

**WARNING: PLEASE CONSULT WITH A PHYSICIAN OR CERTIFIED EXERCISE TRAINER BEFORE ENGAGING IN ANY EXERCISE PROGRAM. USE WITH COMMON SENSE TO PREVENT INJURIES. NOSPOH ENTERPRISES WILL NOT BE HELD RESPONSIBLE FOR ANY INJURIES SUSTAINED WHILE USING OUR PRODUCT.**

### Warning:

*When working out using your doorway always keep the Stretch and Press parallel to the floor. If you adjust your feet, adjust the SAP so that it can be in a straight or parallel position at all times.*

### SAP vs. GYM

Most people waste time traveling to and from the GYM, wiping off equipment, waiting for equipment to use for the different body part you want to work and donating a lot of money to join.

Well with the SAP there's no equipment to wipe off. One unit works ALL body parts and the SAP weighs less than 2 pounds. You can workout anywhere where there's a doorway. (WORK, HOME, VACATION, CRUISE SHIPS). Also the SAP can adapt to Olympic weight plates for additional muscle group like legs, arm curls, shoulder presses and more.

Also working out using conventional machines teaches you to depend on other body parts to conduct the exercise your doing, causing your left or right side to be stronger than the other. With the SAP every muscle group worked are independent of the other strengthening the weaker muscle groups.

## Doorway Exercises

Body pressing, once connected to the door frame move your legs back to a comfortable weight for you to press.

Then nothing should move but your elbows, same as in bench pressing, stretch then press. Remember we're using forced weight, that means all your doorway workouts are weight-adjustable—by moving your legs in for less weight, or out for more.



Body Pressing



Doorway Triceps



Doorway Biceps Workout



Doorway Back Press

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The Stretch & Press (SAP) is designed and used to take the place of a full gym. It builds muscles by stretching the muscles then isolating them to direct your work out to the body part of choice. While working with the SAP your heart rate will rise because your always in the vertical upright position, sparking your metabolism, this causes you to burn fat and lose weight. SAP weighs in at fewer than 2 pounds and replaces over 1000 pounds of dead weight found in most commercial or home gyms. The SAP isolates every muscle worked; CHEST: inner and outer, vertical and horizontal pectoral muscles; ARMS: biceps, triceps, forearms; BACK: stretches, builds then promotes the famous V shape. Every exercise isolates and works upper, lower, inner and outer shoulder muscles. Also the SAP can adapt to use with Olympic weight plates you already have at home for additional exercises like squats, shoulder shrugs, calf raises, isolated arm curls and more.



## Connecting the SAP to the door frame

first hold both of the SAP where the top of the handle and hand grips meets outwards and connect it to the outer frame



While keeping pressure in the SAP slide down and get a position with the grip.



Once you got a grip this is your starting position for body pressing (bench pressing)



## Adding plates to your SAP

We recommend using rubber coated weight plates, but if you don't have them wrap the SAP with a sock before adding a plate. This way it will prevent metal on metal and destroying the finish on the SAP.

Take the handle of the SAP and stick it in the hole of the plate, pull through and that's it—you are ready to rock and roll.



Over 30 different muscle-building exercises and stretches—  
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[www.stretchandpress.com](http://www.stretchandpress.com)



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