



Adjustable Slant Board

9 Amazing Benefits for Health and Fitness

1. Stretches and lengthens the leg muscles, making them slimmer
2. Alleviates plantar fasciitis and other foot/heel problems
3. Burns body fat and calories
4. Improves flexibility and reduces the chance of injury
5. Promotes blood circulation and enhances metabolic processes
6. Reduces fatigue and relieves stress
7. Reduces backache, muscle cramp/stiffness and pain
8. Straightens posture and improves the immune system
9. Improves rheumatism/rheumatoid arthritis conditions



4 Adjustable Angles

- 45° - For a maximal stretch
- 40° - For a deep stretch
- 30° - For a moderate stretch
- 20° - For a mild stretch



- 1
Stand upright, straight and tall. Engage the core and breathe deeply in a slow and controlled manner.



- 2
Keep your body in an upright position, perpendicular to the ground. Stretch your hands forward as if you were pushing against something.



- 3
Warm up your body by bending forward. Try to touch your toes without bending the knees.



- 4
Perform a lateral side stretch by reaching your hands up to the sky and bending from side to side in a slow and controlled manner.



- 5
Place your right hand at the lower back and bend forward. Try to touch your toes with your left hand, allowing your left knee to bend slightly. Repeat with the other side.



- 6
Place your hands on your knees and bend forward at the knees slightly. Maintain a flat back by engaging the core and sway from side to side.