

Slant Board Calf Stretcher as used in the Egoscue Method

RRP: \$154.95

If you're an athlete wanting to push your stretches to the max, or if you suffer from tight calf muscles, you need this slanted calf stretcher board by Randy & Travis Machinery. Adjustable to four angles, it takes you from beginner to extreme as you build your flexibility. Even better, it's designed for the Egoscue Method for correcting postural imbalances – imbalances that often cause chronic pain.

With its three-piece construction connected by durable piano hinges, it folds up flat for easy storage. When you want to get it out to stretch your muscles, simply choose the angle you want, insert the board into the correct slot, and it locks into place. Place it near the wall with the open part of the angle facing outward. With your back against the wall, place your feet on the footpads, and enjoy the feeling you get when your tight muscles loosen up from a good stretch. Its non-slip surface keeps you in place as you stretch, while slip-resistant rubber bumpers keep the base safely in place. It accommodates a wide range of people of varying weights – up to at least 350 pounds. It makes a great gift for the athlete in your life – or for those who deal with chronic pain. Or, use it yourself to build flexibility, balance, and better posture. Get yours today!

Features and specifications:

- Materials: Baltic birch timber, rubber, and metal
- Colour: Tan and black
- Angles of stretch: 10°, 20°, 30° or 40°
- Weight capacity: at most 160kg
- Dimensions (in use): 30cm * 40cm * 8cm (L x W x H)
- Rubber bumpers, non-slip footpad, and locking notches ensure safety
- No assembly required
- Adjustable to 4 angles
- Folds flat for storage
- Designed for use with the Egoscue Method

