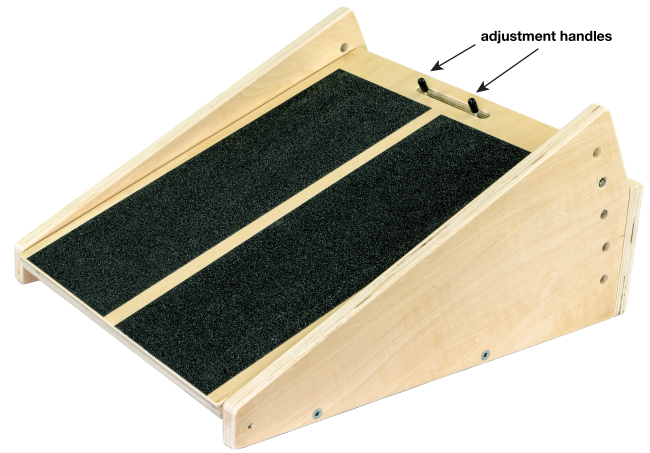


CANDo®

Adjustable Angle Incline Board

The CanDo® adjustable angle wooden incline board comes ready to use. To adjust the angle of incline, simply squeeze the adjustment handles, raise or lower the stepping surface, and then release the adjustment handles at the angle you want your board. Choose from five different incline angles: 5, 10, 15, 20, and 25 degrees.



Setup

Start your warm-up and stretching exercise by setting the incline of the board at 5° or 15°. As you become more limber, increase the inclination of the board as needed.

Note: Before practicing any exercise routine, please consult your health care provider.

Achilles / Soleus stretch

Lean against a support or wall. Bend both knees. Keep your feet on the board until you feel the stretch along your Achilles tendon and lower calf. Alternate legs, bending one while stretching the other.



Calf stretch

Stand on the board. Raise yourself up on your toes, hold, then relax by lowering heels until feet rest on board.



Calf, Hip, Back stretch

Place board against a wall. Stand on board with legs together. Stretch your legs, hips and back towards the wall until your head and body touch the wall.



Hamstring stretch

Grip the ladder to steady yourself and hold the stretch position.



Plantar Fascia (arch) stretch

Position yourself on the board leaning against a wall. Support yourself on your toes with your back against the wall. Hold this position.



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