

CTFlexer Instructions

1. Grasp CTFlexer lightly. Raise CTFlexer until arms are 90 degrees to shoulders (straight out in front of you) and level. You are now in the start position.
2. Count to 10, breathing in on even and out on odd.
3. Bring CTFlexer toward chest, keeping elbows up as you bend your arms. Count to 10, breathing in on even and out on odd. Reposition CTFlexer in starting position (straight out in front of you). Do not count.
4. Raise CTFlexer overhead with straight arms. As you count to 10, breathe in on even and out on odd.
5. Lower CTFlexer to top of head (middle of scalp). As you count to 10, breathe in on even and out on odd.
6. Raise dowel back up overhead with straight arms. Don't count. Lower CTFlexer behind head.
7. Keeping head in alignment, count to 10, breathing in on even and out on odd.
8. Reposition CTFlexer overhead with straight arms, and don't count.
9. Lower CTFlexer to top of head (middle of scalp) and don't count.
10. Raise CTFlexer back up overhead and don't count.
11. Lower CTFlexer straight out in front of you in the starting position, and don't count.
12. Bend elbows and bring CTFlexer toward chest and don't count.
13. Reposition to starting position (straight out in front), and don't count.
14. Lower CTFlexer.