

## Better Back™ Comfort Cushion

### ⚠ WARNING

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

Compatible with the majority of Teeter Inversion Tables\*, the Better Back™ Comfort Cushion provides a plush, supportive surface for a premium inversion experience without decreasing body slide needed for decompression. The included fastening nodes firmly secure the Comfort Cushion to the Table Bed, so you can continue your usual inversion routine without worrying about it slipping out of place.

### HOW TO ASSEMBLE

- Locate the fastening nodes included with the Comfort Cushion and unscrew the backing from each.
- Place the cushion onto the Table Bed aligned with the designated holes (Figure 1).
- Insert a node backing from the back of the Table Bed through the Table Bed slot and hole in the cushion. Turn the backing perpendicular to the slot (Figure 2).
- With the other hand, fasten the node top onto the backing threads visible from the front of the Table Bed. Twist the node clockwise to secure it into place (Figure 3a & 3b) in one of two ways:
  1. **Static:** If you do not want the Comfort Cushion to move with you as you invert, tighten the node until it is snug. Do not over-tighten.
  2. **Responsive:** If you want the Comfort Cushion to slide with you as you invert to encourage body slide at shallower angles, tighten the node just tight enough to keep it in place, but loose enough to move within the slot.
- Repeat the process above with the three (3) remaining fastening nodes to finish securing the Comfort Cushion to the Table Bed.
- Be sure to replace the backings on the nodes when the Comfort Cushion is removed.



Figure 1

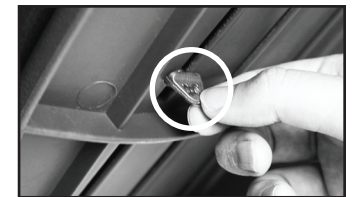


Figure 2

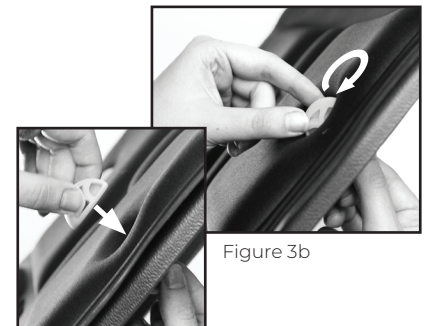


Figure 3b

Figure 3a

### HOW TO USE

- Simply lean back and enjoy the added cushion and support while inverting on your Teeter.
- The open slots in the cushion accommodate the Lumbar Bridge accessory included with select Teeter Inversion Tables\*\* (shown right).
- The smooth surface provides minimal friction to still allow body slide for effective decompression.

### CLEANING & CARE

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



Your inversion table may differ from image shown. Assembly and use of the Comfort Cushion remains the same.

\* Comfort Cushion is not compatible with the FitFlex Bed featured on 700ia & 900ia Teeter Inversion Tables.

\*\* Lumbar Bridge is compatible with the EP-560, EP-560 Ltd., EP-860 Ltd., EP-960 Ltd., EP-970 Ltd., & NXT-S Teeter Inversion Tables.

### P2™ Back Stretcher

Apply gentle, user-controlled traction to allow the lower back to decompress, reduce nerve pressure, and relax tense muscles.



### T3™ Massager

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



### Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



### Better Back™ Neck Restore

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



### Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



### reNEW™ Muscles Pain Relieving Cream

Deeply penetrates sore and aching muscles on contact. Specially formulated with emu oil, arnica, MSM, and glucosamine.



### FitForm™ Strength Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



### FreeStep® Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



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

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