

The **Leg and Thigh Stretching Device** is designed to enhance flexibility and assist in training for splits. With a 6-level adjustment system, it can be tailored to the user's height and current flexibility level. The approximately 115 cm long handle ensures comfortable and safe stretching, even for beginners.

Key Features:

- **Adjustable Range:** The 6-level adjustment allows precise customization to individual needs.
- **Extended Handle:** Facilitates control and increases comfort during exercises.
- **Robust Construction:** Ensures safety and durability during use.

Applications:

This device is ideal for practitioners of martial arts, ballet, gymnastics, and anyone aiming to improve flexibility and achieve splits.

Usage Instructions:

1. **Preparation:**
 - Place the device on a stable surface.
 - Adjust the arm span to match your flexibility level.
2. **Exercise:**
 - Sit on the seat, placing your legs on the supports.
 - Hold the handle with both hands.
 - Gently pull the handle to increase the stretch of your legs.
 - Maintain the position for several seconds, breathing evenly.
 - Slowly return to the starting position.

Precautions:

- Consult a physician or physiotherapist before starting exercises.
- Warm up your muscles before using the device.
- Avoid sudden movements and do not exceed your comfort zone.
- Regularly inspect the device for technical condition.