



HAMSTRING STRETCH

Using the Booyah Stik™ for balance, place your opposite foot on a stool or chair that is positioned in front of you.

Lean forward, keeping your knee and back straight and hold for gentle stretch.

Hold for 30 seconds. Repeat with opposite leg.

Also check out these other great products by Bob & Brad



Workout Wall Anchor



Grip & Forearm Strengthenener

BOOYAH stik

by
Bob AND Brad

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bobandbrad.com | Made in the USA

CONDITIONS OF SALE, WARRANTY, LIMITATIONS

Famous PT, LLC, warrants that this product is free from manufacturing defects, is fit for the ordinary purposes for which such goods are used, and conforms to the descriptions stated herein or on the product labels or containers. Results should be obtained if this product is used according to directions and recommendations of healthcare professionals. Unintended consequences may result because of such factors as improper use or placement of the product or use without consultation with a healthcare professional, all of which are beyond the control of Famous PT, LLC, or the seller. Inasmuch as Famous PT, LLC, has no control over the manner in which others may use this product, it does not guarantee the results to be obtained. All such risks shall be assumed by the buyer.



HIP ADDUCTOR STRETCH

Using the Booyah Stik™ for balance, place your opposite foot on a stool or chair to your side.

Lean toward the stool, keeping your leg straight and hold for a gentle stretch.

Hold for 30 seconds. Repeat with opposite leg.

POSTURE GUIDE FOR LIFTING WITH BACK STRAIGHT

Using your upper hand palm forward and lower hand palm back, place the Booyah Stik™ on your back with three points of contact: your head, middle back, and low back.

Perform a squat while maintaining the three points of contact on the Stik™.

Perform 8-12 repetitions. This is a proper lift.



QUADRATUS LUMBORUM STRETCH

Sit cross-legged on the floor placing the Booyah Stik™ to your right side. Reach up with your right hand as high as it will go and grasp the Stik.

Placing your left hand on the Stik at waist level, lean to the left and hold for a gentle stretch.

Hold for 30 seconds. Repeat on other side.



CHEST STRETCH

Hold the Booyah Stik™ behind your back with both hands palms forward.

Raise the Stik upward to stretch your chest and hold for a gentle stretch.

Hold for 30 seconds. Repeat as necessary.



LOW BACK ROLLING MASSAGE

Place the Booyah Stik™ behind your back, holding it with both hands palms forward.

Roll the Stik up and down to massage your low back.

Repeat as necessary.

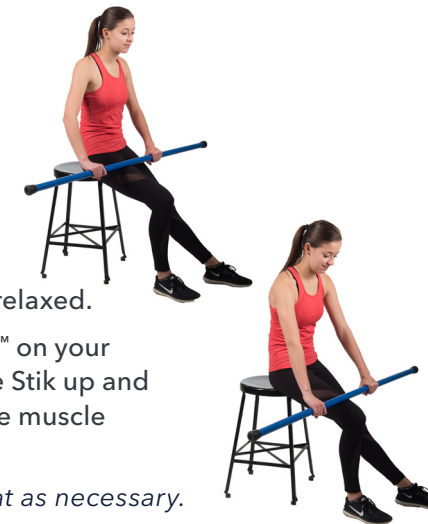


QUADRICEP ROLLING MASSAGE

Using a stool or chair, sit with your muscles relaxed.

Place the Booyah Stik™ on your quadricep and roll the Stik up and down the length of the muscle to massage.

Switch legs and repeat as necessary.

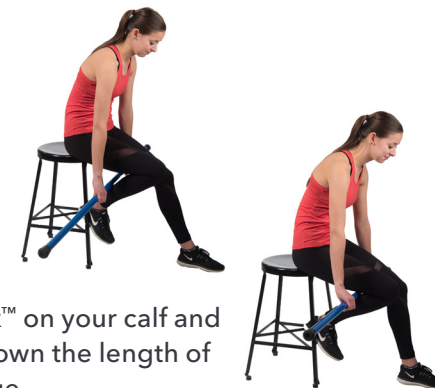


CALF ROLLING MASSAGE

Using a stool or chair, sit with your muscles relaxed.

Place the Booyah Stik™ on your calf and roll the Stik up and down the length of the muscle to massage.

Switch legs and repeat as necessary.



HAMSTRING ROLLING MASSAGE

Using a stool or chair, sit with your muscle relaxed.

Place the Booyah Stik™ on your hamstring and roll the Stik up and down the length of the muscle to massage.

Switch legs and repeat as necessary.



BOOYAH stik

Total-body strengthening, stretching, stabilizing, massage, and walking stick

BOOYAH stik™

YOUR ESSENTIAL EXERCISE PARTNER.

Whether you're aiming to achieve a higher level of fitness, striving to recover from injury, or simply hoping to maintain flexibility, balance, and functionality, the Booyah Stik can help you improve your total-body health and wellness.

BENEFITS OF USING THE BOOYAH STIK™

- Promotes flexibility and range of motion when stretching
- Improves stability during balance and walking activities
- Increases strength when used with upper body, lower body, and core exercises
- Relieves tension and tightness through massage

INSTRUCTIONS

Use these exercise instructions and the videos at bobandbrand.com to tailor your exercise program.

Clean using a mild, nonabrasive detergent. Dry with soft cloth.

PLEASE READ BEFORE USE

Consult your healthcare professional before starting any type of exercise program, especially if you have health concerns. If you have an injury, illness, medical condition, or are pregnant, some of these exercises might not be right for you. Stop exercise immediately if you experience pain, dizziness or shortness of breath. Additional recommendations:

- Exercise within reach of a grab bar, rail, or countertop if you have difficulty with balance.
- If needed, have another person with you to prevent the possibility of a fall.
- Always work within a pain-free range of movement; stop immediately if you feel pain.
- Work out in a safe environment; avoid slippery floors, poor lighting, rugs, and other potential dangers.

CORE FLEXION STRENGTHENING

Start by laying on the floor holding the Booyah Stik™ in both hands with your arms and legs extended.

Keeping your arms straight, bring the Stik and your legs together and briefly press the Stik against your thighs.

Perform 8-12 repetitions.



SHOULDER FLEXION

Start by holding the Booyah Stik™ with your front hand palm up and your back hand palm down.

Using your back hand, lift your front arm as high as comfort allows.

Perform 8-12 repetitions.
Repeat on other side.

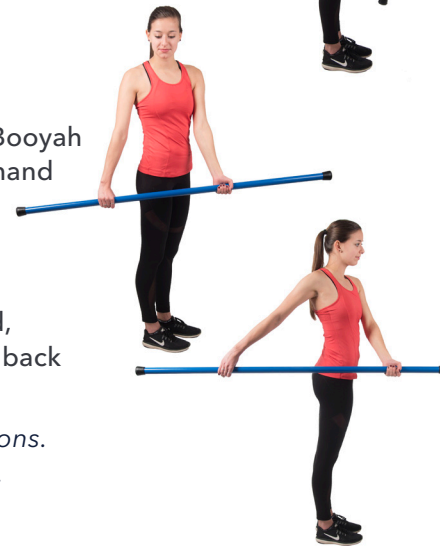


SHOULDER EXTENSION

Start by holding the Booyah Stik™ with your front hand palm up and your back hand palm down.

Using your back hand, extend the Stik as far back as comfort allows.

Perform 8-12 repetitions.
Repeat on other side.



SHOULDER INTERNAL ROTATION

Start by holding the Booyah Stik™ behind you, with your top hand palm forward and your bottom hand palm back.

Using your upper arm, pull your lower arm up as high as comfort allowed.

Perform 8-12 repetitions.
Repeat on other side.



HAND WALKING (FLEXION)

Using a stool or chair, sit holding the Booyah Stik™ in line with your shoulder.

Walk your upper hand as high up the Stik as comfort allows.

Perform 8-12 repetitions.
Repeat on other side.



SIDE KICK

Balance by holding the Booyah Stik™ in either hand and begin by simultaneously flexing your opposite hip and knee.

Extend your leg out to the side by gently straightening your hip and knee.

Perform 8-12 repetitions.
Repeat with opposite leg.



SQUATS

Start by resting the Booyah Stik™ on your shoulders behind your head with your feet shoulder width apart.

Perform a squat until your thighs are level with the ground.

Perform 8-12 repetitions.



POSTURE STRETCH

Start by holding the Booyah Stik™ overhead with your hands wide apart and your palms forward.

Lower the Stik behind your head to your upper back while squeezing your shoulder blades together.

Perform 8-12 repetitions.

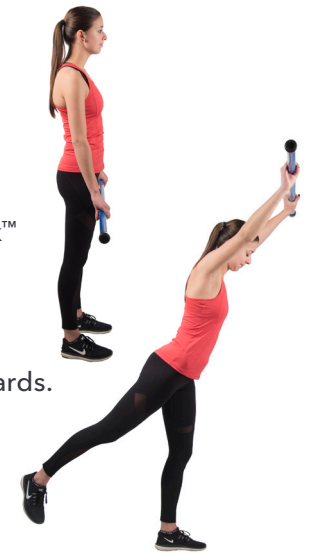


POSTURE, BALANCE, AND LEG EXTENSION

Start by holding the Booyah Stik™ with both hands palms back.

Keeping your back and arms straight, lift your arms overhead while extending one leg backwards.

Perform 8-12 repetitions.
Repeat with opposite leg.

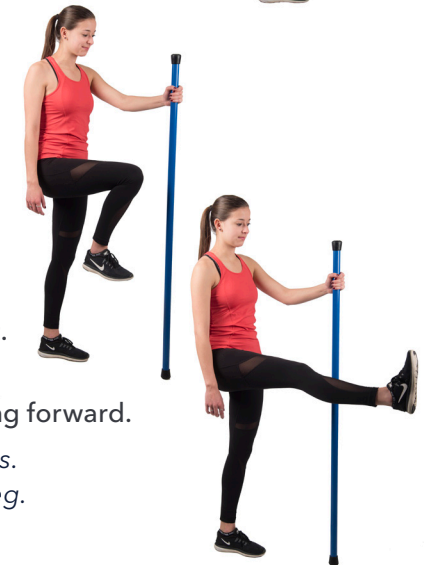


FORWARD KICK

Balance by holding the Booyah Stik™ in either hand and begin by flexing your opposite hip with your knee bent.

Extend your knee straight by gently kicking forward.

Perform 8-12 repetitions.
Repeat with opposite leg.



BACK EXTENSION

Start by holding the Booyah Stik™ palms forward and pressed into your lower back, just below belt height.

Lean your shoulders back, to extend and stretch your lower back within your comfort range.

Perform 8-12 repetitions.



BACK ROTATIONS

Start by resting the Booyah Stik™ on your shoulders behind your head.

Keeping your back extremely straight, gently rotate your shoulders to the right and to the left within your comfort range.

Perform 8-12 repetitions.

