

# GOLFLEXX®

US PATENT

Waiting to tee off? Stuck behind a slow foursome? Use GOLFLEXX® to stay limber and warmed up. It's right there next to your wedge. Your game will improve, your muscles won't be as sore.

It is a proven fact that proper stretching is the single most important factor in avoiding physical injury during sports activities. It is also one of the most important training regimens for excelling in any given sport, especially golf. The range of motion necessary in golf requires essential stretching routines. The revolutionary design of GOLFLEXX® will help you attain a smoother, more fluid swing by increasing your overall flexibility. You will find yourself driving the ball further, more accurately, with less effort. By using GOLFLEXX® your body will perform better naturally, allowing you to enjoy the game.

Follow our simple routine, adjust it according to your needs and swing away. When you're done, it fits conveniently in your bag until the next hole.

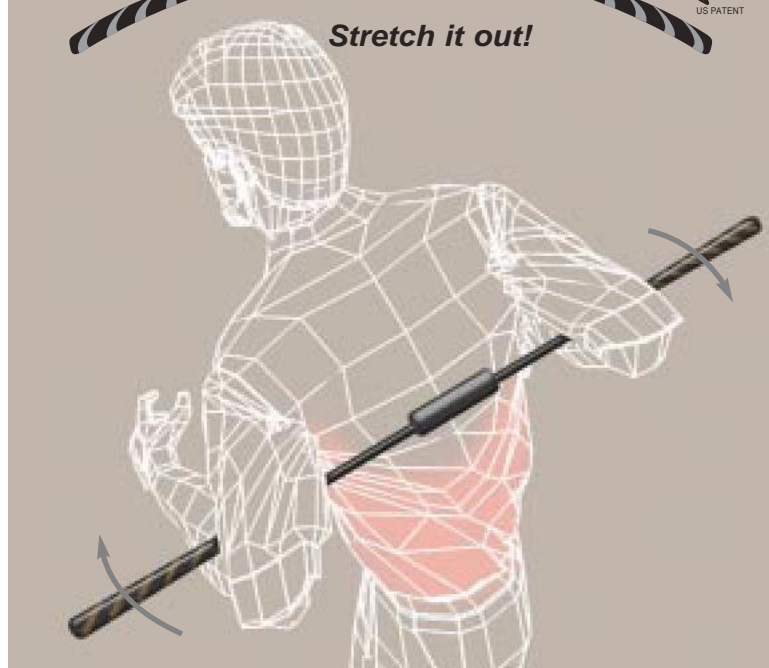
The techniques, ideas and suggestions pertaining to the use of GOLFLEXX are not intended as a substitute for proper medical advice. Consult your physician or a health care professional before performing any new exercise or training technique, particularly if you are pregnant or nursing; if you are elderly or have any chronic or recurring medical conditions. Any application of the techniques, ideas or suggestions described herein are at the user's own risk. The manufacturer of GOLFLEXX, their employees or representatives make no warranty of any kind regarding the content of this brochure, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The manufacturer of GOLFLEXX, their employees or representatives are not liable or responsible to any person or entity for any incidental or consequential damages caused or alleged to be caused directly or indirectly from the information contained herein.

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Portland, Oregon

Visit us at [www.golflexx.com](http://www.golflexx.com)



## IMPROVE YOUR GAME BY PRE-LOADING MUSCLES

GOLFLEXX® was designed to help you stretch and warm up the important muscle groups that you use while playing golf. If not properly prepared or warmed up, most golfers don't play to their full potential. GOLFLEXX® solves this problem by allowing golfers, amateur or professional, to stay warmed up and stretched out, before, during and after a round of golf. GOLFLEXX® fits neatly into your golf bag so it is always available when you're ready to play

GOLFLEXX® is available in three different flex resistances to select from. Choose from stiff, medium and light flex for your desired personal resistance. If you are already a flexible golfer, choose between the stiff or medium flex. For easier resistance, warm up with our light GOLFLEXX®. GOLFLEXX® is not designed to build muscle; it's designed to keep the muscles used during your game of golf *flexible*.

The enclosed stretching techniques with GOLFLEXX® should be used prior to swinging a golf club. You will find that by using GOLFLEXX® to warm up before and during play, your muscles will retain flexibility and allow you to more thoroughly enjoy your game.

[www.golflexx.com](http://www.golflexx.com)

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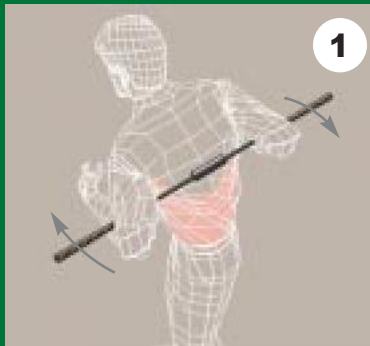
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## ENJOY THE GAME OF GOLF WITH GOLFLEXX!

Perform these exercises for a period of 30 to 40 seconds each.  
Repeat throughout your game to keep limber.

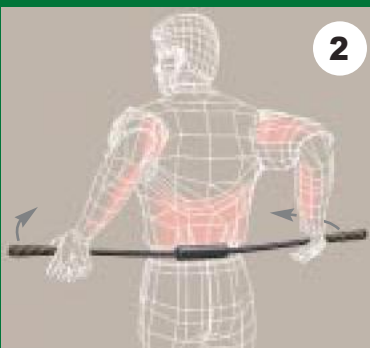
### EXERCISE ONE

This stretch will loosen both the oblique muscles as well as the lower back muscles for a smoother, more powerful swing. By gently putting your GOLFLEXX<sup>®</sup> under your arms and resting the center pad on your back, use your GOLFLEXX<sup>®</sup> to help turn your upper torso as if to simulate a golf swing. You will find this to be one of the most important stretches. GOLFLEXX<sup>®</sup> helps you stretch your torso, increasing your body swing, thereby improving your golf swing.



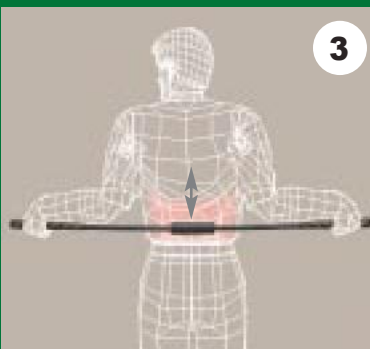
### EXERCISE TWO

In this step, use your GOLFLEXX<sup>®</sup> to stretch your lower back as well as the muscles in your arms. By placing the center pad in the small of your back, gently flex your GOLFLEXX<sup>®</sup> towards the front of your body. You will feel the results almost instantly as GOLFLEXX<sup>®</sup> starts the blood circulating in your lower back area.



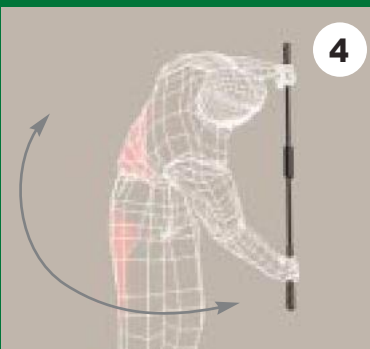
### EXERCISE THREE

Similar to exercise two, place your GOLFLEXX<sup>®</sup> in the small of your back as shown here. Instead of flexing the handles towards the front of your body, simply roll our specially designed center pad gently up and down your spine. Again, this will increase the blood flow in your lower back giving you optimal power.



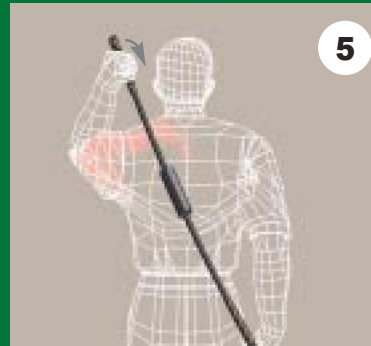
### EXERCISE FOUR

This simple stretch will help you warm up your lower back as well as the muscles used in your legs during your golf swing. Take your GOLFLEXX<sup>®</sup> by the handles. Hold it out in front of your body. Slowly bend your upper body towards the ground while maintaining the GOLFLEXX<sup>®</sup> in front of you. While holding your GOLFLEXX<sup>®</sup> approximately two feet (or where you are comfortable) from the ground, keeping your arms slightly bent at the elbows, swing your GOLFLEXX<sup>®</sup> from side to side.



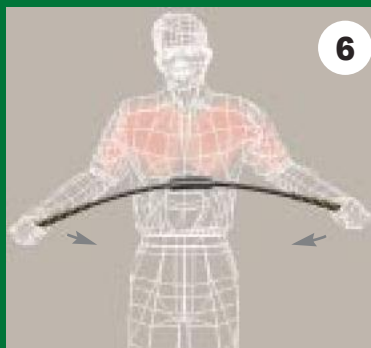
### EXERCISE FIVE

This stretch will lengthen the muscles in the triceps (arms) as well as the shoulders for a fluid, one-piece take away at the top of your swing. Place your GOLFLEXX<sup>®</sup> behind your back. Rest the specially designed center pad in the middle of your back as shown. Holding one end of the GOLFLEXX<sup>®</sup> at the top of your shoulder area and the other hand at the bottom near your hip area, and using slight pressure on the GOLFLEXX<sup>®</sup>, bend the top forward. You will also feel this stretching your triceps as well as your biceps.



### EXERCISE SIX

This simple exercise is designed to strengthen your chest muscles. You may flex your GOLFLEXX<sup>®</sup> differently than what is shown here, depending on the model you choose, light, medium or stiff. There is NO NEED to have your GOLFLEXX<sup>®</sup> bend to the extreme shown here. This just shows how flexible GOLFLEXX<sup>®</sup> can be. By using your GOLFLEXX<sup>®</sup> in this fashion, you will feel the benefits of your chest muscles getting a well-deserved stretch.



### EXERCISE SEVEN

Place the center foam piece on the back of your neck while holding your hands on each end of your GOLFLEXX<sup>®</sup>. With a slow, steady pressure, flex your GOLFLEXX<sup>®</sup> forward. This will stretch your upper back as well as your shoulder muscles. This routine will also help your neck muscles gain circulation. Again, as with all our suggested exercises, you do not need to muscle your GOLFLEXX<sup>®</sup>; use easy, controlled motions to reap the full benefits of GOLFLEXX<sup>®</sup>.



### EXERCISE EIGHT

This exercise will help you avoid one of the most common sports injuries — a torn rotator cuff. Place GOLFLEXX<sup>®</sup> behind your back, in line with your spine, while holding each handle. Using slow, steady pressure, pull GOLFLEXX<sup>®</sup> downward to stretch the muscles in your shoulder and shoulder blade. This movement should be slight, without any sudden, jerky motions.

