLLOW STEP BY STEP TO LEARN HOW TO
RELIEVE YOUR BACK PAIN WITH **SIMPLESTRETCH**

Simple
Stretch
simplestretch.us

STEP 1

Place strap underneath the door
and move it to the center.



STEP 2

Attach spring to the strap.



STEP 3

Attach the loops to the spring.



STEP 4

Put each foot through a loop.



STEP 5

Scoot back slowly and stretch the spring.



STEP 6

Slowly lay down.



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[Click here for instructional video](#)

SimpleStretch® is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.
Always consult with a healthcare professional before beginning any new therapy or exercise regimen.