

CAUTION

- STRECHCORDZ are not a toy; children should be supervised by an adult when using any exercise product.
- Do not pull the tubing more than 3 times the original length of the tube to prevent exceeding the elastic limit of STRECHCORDZ.
- Inspect the tubing regularly for cracks, tears or other damage.
- Keep tubing away from face when performing exercises.
- Never release the tubing when it is under tension.
- Take care not to use STRECHCORDZ in an area where tubing could strike others.
- Read all instructions carefully before using.
- NZ Manufacturing assumes no liability for accidents or damage that may occur with the use of STRECHCORDZ.
- Consult a physician for precautions before using STRECHCORDZ or any other exercise device if you are not currently involved in a regular fitness program.

WARRANTY

STRECHCORDZ are warranted against defects in materials and workmanship for 90 days from the date of purchase under intended usage.

CARE AND MAINTENANCE

Like many products, there is maintenance that will extend the useful life of your STRECHCORDZ. The latex tubing is sensitive to ozone and the ultraviolet rays of the sun. When a chalky texture develops on the tubing, a rubber treatment like Armorall will bring back a shiny black surface and serve to protect the surface from further degradation.

For in-water swim training products, rinse the tube with clean tap water to remove any chlorine to prolong product life.

To receive our new catalog featuring the entire STRECHCORDZ® line and all our fine products, contact us at:



800-886-6621

Toll Free Fax: 866-320-3653

Email: info@nzmfmg.com / Online: www.nzmfmg.com



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Since 1985 NZ Manufacturing has been producing the highest quality resistive exercise products for swim training, physical rehabilitation, sports training and general fitness. For more information about these products listed below, visit us online at www.nzmfmg.com or call us toll-free at 800-886-6621 to order our catalog.



From in-water swimming tethers, spa tethers and grudge belts to dry-land resistance training, these products fit the need for serious and novice swimmers.



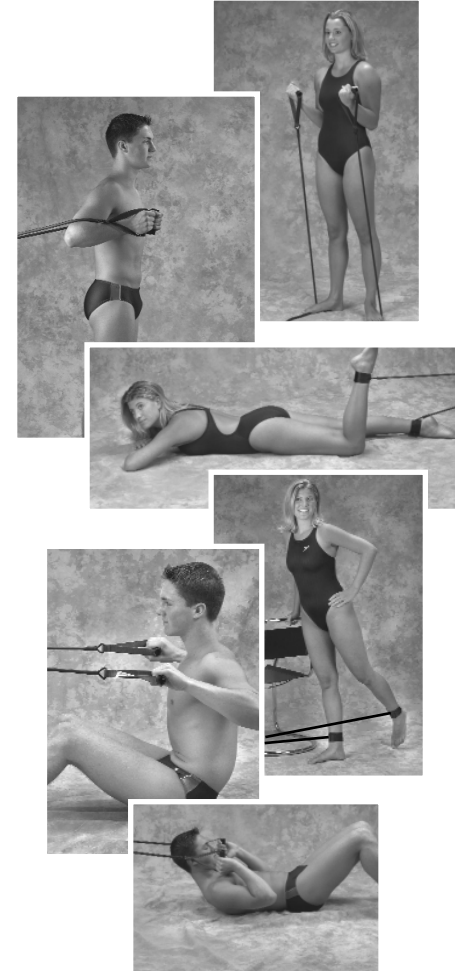
Designed for maximum function and comfort at a reasonable cost, these products accommodate all major joints and muscle groups to fulfill any rehabilitation need.



Used by leading professional football, baseball, hockey and basketball teams for explosive start drills, power building footwork exercises and simulated play action.



Dryland Products Usage Guide



Congratulations of your purchase of StrechCordz training equipment. Proper use and care will prolong the life of your StrechCordz products.

To set up your StrechCordz:

In an area with plenty of room to do all the exercises, select a sturdy anchor point such as a door, railing, closet rod, pole or chain link fence. Use the mounting loop as a slip knot around a pole or rod, use the door mount strap at the hinge side of a door, where the door opens away from you.

For StrechCordz Handles & Paddles:

Mount the StrechCordz shoulder height for upper body exercises such as full swimmers pull, chest flys, tricep extensions or rowing. Mount the tubing low for exercises such as bicep curls, overhead raises, shoulder shrugs or abdominal crunches.

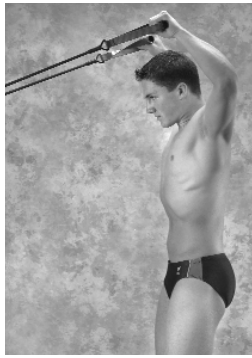
For StrechCordz Legstrap attachments:

Mount tubes parallel to ankles. Always maintain proper form with every exercise you do. Focus on the muscle group you are training, and avoid bad form to finish a repetition.

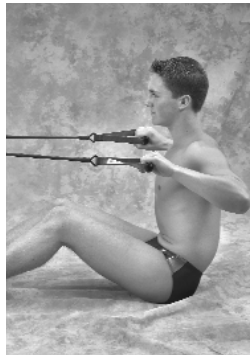
Start training with modest sets of 10-15 repetitions. As strength and muscle endurance improves, work up to sets of 20-30 repetitions.

With an exercise schedule of 3-5 sessions per week you will be on your way to better fitness and health.

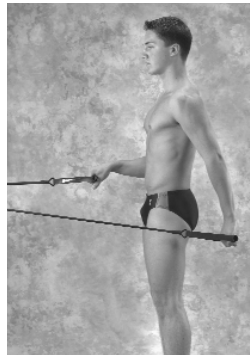




Overhead Raises:
Deltoids, Trapezius



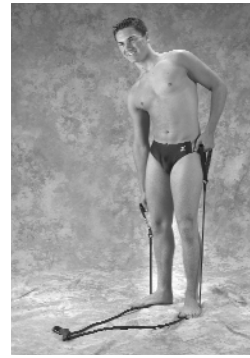
Seated Row:
Trapezius, Biceps, Deltoids



Single Tricep Extension:
Triceps, Wrist Flexors



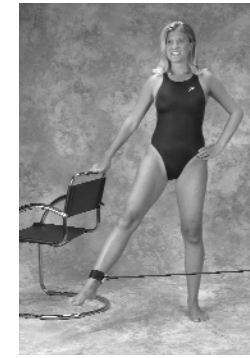
Double Tricep Extension:
Triceps, Wrist Flexors



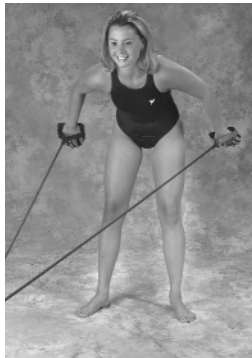
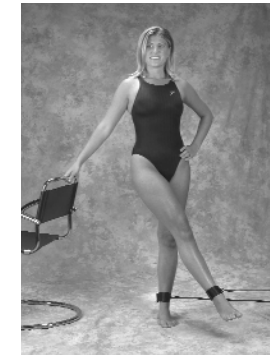
Side Bend:
Obliques



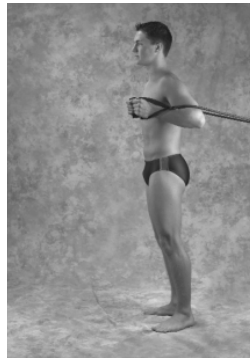
Side Rotations:
Obliques



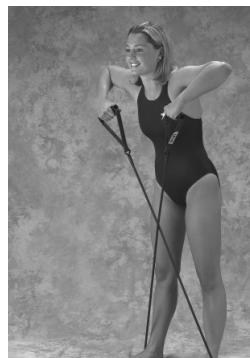
Abduction:
Outer thigh, Gluteus Maximus



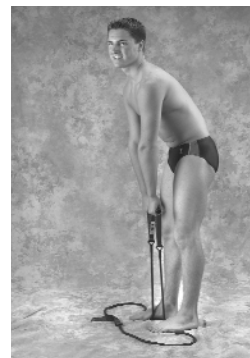
Full Swimmers Pull:
Latissimus Dorsi, Trapezius, Triceps



Chest Flys:
Pectoralis, Triceps, Deltoids



Upright Row:
Deltoids, Trapezius



Lower Back:
Lower Back



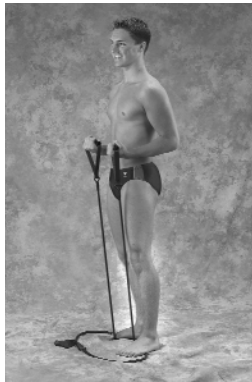
Adduction:
Adductors (inner thigh)



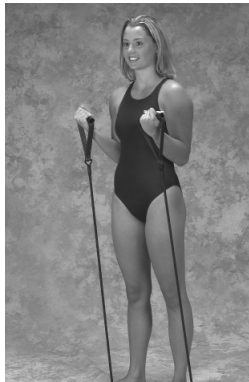
Leg Extension:
Quadriceps



Hip Extension:
Gluteus Maximus, Flexors



Bicep Curls:
Biceps, Wrist Flexors



Abdominal Crunch:
Abdominals



Hip Flexion:
Hip Flexors,
Lower Abdominals



Leg Curls:
Hamstrings

MOUNTING OPTIONS



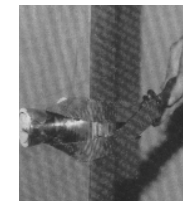
Diving Board



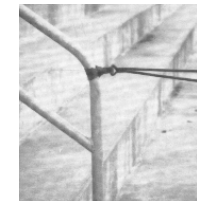
Flag Pole



Railings



Door Knobs



Railings



Door Jambs

Important - Do not pull the tubing more than 3 times the original length of the tube!