

CAUTION: Prior to use, ensure that all Adjustment Knobs are fully tightened and that each side is adjusted to the same setting.

We recommend using a chair or couch to help position your legs in a 90 degree bend, which will allow maximum decompression benefits with the P2. The following instructions are written with that in mind. Alternatively, you can place your feet on the floor (Figure 11).

Positioning and Fitting the P2

⚠ WARNING

To avoid the risk tripping and falling, **ALWAYS** mount and dismount the equipment while sitting on a level surface with both feet on the floor.

- Place the P2 on the floor in front of the chair with the Roller Supports nearest the chair, u-shaped Hand Grips facing up.
- Sit on the ground in between the Hand Grips with your knees bent. Ensure that the Lap Pads are turned to face down (Figure 5).
- Lift up on the Hand Grips slightly, placing both feet through the opening between the Lap Pad Bar and Roller Support Bar, so that the Lap Pads are positioned ON TOP of your legs and the Roller Supports are UNDER your legs (Figure 6).
- Slide the P2 up your legs so that the Hand Grips are on either side of your hips, with the top edge of the Lap Pads in the crease of your thigh and the Roller Supports behind your knees (Figure 7).
 - At this point, you may need to move the Adjustment Slider to a larger or smaller setting to ensure a comfortable and accurate fit.
 - Once you have found your ideal setting, make note of it so that you can pre-set the P2 before future uses.
- Carefully recline and lay your back flat on the floor. Lift both feet and prop them onto the chair. You may need to scoot your body closer to the chair so that your legs create a 90 degree angle (Figure 8).
 - The Roller Supports should remain positioned under your knees and the top edge of the Lap Pads in the crease of your thighs - if not, move the Adjustment Slider and test again.



FIGURE 5



FIGURE 6



FIGURE 7

Stretching with the P2

⚠ WARNING

DO NOT over-stretch. Discontinue use immediately if you experience any worsening pain or if you develop any weakness in your legs.

- Place your hands on the Hand Grips and gently push in an effort to straighten your arms down the length of your body (Figures 9 & 10).
 - If your arms remain significantly bent while pushing, you may want to try moving your Adjustment Setting to the next lower number.
- Attempt to relax the muscles in your lower back, allowing the spine to lengthen and decompress. Hold for 5-10 seconds only. Rest and repeat at least two more times. Upon completion, allow your body to rest on the ground 20-30 seconds before exiting the P2.
- To exit, scoot your body away from the chair to allow enough clearance for you to return your feet to the ground. With legs still bent, slowly and carefully return to the seated position and remove one leg at a time from the P2.



FIGURE 8



FIGURE 9



FIGURE 10

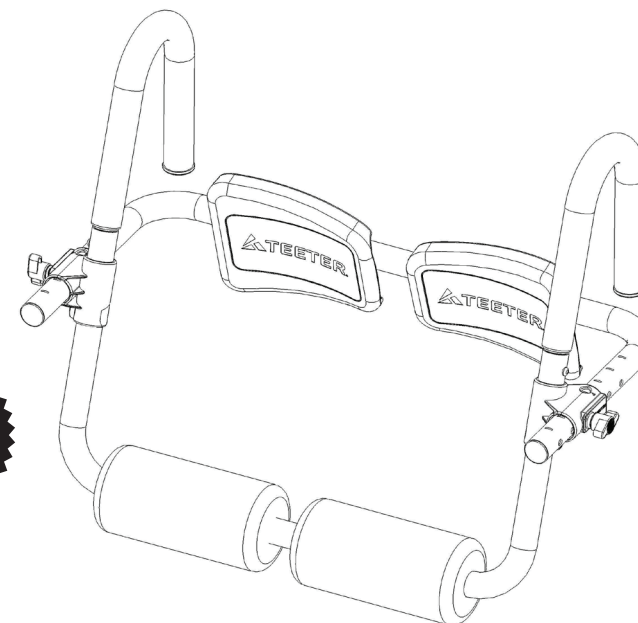


FIGURE 11

TEETER®

P2™ Back Stretcher

Assembly & Use Instructions



Find These Great Products and More at teeter.com!

T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



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Neck Restore Tension Reliever

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

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* Specifications may vary from this image and are subject to change without notice.

Important Safety Instructions

READ ALL INSTRUCTIONS BEFORE USING THE P2

⚠ WARNING

- Read and understand all instructions and inspect the equipment before using the P2. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks if these instructions are not followed, such as tripping, falling, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- As with any new exercise program, consult with your physician prior to using the P2. If you have one or more of the below contraindications, you may still be able to use the P2; however, you must first obtain approval from your licensed physician. The following list of contraindications is not exhaustive, and intended only as a reference.
 - Bone weakness, recent fractures, and skeletal implants
 - Weakness or instability of the shoulder, wrist, or elbow
 - Dizziness, trouble with coordination
 - Spinal injury or conditions impacting the spinal cord
 - Medical conditions associated with weight-bearing joints
 - Medullary pins or surgically implanted orthopedic supports
 - Any other medical condition that may be made more severe
 - Spinal Injury: Any severe spinal cord trauma
 - Pregnancy
 - Weakness, frailty, or mobility issues
 - Cerebral sclerosis
 - Acutely swollen joints
 - Recent or unhealed fractures
 - Bone weakness (osteoporosis)
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other stretching device or non-Teeter attachments while using the P2. ALWAYS use equipment only for intended purpose, as outlined in the instructions.
- **DO NOT** over-stretch. Discontinue use immediately if you experience any worsening pain or if you develop any weakness in your legs.
- To avoid tripping and falling, **ALWAYS** mount and dismount the equipment while sitting on a level surface with both feet on the floor.
- **DO NOT** use face down or allow use by children or persons with reduced physical, sensory, or mental capabilities, unless they are given supervision and instruction concerning the use of this tool by a person responsible for their safety.
- **DO NOT** use in any commercial, rental, or institutional settings. This product is intended for indoor, home-use only. **DO NOT** store outdoors.
- **ALWAYS** inspect equipment prior to use, make sure all attachments and fasteners are secure and that each side of the equipment is adjusted to the same user settings.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

Congratulations on your purchase of a Teeter® P2™ Back Stretcher! This product has been carefully engineered to apply gentle, user-controlled traction to allow the lower back to decompress, reduce nerve pressure and relax tense muscles.

In order to utilize this product to its fullest extent, it is critical that you review the warnings and carefully follow the assembly and use instructions.

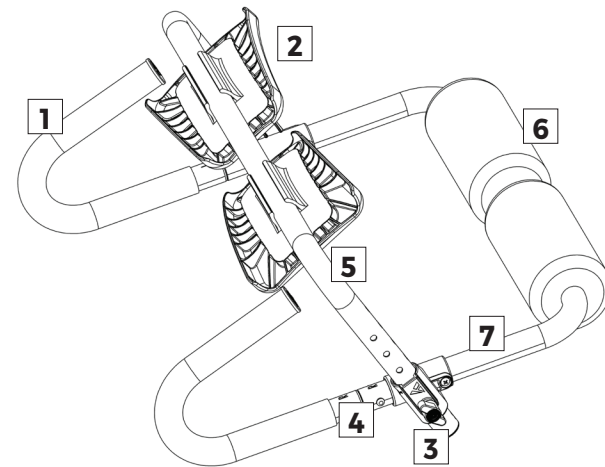
To register your product warranty, go to teeter.com/Support/Warranty-Registration

If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated customer service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at teeter.com.

Understanding Your P2™ Back Stretcher

Before reading further, study the diagram to familiarize yourself with the important components of your P2™.

1	Hand Grips
2	Lap Pads
3	Adjustment Knob
4	Adjustment Sliders
5	Lap Pad Bar
6	Roller Supports
7	Roller Support Bar

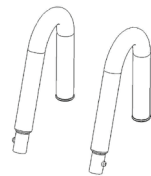


Items for Assembly

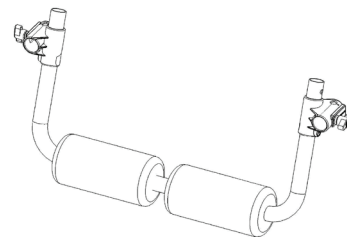
Items not shown to scale.

ITEM NO.	ITEM NAME
P21017	Hand Grip Assembly
P21018	Roller Support Bar Assembly
P21019	Lap Pad Bar Assembly

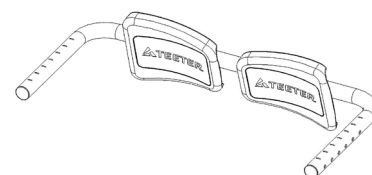
Hand Grip Assembly
P21017



Roller Support Bar Assembly
pre-assembled Roller Supports,
Adjustment Sliders, and Knobs
P21018

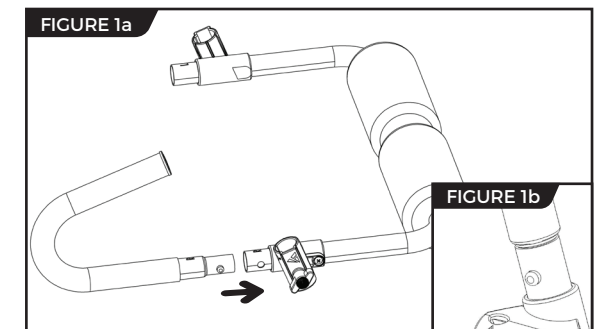


Lap Pad Bar Assembly
pre-assembled Lap Pads
P21019



STEP 1 Assemble the Hand Grips to the Roller Support Bar

- Place the Roller Support Bar on the ground with the "R" and "L" markings face up.
- Locate the "R" on the left Handle Grip and insert it into the "R" side of the Roller Support Bar so that the letters are aligned with one another (Figure 1a).
- Press the button on the handle to allow it to slide in all the way, and adjust as necessary until the button clicks into the hole and locks the handle in place (Figure 1b).
- Repeat with the left "L" handle.



STEP 2 Attach the Lap Pad Bar to the Adjustment Slider

- Rotate counterclockwise to loosen the Adjustment Knobs on both sides of the Adjustment Sliders (Figure 2).
- Locate the "R" and "L" markings on the Lap Pad Bar and align it with the right and left sides of the Roller Support bar (Figure 3).
- Slide both ends of the Lap Pad Bar through the openings of the blue plastic Adjustment Sliders that have the triangular logo markings. **DO NOT** tighten the Adjustment Knobs yet.
- **Turn the P2 over** and slide the Lap Pad Bar so that the desired numerical setting is shown in the window of the Adjustment Slider on both sides (Figure 4a).
 - » Your ideal numerical setting on the Adjustment Slider will vary depending on the width of your thighs.
 - » The smallest setting is "6" and the largest setting is "1". We recommend starting with setting "3".
 - » Once you follow the User Instructions on the next page, you can loosen or tighten depending on the fit.
- Firmly hand-tighten the Adjustment Knobs on both sides (Figure 4b).

