

## 240i StretchTrainer™

Designed for commercial use to incorporate stretching into every workout.

### Features

Proprietary Stretching Design	<ul style="list-style-type: none"><li>• The unique, seated design helps stabilize the back during stretching movements so the user can complete an effective stretching regimen in only 10 minutes.</li><li>• Movement is enhanced by gravity and seamlessly translated into positive feedback and immediate results.</li><li>• Users can improve flexibility, coordination, and overall athletic performance.</li><li>• Placard instructs users on the eight essential stretches to target key muscle groups.</li><li>• Accommodates users of all heights.</li><li>• Padded handlebars allow the user to control the intensity and duration of each stretch.</li><li>• Comfortable seat and kneepads help user sit comfortably.</li><li>• Wrist straps provide an improved security and control.</li></ul>
Frame	<ul style="list-style-type: none"><li>• Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to a steel frame with a 50mm (1.9in) tube diameter and 2 mm wall thickness.</li><li>• Pivot points use quiet, self-lubricating bushings.</li><li>• Light weight and small footprint allow for convenient placement anywhere in the facility.</li></ul>
Warranty	<ul style="list-style-type: none"><li>• Five years frame, 2 years parts, 90 days upholstery. Warranties outside the U.S. and Canada may vary.</li></ul>

### 8 essential stretches

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| <ul style="list-style-type: none"><li>• Lower back</li><li>• Hamstrings</li></ul> | <ul style="list-style-type: none"><li>• Gluteal/Hips</li><li>• Hips/Legs/Back</li></ul> | <ul style="list-style-type: none"><li>• Inner Thighs/Groin</li><li>• Upper back</li></ul> | <ul style="list-style-type: none"><li>• Shoulders</li><li>• Quadriceps</li></ul> |
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### Weights and Measures

<ul style="list-style-type: none"><li>• Length</li><li>• Width</li><li>• Height</li></ul>	<ul style="list-style-type: none"><li>52 in (132 cm)</li><li>28 in (71 cm)</li><li>36 in (91 cm)</li></ul>	<ul style="list-style-type: none"><li>• Weight</li><li>• Shipping weight</li><li>• Maximum user weight</li></ul>	<ul style="list-style-type: none"><li>60 lbs (27 kg)</li><li>90 lbs (41 kg)</li><li>250 lbs. (113 kg)</li></ul>
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