

TRUE Stretch®

Enhances Workouts & Reduces Injury Risk

The revolutionary TRUE Stretch® provides a dedicated, self-contained stretching area that gives users a safe platform for comprehensive stretching to increase flexibility and reduce the risk of injury. TRUE Stretch® eliminates the need for floor-based stretching or leaning uncomfortably over other equipment or an exercise ball. The TRUE Stretch® is state-of-the-art flexibility equipment that provides an effective stretching regimen for all ages and body types.

FEATURES

- Solid Steel Construction
- Space-Efficient Design
- Easy-to-Follow Placards

SPECIFICATIONS

DIMENSIONS (L X W X H)

87" x 48" x 57" / 221 cm x 122cm x 145 cm

FRAME

Structural Tubular Steel Frame

BASE SURFACE

Polyethylene Platform with Non-Skid Rubber Padding

PRODUCT WEIGHT

180 lbs / 82 kg

COLOR

Charcoal/Black

PLACARDS

Available with a **STANDARD** or **GOLF** Stretch Placard (*see reverse side for more details*)



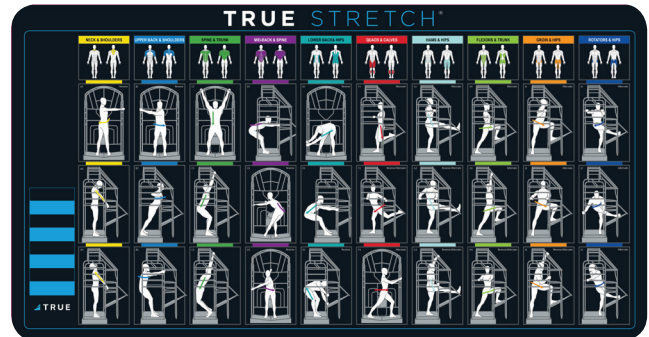
Space Efficient, Solid Steel Construction

The footprint of the TRUE Stretch® is 57"D x 48"W (145 cm x 122cm) which protects your valuable floor space and adds considerable value to any exercise routine. Like all TRUE® equipment, it's built to endure the rigors of daily heavy usage. Constructed from tubular steel for strength, the TRUE Stretch® is protected by a charcoal powder coat finish and covered by a one (1) year parts warranty.

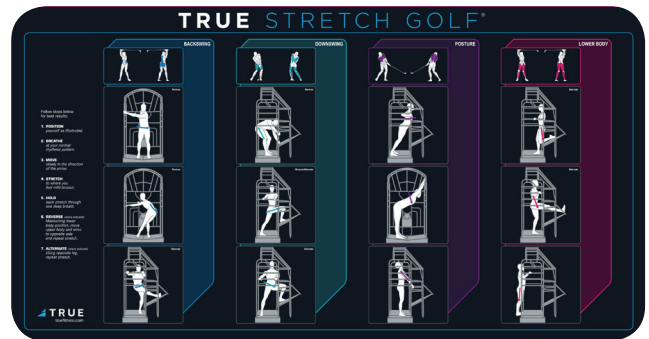
PLACARDS - Easy-To-Follow Stretching Regimen

Choose between a **STANDARD** or **GOLF** placard that is displayed on the frame. This full color illustrated display is organized by muscle groups and features 30 different stretching exercises. All are designed to mimic real-life, real world stretches. TRUE Stretch® effectively stretches the body in all three planes of motion (front to back, side to side, and rotational) while keeping the user in natural upright positions with four points of contact (both hands and both feet) for proper body alignment, stability and safety. Available in Standard or GOLF Stretch.

STANDARD



GOLF



GOLF PLACARD is the preferred choice among golf professionals and features a solid, scientific design that helps golfers increase flexibility and minimize injury through simple and safe stretching exercises. TRUEStretch® is featured in 40% of the Top 100 golf courses in the United States.

FRAME	Frame	Structural Tubular Steel Frame
	Finish	Powder Coat Paint
	Base Surface	Polyethylene Platform with Non-Skid Rubber Padding
PHYSICAL SPECIFICATIONS	Footprint	87"H x 48"W x 57"D / 221 cm x 122cm x 145 cm
	Weight	180 lbs / 82 kg
	Shipping Weight	246 lbs / 112 kg
	Maximum User Weight	500 lbs / 227 kg
WARRANTY	Warranty Classification	Parts 1 Year, Labor 1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



truefitness.com | 800.426.6570 | 636.272.7100

©2019 TRUE Fitness Technology, Inc