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Fitness Garment: USA PRO
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INCHES	CM	INCHES	CM
3'7"	110	30"/32"	75/80
3'11"	120	32"/34"	80/85
4'3"	130	34"/36"	85/90
4'7"	140	38"/40"	95/100
4'11"	150	40"/42"	100/105
5'3"	160	42"/44"	105/110
5'5"	165	44"/46"	110/115
5'7"	170	46"/48"	115/120
5'9"	175	48"/50"	120/125
5'11"	180	50"/52"	125/130
6'1"	185	52"/54"	130/135
6'3"	190	54"/56"	135/140

Stretching

All physical exercise should be preceded by muscle stretching exercises (the more muscular fibres are stretched the more they can be shortened in contraction thus improving movement efficiency) also for the benefit of joint mobility with a resulting increased range of movement. Stretching exercises consist of maintaining a position for a certain period with constant exertion (without bouncing). In fact the act of bouncing causes the reflected contraction of the muscle rather than its stretching. The use of poles in stretching improves balance, enables the implementation of correct postures and maintains the starting position for the exercises.



Hamstring and Buttocks



Warm-up

After stretching, a number of warm-up exercises enable you to prepare the muscles to achieve smoother movements and greater efficiency not only for the muscles of the legs but also for the arms and upper body. To achieve optimal results from the warm-up exercises, the correct position must be maintained by means of specific posture, with the help of the poles. In this way not only the specific muscular area works, but all muscles, participating to ensure correct movements.



Spine



Strength Training

The Stride Fitness Program also contains a wide range of exercises dedicated to both overall and specific muscle strengthening. The strengthening phase should follow a Striding phase as strength training is the undoubtedly the part requiring most effort and should be done at the end of a training session. Use of the poles enables you to keep balance and helps to maintain the correct posture during exercises. As all exercises are under a natural load, the results from this type of training will not be a significant increase in the muscular mass, but rather the toning up of the various areas worked.



Triceps and Legs



Stretching

Warm Up

Strength Training