



# ICHIBAN! Towards Ideal Health!

Stretch and strengthen muscles







Relieve muscle aches and pains

Improve blood circulation

Our legs play a key role in our lives. Not only do we use our legs for many kinds of activities, the nerves in our legs or soles also provide a good indication of the ailments we suffer.

Through the test results based on professional athletics, Ichiban is proven to improve muscle flexibility. 90 seconds on Ichiban can help stretch our leg muscles and increase flexibility while improving our overall health. When our body muscles are stretched, our blood circulation improves. In addition, those suffering from X-shaped or O-shaped legs can slowly rectify the problem by using Ichiban on a daily basis.

## The Characteristics Of ICHIBAN

- 1 Helps stretch the body for greater flexibility 
- 2 Improves blood circulation 
- 3 Rectifies X-shaped or O-shaped legs 
- 4 Easy to carry, does not require big set-up space 
- 5 Can sustain a weight of more than 400kg 
- 6 Suitable for men and women, from youngsters to elderly people 

## ICHIBAN is recommended for those

With constant muscle aches and pains

With stationary jobs especially desk jobs

Suffering from emotional stress

With incorrect posture

Experiencing poor blood circulation

With obesity problems

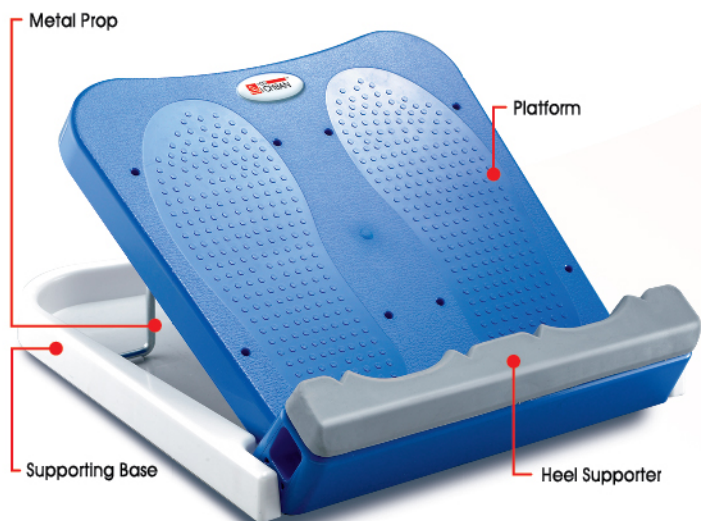
With X-shaped or O-shaped legs

Who enjoy exercising

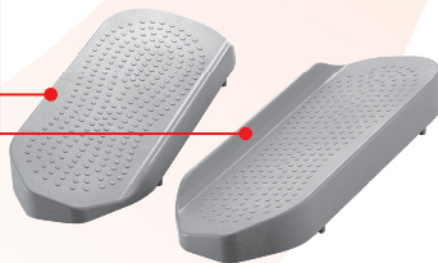


## USE ICHIBAN TO TEST THE HEALTH LEVEL OF YOUR MUSCLES

When the appropriate degree is set, stand on Ichiban with your back straight against a wall. Once you feel the slight pull to your calf muscles, it means that they are being stretched. This stretching will help improve your health.



XO STEPS



## ENJOY MORE HEALTH BENEFITS THROUGH DIFFERENT DEGREES OPTIONS IN ICHIBAN



25 degrees:  
Gradually pulls the muscles



30 degrees:  
Suitable for those who tire easily especially on the areas of the shoulder and waist



35 degrees:  
Suitable for general public for long term health benefits

## For perfect health, give your body a stretch a day!

We know that our overall health is reflected in our soles. This means that our legs are closely linked to our health. Therefore, stretching the leg muscles with Ichiban can help to improve overall health. The adjustable degrees on Ichiban are built to suit different lifestyle demands. The design of Ichiban was approved through rigid testing, its compression level was visually inspected and found to be in satisfactory condition, and it is definitely safe for everyday use. Besides that, its light and portable design provides portable and storage convenience. Try Ichiban for a healthier you!

### WHAT IS X-SHAPED LEGS AND O-SHAPED LEGS?

#### X SHAPED LEGS

This problem occurs when both legs are bent inwards with the knees close together.



#### O SHAPED LEGS

This problem occurs when both legs are bent outwards with the knees far apart.



X or O-shaped legs can affect growth and cause spinal distortion, as well as pelvic bone misalignment in women which can trigger period pains and birth complications.

### REMOVE X-SHAPED LEGS OR O-SHAPED LEGS



Position the lower side of the XO Steps outward. This can help to stretch the muscles on the outer thighs to rectify X-shaped legs.



Position the higher side of the XO Steps outward. This can help to stretch the muscles on the inner thighs to rectify O-shaped legs.



Manufacturer:  
CLIPS (MALAYSIA) SDN. BHD. ( 702671-D )  
Australia Main Distributor:  
CLIPS (AUSTRALIA) PTY. LTD. ( 168 405 347 )  
[www.clips.my](http://www.clips.my)

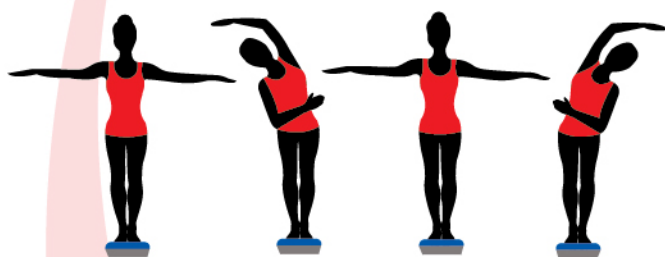
**CAUTION 1:**

Users with high blood pressure are not encouraged to bend their heads too low.

**CAUTION 2:**

If both hands cannot touch during Step 3. Holding onto a towel will help complete the exercise.

# Stretching Exercise



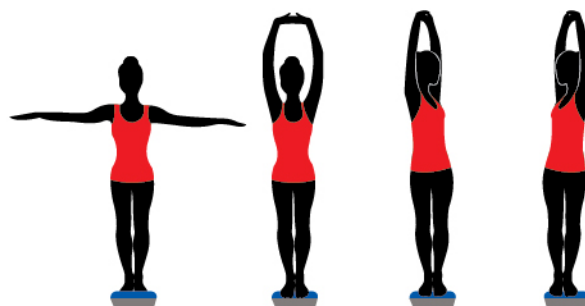
## 1 IMPROVE CURVES AT THE WAIST

**STEP 1:** Stretch both hands out towards the sides.

**STEP 2:** Stretch left arm over head. Bend waist to the right as far as you can go.

**STEP 3:** Return to original position.

**STEP 4:** Stretch right arm over head. Bend waist to the left as far as you can go.



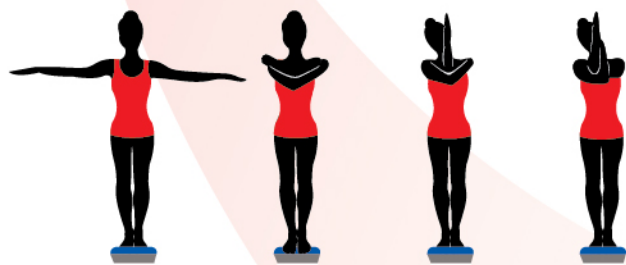
## 2 IMPROVE BOWEL MOVEMENT

**STEP 1:** Stretch both hands out towards the sides.

**STEP 2:** Lift both hands above head. Lock fingers.

**STEP 3:** Twist waist slowly to the left.

**STEP 4:** Twist waist slowly to the right.



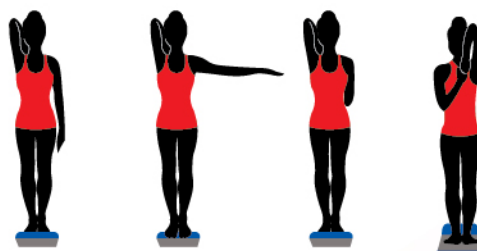
## 3 RELAX STRESSED NECK AND SHOULDERS

**STEP 1:** Stretch both hands out towards the sides.

**STEP 2:** Fold right arm on left shoulder and left arm on right shoulder. Keep elbows up.

**STEP 3:** Hold up left hand vertically at 90 degrees.

**STEP 4:** Twist your right hand so that its palm touches the palm of your left hand. Repeat pose for each hand.



## 4 RELAX STRESSED SHOULDERS

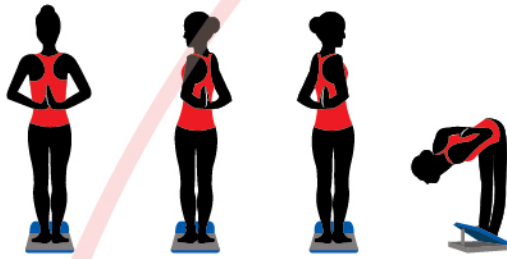
**STEP 1:** Place your right arm to your back.

**STEP 2:** Lift your left arm slowly until it parallels with your shoulder.

**STEP 3:** Pull your left arm backwards.

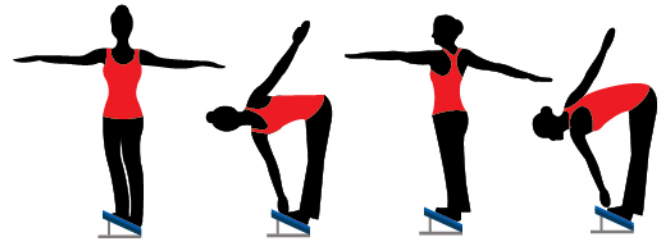
**STEP 4:** Lock both your hands together behind your back.





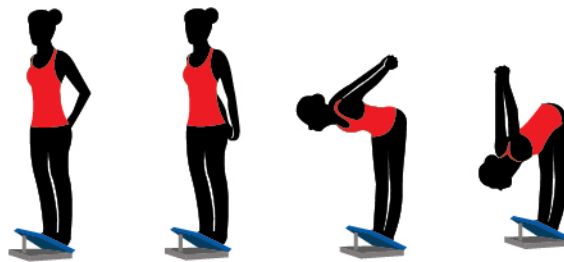
## 5 CREATE THE PERFECT BODY SHAPE

- STEP 1:** Have both palms meet behind your back.
- STEP 2:** Twist waist slowly to the left.
- STEP 3:** Twist waist slowly to the right.
- STEP 4:** Twist to face front and bend forward slowly as low as you can.



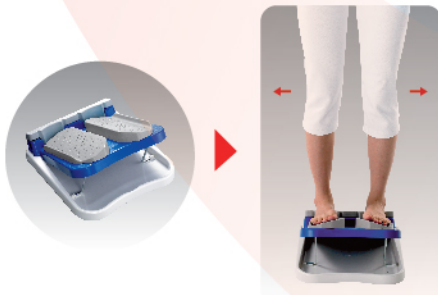
## 6 STRETCH THE WAIST AND SHOULDERS

- STEP 1:** Stretch both hands out toward the sides and turn your body to your left.
- STEP 2:** With your right hand, bend forward to touch your left toes.
- STEP 3:** Straighten up and turn your body to your right.
- STEP 4:** With your left hand, bend forward to touch your right toes.



## 7 IMPROVE BLOOD CIRCULATION

- STEP 1:** Lock fingers together behind your back.
- STEP 2:** Straighten both hands behind your back and stretch.
- STEP 3:** Bend upper body forwards and slowly pull arms upwards as far as they can reach.
- STEP 4:** Continue bending lower until arms are almost upright.



Position the lower side of the XO Steps outward. This can help to stretch the muscles on the outer thighs to rectify X-shaped legs.



Position the higher side of the XO Steps outward. This can help to stretch the muscles on the inner thighs to rectify O-shaped legs.