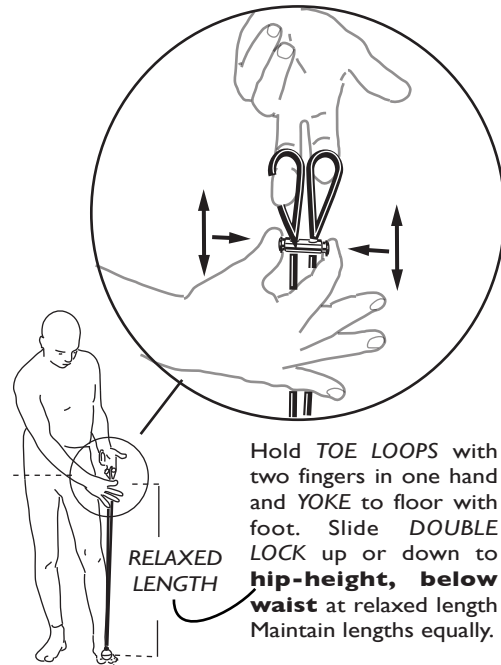


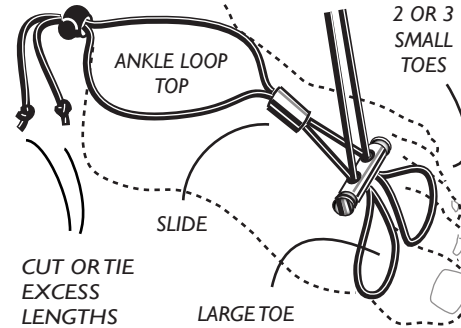
### 1. ADJUST LENGTH - UPSIDE DOWN



Hold **TOE LOOPS** with two fingers in one hand and **YOKE** to floor with foot. Slide **DOUBLE LOCK** up or down to **hip-height, below waist** at relaxed length. Maintain lengths equally.

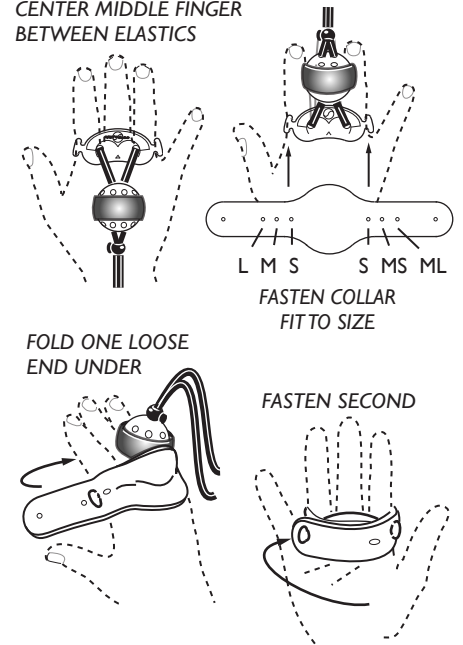
### 2. ADJUST ANKLE & TOE LOOPS

Slip foot through **ANKLE LOOP TOP**, then **TOE LOOPS** - large toe and 2 to 3 small toes, whichever is more comfortable. Adjust loops to fit at **relaxed-length**. Make sure **ELASTICS** extend from the top of **DOUBLE LOCK**. Tie excess lengths and when you are sure of correct length, after several uses - cut and knot them. May be worn over socks for additional comfort. Or, loosen **TOE LOOPS** and slip into flip-flop-type sandal for use outdoors.



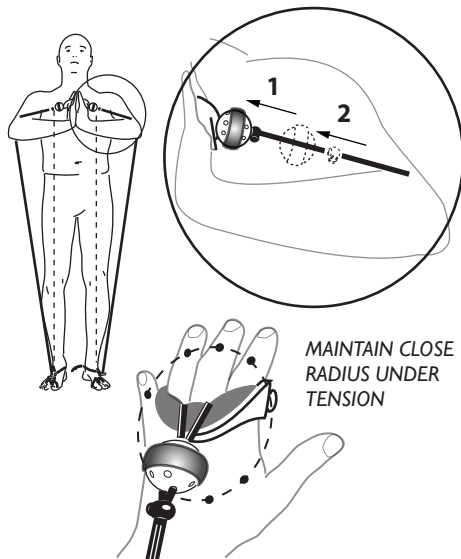
### 3. FITTING THE HAND

CENTER MIDDLE FINGER BETWEEN ELASTICS

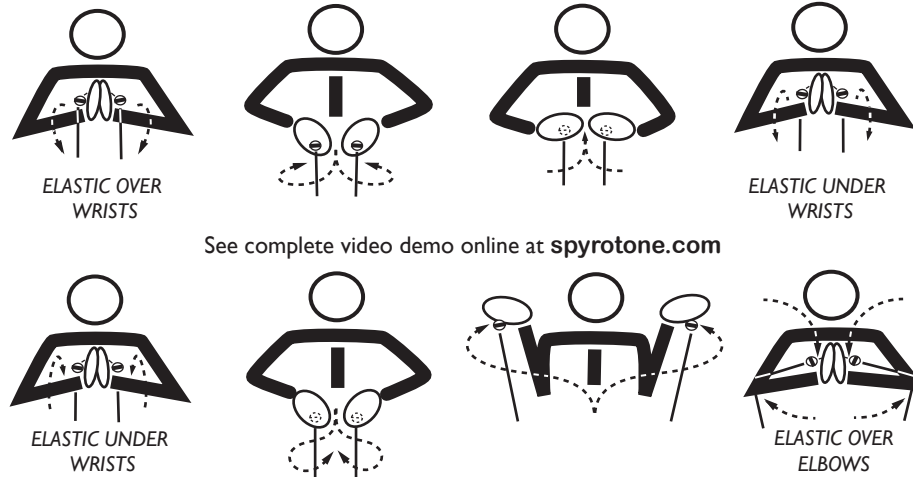


### 4. ADJUST TENSION

Stretch **ELASTICS** over elbow. Hold **RADIAL** snug against back of hand and lock firmly into place. Adjust periodically as necessary.



### SPIRAL ISOMETRIC - Basic Bilateral



See complete video demo online at [spyratone.com](http://spyratone.com)

Breathe fully and evenly through nose. Go with inhalation, hold with exhalation. Add one or more breaths progressively to each pose between transitions - chin up & down.

**CAUTION:** CHI HARMONY PRO IS INTENDED FOR RECREATIONAL USE ONLY. CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE ROUTINE. DISCONTINUE ANY PRACTICE CAUSING PAIN OR DISCOMFORT. **KEEP OUT OF REACH OF CHILDREN.**

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**Take-Home Practice**

Fitting & Adjustment

See complete video demonstration at: [spyratone.com](http://spyratone.com)