

## **Product Data Sheet**

## NBS Body Stretching bench

Began to learn about the benefits of stretching and what it does to the body?

stretching provides the exerciser with wealth of benefits, including safe pre-exercise warm-ups, enhanced athletic performance, injury prevention and relief from back pain. Many of us neglect to stretch; perhaps because it takes too long, is too difficult or we don't have access to a stretching Trainer or coach. Well, The total Neo NBS bench from Steelflex revolutionizes stretching by allowing users to safely and effectively perform a comprehensive set of stretches all place by themselves.

## favorite things to do is Stretch.















