

# Assembly & User Instructions



## Posture Restore

### **⚠ WARNING**

**CHOKING HAZARD:** Small parts - keep out of reach of children.

Used with Teeter FitSpine™ Inversion Tables, the Posture Restore provides additional posture correction benefits by stretching the muscles that have shortened and adapted to a hunched posture, helping to open the chest, shoulders and hips while gently decompressing and elongating the spine.

**Customize your relief!** How you use the Posture Restore depends on your body type and preferences. For best results, experiment between the Moderate or Advanced Stretch positions and with using one or both cushions.



Figure 1



Figure 2



Figure 3

- Locate the fastening nodes included with the Posture Restore and unscrew the backings from each.
- Place the Upper Cushion onto the Table Bed aligned with the desired hole position. If you are just starting out, use the **Moderate Stretch** position (Figure 4). **Note:** The Table Bed Head Pillow must be removed in order to access the upper hole setting for the Moderate Stretch position.
- Insert a node top into the hole of the cushion (Figure 1) and Table Bed slot. Secure with a node backing by turning clockwise at the back of the Table Bed (Figure 2). If you are using the **Moderate Stretch** position, you will fasten both the top and the bottom nodes into the designated hole settings (Figure 4). If you are using the **Advanced Stretch** position, then you will only fasten the bottom node in the designated hole setting (Figure 5).
- Ensure that the final position of the backing is perpendicular to the slot (Figure 3).
- Repeat the steps above for the optional lower cushion, fastening both the top and bottom nodes into the designated hole settings.

*Use Instructions continue on page 2*

### Moderate Stretch

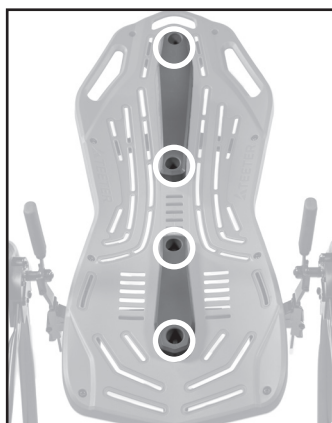


Figure 4: Insert **(4) nodes** into the positions shown for a Moderate Stretch.

### Advanced Stretch

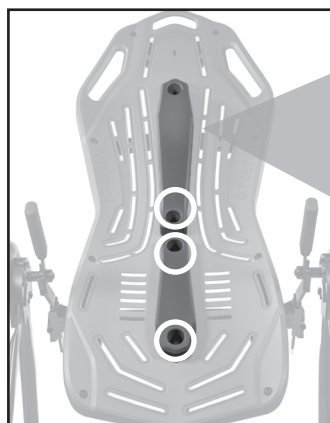


Figure 5: Insert **(3) nodes** into the positions shown for an Advanced Stretch.

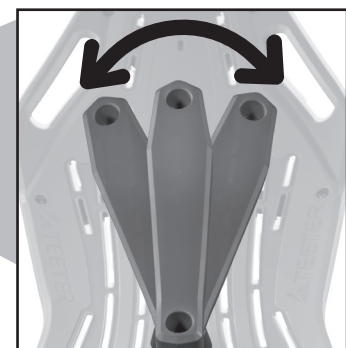


Figure 6: In the Advanced position, the cushion has the freedom to angle left or right to target larger areas between your shoulder blades.

## How to Use

- With your tether set at an angle of 20-45°, simply lean back with arms stretched overhead to begin opening up your shoulders, chest, and hips.
- Start with your arms bent at 90° (Figure 7) and experiment with straightening the arms more or less, depending on the desired stretch (Figure 8). Let your shoulders and back relax. Note: The Posture Restore will not be as effective with your arms at your sides.
- Resting one or both hands under your head with elbows out will help deepen the stretch in your chest muscles (Figure 9).
- Using the Lower Cushion to open the hips is optional - you can use one or both of the cushions during your inversion session.
- Breathe deeply. Listen to your body. Adjust the stretch position depending on your comfort level and ability to fully relax.

### Moderate Stretch Position (Figure 4):

- In this position, your head and neck are lifted slightly up from the Table Bed to allow for a more gentle stretch between your shoulders and your chest.
- When you feel comfortable in this position and desire a deeper stretch, reposition the Upper Cushion lower on the Table Bed to the Advanced Stretch Position.

### Advanced Stretch Position (Figure 5):

- In this position, your head lies flat on the Table Bed which opens up your chest more for a deeper stretch.
- You can opt to angle the top of the Upper Cushion left or right to help target tighter muscles and to open up larger areas between your shoulder blades (Figure 6).
- For an even deeper stretch, turn your head and shift your body weight to the opposite side of the angled cushion.

### Remove Lower or Upper Cushion

- Try using just the upper or lower cushion on their own to change the feel of the stretch.

### Cleaning

- Spot clean using a soft, slightly damp sponge or cloth. Do not use brushes or abrasive cleaners.



Figure 7



Figure 8



Figure 9

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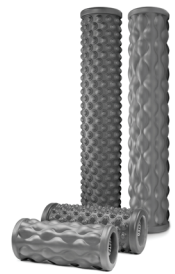
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