

# Conditioning Towel

Includes  
6 Exercises:



Spine Twist  
Side Stretch  
Breast Stroke  
Hamstring Stretch  
Side Bend  
Kneeling Rotation

Our Conditioning Towel is made from high-quality microfiber material, making it lightweight and super-absorbent. Ideal for drying perspiration during a workout, this incredibly soft towel can also be used for a quick and invigorating workout on-the-go. Made of a polyester/polyamide blend, our towel out-performs ordinary cotton or polyester towels. The compact size and quick-drying design makes it perfect for the gym, studio and even for travel.

## Spine Twist

**Targets:** oblique abdominals and posterior shoulders

**Starting Position:** seated on heels, spine upright and neutral, arms reaching forward holding near ends of Conditioning Towel

INHALE to prepare

EXHALE pull one elbow back and rotate torso to that side, reaching other arm forward

INHALE to stay

EXHALE to return to the front and reach arms forward

*Complete 5-8 repetitions on each side, alternating*



## Side Stretch



**Targets:** oblique abdominals and posterior shoulders

**Starting Position:** seated on heels, spine upright and neutral, arms reaching overhead holding near ends of Conditioning Towel

INHALE to prepare

EXHALE reach one arm up to ceiling and the other arm down by the side, slightly side-bending torso

INHALE to stay

EXHALE to return to starting position

*Complete 5-8 repetitions on each side, alternating*

## Breast Stroke



**Targets:** upper back and posterior shoulders

**Starting Position:** kneeling (or standing) on Mat, knees hip-distance apart, spine upright and neutral, arms reaching forward, holding near ends of Conditioning towel

INHALE flex elbows and pull towel toward shoulders, opening chest toward ceiling

EXHALE return to upright position

*Complete 8-10 repetitions*



## Hamstring Stretch



**Targets:** back of thigh

**Starting Position:** Seated on Mat, torso upright and neutral, one leg long, ankle flexed, other knee bent with foot against inside of opposite leg, holding ends of Conditioning Towel, wrapped around sole of foot

INHALE start to lean torso forward over long leg

EXHALE flex elbows and lean torso further over leg, lengthening the back of the thigh

INHALE to stay

EXHALE pull elbows further toward shoulders and reach head toward knee

INHALE return to upright position

*Complete 3-5 repetitions on each side*

**Modification:** hold position for several breaths before returning to vertical

## Side Bend



**Targets:** oblique abdominals and shoulders

**Starting position:** kneeling on Mat, knees hip-distance apart, spine upright and neutral, arms long, reaching overhead, holding ends of towel

INHALE to prepare

EXHALE keep arms in the same relationship to head and side bend torso

INHALE to stay

EXHALE return to upright position

*Complete 5-8 repetitions on each side*

## Kneeling Rotation

**Targets:** oblique abdominals and posterior shoulders

**Starting position:** on hands and knees, spine neutral, knees hip-distance apart, hands directly under shoulders, holding ends of Conditioning Towel

INHALE to prepare

EXHALE pull one elbow up toward ceiling, rotating torso to that side, following elbow with eyes

INHALE return to starting position

*Complete 5 repetitions on each side, alternating*



## WARRANTY, CARE AND USAGE FOR CONDITIONING TOWEL

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Product Features

width 12" | 30 cm  
length 44" | 112 cm

- Made from high-quality microfiber
- 80% polyester and 20% polyamide
- Light weight and super absorbent
- Dries quickly

### Care and Cleaning

- Hand Wash or Machine Wash, cold water, gentle cycle
- No bleach
- Do not iron
- Hang to Dry

### Safety and Usage

Improper use of exercise equipment may cause serious bodily injury.

To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.