Well-Being Home Stretching

BODYRECHING

Whole body exerciser for relax - Bodyreching

www.overttech.co.kr

* Korea and foreign patented product

* Read this manual carefully before using the product
Overttech’s Bodyreching is

An exerciser assisting flexibility and relaxing muscle strength
It can be used by men and women of all ages and designed for the aerobic exercise by the repeated exercise by moving waist, upper body and lower body regularly according to the motion of exerciser with lying on the back in comfort. Especially, it is a patented product which provides great effect in fatigue recovery as well as strengthening waist muscle power, spine correction and enterokinesia.

Features of Bodyreching

1. Surfing waist bending, stretching & rotary motion / Transverse motion (Twist carp motion)
   - You can do exercise lying on the back/side/face and sitting down
   - Rotational radius adjustable
   - Rotation speed adjustable
   - Timer function
   - Transverse motion (Twist carp motion)
   - Full automatic or manual rotation function:
     Automatic or manual stop using button switch
   - Longitudinal motion
   - Available for both longitudinal and transverse (twist carp motion) motion
   - Forward and reverse motion according to motion orientation

2. Abdominal massaging (Function and price subject to model)
   - Stupe function : Boosts effect of abdominal massage
   - Infrared ray lamp therapeutic function
   - ‘Massage tool’ in various functional material
     ⇒ Jade, red clay, ceramic, magnet, etc.

3. Lower body massage and knee-bending joint function
   - Increased massage effect from ankle to thigh
   - Knee-bending exercise
   - Massage bar height adjustable
   - Massage bar detachable
   - Rotation speed adjustable
   - Doing exercise lying on the back/side/face and sitting down
   - Leg, foot, toe massage motion available

4. Bodyreching Application Functions
   - Free stretch exercise using arm trainer
   - Free stretch using elastic wire arm (Arm muscle relaxing)
   - Maximize exercise effect in combination with waist exercise
   - Doing exercise lying on the back/side/face and sitting down
   - Available for various exercises according to body posture
Really thank you for your love of our OVERTECH's products.

We will reform as
A company developing and researching next generation technology of the sporting goods in 21C information-oriented industry, a company presenting the world's best vision, a young company working hard for the top and a company keeping the national health.

As a novelitious company supplying the products meeting the characteristics and demands of customer and devoting ourselves to developing better products placing top priority on the customers’ health with a creative and challenge spirit through the development of new technology and technical innovation, Overtech will maximize the productivity through the product quality improvement and technical innovation based on know-how we have accumulated and will achieve the biggest customer satisfaction through the reasonable price and exhaustive A/S, and we will grow up to be a company promising the future with the customers.

Thank you again for the interest and trust you have given. Thank you.

CEO of Overtech Co., Ltd
Seung Hoon, Oh
**Bodyreching’s Appearance View & components Name**

- **Mat & Support**: Differential interior cost (leather, synthetic leather), Design visualized, Area/thickness adjustable

- **Interior/Exterior Frame**: Body: Exerciser support, Exterior cover: Design visualized, Area/thickness adjustable

- **Motion Exerciser**: Motor, other purchases, Other components and standardized components

- **Electronic Controller**: Main switch ON/OFF, Exercise time timer setting, Rotation speed adjustable, Cabled remote (Premium, All-in-one type)

- **Etc.**: All other accessories

- **Mat Color**: Special cushion and soft cover (leather, synthetic leather), Sophisticated Design, Area/thickness adjustable

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**Performance & Components**

**Leg/Knee massage roller**

**Foot Rest**

**Handle**

**Hip height adjustment lever**

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**Basic Exercise Motion**
Bodyreching Exercise Effect

- Helps to prevent adult diseases in the elderly
- Lessens tense, feels better and refreshed
- For preliminary and finish exercise releasing relaxed or stiff muscles before/after exercise
- Eases the body by relaxing muscles, muscular interaction and extending area of muscular action
- Minimizes sprain or injury of muscle
- Enhances exercise performance upon hard exercise
- Helps for height growth of adolescent by keeping flexible and stimulating growth plate
- Internal organs exercise effect in case of gastroenteric trouble coming from stress
- Possible to remove fat, great effect of mental relax and maximizes many exercise effect w/o side effect
- Various exercise effect including spine correction, fatigue recovery, obesity resolution, prevention of various diseases
- Good posture correction effect by balanced proper exercise method of rising, pulling and relaxing for tall-plus
- Burns the fat in internal organs, improve heart function, lessens blood pressure, as a result, helps to strengthen cardiovascular system
- Women’s diet—!! Great effect for abdominal obesity, fat on the thighs and hip, abdominal pelvic organ prolapsed after childbirth and constipation
- Diet and hip bounce by stimulating left side where colon descendens and removing extra flab on the side, as a result gives hip-up effect and resolves constipation and facilitates activities of colon in combination with pelvic exercise
- Improves spine flexibility, corrects posture and helps for fatigue recovery after sleeping with a back bent
- Corrects posture and increases flexibility of hip joint if pelvic position is imbalanced
- Strengthens lower body through front & back, left & right exercise, prevents gastroenteroptosis and mitigates underlying edema
- Stimulates abdominal organs, helps to remove intestinal gas and helps for anemia due to better blood circulation

Miracle exercise effect of waist strengthening, spine correction, boosting blood circulation, intestinal enterokinesia, reducing fat on the belly and side and massaging lower body in comfort during exercise.
Bodyreching Product Info

**OV-1000, OV-1100** (Stupe function added)

- **Size**: 1,950x600x900mm
- **Exercise function**
  - Longitudinal automatic motion
  - Transverse automatic motion
  - Circular motion within 90° rotation range
  - Automatic massage from ankle to hind shank
  - Knees bending motion
  - Sole, toes massage

**OV-2000, OV-2100** (Stupe function added)

- **Size**: 1,950x700x600mm
- **Exercise function**
  - Longitudinal automatic motion
  - Automatic massage from thigh to ankle
  - Free exercise using upper body, arm power trainer
  - Knees bending motion
  - Sole, toes massage

**OV-3000, OV-3100** (Stupe function added)

- **Size**: 1,950x700x600mm
- **Exercise function**
  - Longitudinal automatic motion
  - Transverse automatic motion
  - Available for both longitudinal and transverse motion
  - Knees bending motion
  - Free exercise using upper body, arm power trainer
  - Sole, toes massage

Bodyreching Basic Motion posture

- Exercise lying on your back
- Exercise lying on your side
- Exercise lying on your face
- Exercise sitting down
- And exercise with applied posture
- Seat thermotherapeutic stupe
  (inclusive of thermotherapeutic featured model only)
**OV-4000, OV-4100** (Stupe function added)

- Size: 1,950x700x600mm
- **Exercise function**
  - Longitudinal automatic motion
  - Transverse automatic motion
  - Free exercise using upper body, arm power trainer
  - Available for both longitudinal and transverse motion
  - Knees bending motion
  - Automatic massage from thigh to ankle
  - Sole, toes massage

**OV-5000, OV-5100** (Stupe function added)

- Size: 1,950x700x600mm
- **Exercise function**
  - Longitudinal automatic motion
  - Transverse automatic motion
  - Free stretching using upper body rope
  - Available for both longitudinal and transverse motion
  - Knees bending motion
  - Automatic massage from thigh to ankle
  - Free stretching using upper body arm power trainer
  - Free stretching sitting down
  - Sole, toes massage

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**Bodystretching Options**

**OV-100**
- Neck massage pillow
- Size: 330x115x25mm
- 4 independent acupressure rotation roller
- Heating effect by hot lamp
- DC12V, 2.5A, 30W

**OV-200**
- Upper body massage
- Size: 720x180x460mm
- 4 independent acupressure rotation roller, power massage
- Heating effect by hot lamp
- DC12V, 3A, 72W

**OV-300**
- Germanium infrared rays hot pack
- Size: 720x360mm
- 4 independent acupressure rotation roller
- Heating effect by hot lamp
- DC12V, 99W

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**Bodyreching’s Features**

- Waist rest adjustable
- Fitted with caster
- Designed to minimize noise and vibration
- Designed ergonomically based on stretching basic posture principle for tall-plus and basic principle of yoga by the research of biorhythm as basic principle of body structure.
- Provided with safety device for safe stop without damaging to the body even though the power is cut off or some parts are damaged during exercise.
Bodyrenching strongly recommends to

- Upper body/abdomen/lower body obesity
- Lack of exercise
- Serious constipation
- If the muscle is knotted partially due to immoderate exercise and climbing
- Those who are going up and lack of exercise after childbirth
- Those who feel sluggish and work with stiff posture throughout the day
- Those who feel numb, tight, and insensitive on hip, thighs, calf, and even foot
- Those who feel stiff or enervated on their waist if lying for long hours
- Those who feel slow of foot, stiff, and slack even short walk, or those who feel painful on the hip joint and feel painful even though sitting still
- Those who feel dull pain or painful on the knees even short walk, and feel tight and sluggish on the back of knees
- Those who feel slack, painful as if scrum was taken out or as of waist collapsed on the waist even short standing or walk