

## CAUTION

- This product is 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 tube.
- Inspect the tubing regularly for cracks, tears or other damage. Discard product if worn or damaged.
- Keep tubing away from face when performing exercises.
- Never release the tubing when it is under tension.
- Do not use 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 this product.
- Consult a physician for precautions before using this or any other exercise device if you are not currently involved in a regular fitness program.

## WARRANTY

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

## CARE AND MAINTENANCE

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.

## MOUNTING



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, contact us!



800-886-6621 • [www.nzcordz.com](http://www.nzcordz.com)



is a registered trademark of NZ MFG INC

© NZ MFG INC 2019



## USAGE GUIDE



Gear for **STRETCHING**,  
**EXERCISING** and **TRAINING**

**CONGRATULATIONS** on your purchase of **STRECHCORDZ®** training equipment. Proper use and care will prolong the life of your **STRECHCORDZ®** products.

## GETTING STARTED:

In an area with plenty of room to do all the exercises, select a sturdy anchor point such as a door, railing, closet rod or pole. 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, with closing towards you.

## STRECHCORDZ® HANDLES & PADDLES:

Mount shoulder height for upper body exercises such as full swimmers pull, chest flies, tricep exercises such as bicep curls, overhead raises, shoulder shrugs or abdominal crunches.

## STRECHCORDZ® LEGSTRAP:

Mount 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.



**BICEP CURLS**



**SEATED ROW**



**ABDOMINAL CRUNCH**



**SINGLE ARM  
SHOULDER PRESS**



**DOUBLE ARM  
SHOULDER PRESS**



**BENTOVER ROW / FREESTYLE**



**DOUBLE ARM  
TRICEP EXTENSION**



**SINGLE ARM  
TRICEP EXTENSION**



**ABDOMINAL PIKE**



**OVERHEAD  
TRICEP EXTENSION**



**CROSS ARM  
SHOULDER LIFT**



**DOUBLE ARM BUTTERFLY CATCH**



**STANDING  
UPRIGHT ROW**



**STANDING ROW**



**ABDOMINAL PRESS**



**CHEST FLY**



**SIDE ROTATION**



**HAMSTRING CURL**