

WHAT, WHY, WHEN



WHAT DOES IT DO? The TE3 Mobility Stick provides real-time vibration feedback when you reach a 45-degree angle tilt.
WHY IS THIS HELPFUL? A symmetrical and sufficiently wide range of movement helps to reduce tension in your body.
WHEN SHOULD YOU USE IT? It can be used daily before and after exercise or to exercise during a break.

CHALLENGE YOURSELF



Your stick vibrates when you have reached the desired angle. If you wish to change the angle settings, just press the button lightly three times. Tilt the stick to the desired angle and save the setting by pressing the button once more. Now the stick is ready for use and it will vibrate when you reach the angle you previously set.

INSTRUCTIONS



STEP 1: Turn the device on by lightly pressing the button. Do not move the device during calibration (about 20 sec) or it will turn itself off.



STEP 2: The device vibrates when it is ready to use and the display shows 0. Now you can take the stick from its wall rack and step over the line.



STEP 3: When you have completed your exercise, press the button down until "OFF" appears on the digital screen, then release the button. Press the button once more to deactivate the device.

LATERAL FLEXION 1



- STEP 1:** Stand straight with your arms lifted.
- STEP 2:** Slowly bend your upper body to one side until the stick vibrates.
- STEP 3:** Do 16 repetitions / 90 sec.
- STEP 4:** Check the number of repetitions from the display.

LATERAL FLEXION 2



- STEP 1:** Stand up straight with your arms lifted and your feet in a lunge position.
- STEP 2:** Slowly bend your upper body to one side until the stick vibrates.
- STEP 3:** Do 16 repetitions / 90 sec.
- STEP 4:** Check the number of repetitions from the display.

LATERAL FLEXION 3



- STEP 1:** Stand up straight with your arms lifted and your feet shoulder-width apart and then shift your weight from one foot to the other.
- STEP 2:** Slowly bend your upper body to one side until the stick vibrates.
- STEP 3:** Do 16 repetitions / 90 sec.
- STEP 4:** Check the number of repetitions from the display.