

"PLAY STRONG"
1-800-966-3929 ext. 169



"PLAY LONG"
www.tourgolffitness.com



STRIVE[®]
(800) 368-6448 www.strive123.com



PROFLEX[®]

Now you can prepare like the pros utilizing the machine used in the PGA.

The Strive ProFlex is:

- Safe and effective for all ages, abilities and body types.
- Easy to incorporate into everyday activities and routines.
- Increases range of motion and gait.
- Achieve measurable results.
- Assures the proper positioning when stretching.
- Provides users controlled static stretch of every major muscle group and joint.
- Six step flexibility program specifically designed to target the muscle groups utilized when performing a golf swing.

<p>1 Hanging Stretch</p>  <p>Stretches upper and lower back, pectorals and abdominals.</p>	<p>2 Double Leg-Center</p>  <p>Stretches adductors, upper and lower back, and shoulders.</p>
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<p>3 Double Leg-Right</p>  <p>Stretches adductors, lats, shoulder and back.</p>	<p>4 Double Leg-Left</p>  <p>Stretches adductors, lats, shoulder and back.</p>
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The Strive ProFlex is the only machine that provides upper and lower body flexibility.

- Guarantees proper technique (spine angle).
- Provides a safe, assisted stretch (relaxation).
- Measures progress, quantify results (set & achieve goals).

Users will experience a 50% improvement within 6 weeks if they use the Strive ProFlex for 5 minutes a day, 3 days per week.

Dimensions of the Strive ProFlex:
117" W x 90" L x 82" H — working dimensions
25" W x 52" L x 82" H — static dimensions
25" W x 24" L x 89" H — when stored upright
165 pounds

<p>5 Single Leg-Left</p>  <p>Stretches, shoulders, hamstrings, lats, and back.</p>	<p>6 Single Leg-Right</p>  <p>Stretches, shoulders, hamstrings, lats, and back.</p>
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