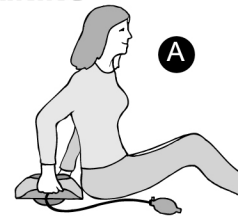


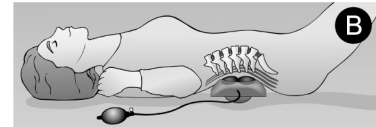
REFER TO "CAUTIONS" ON PAGE 2 OF THIS BOOKLET BEFORE BEGINNING TRAINING

Always perform the warm-up routine below before beginning the Elliptical Rocker™ training session.

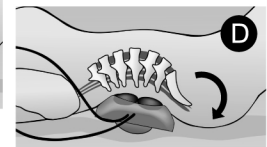
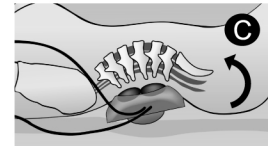
A. On a comfortable firm surface, in a seated position, slide deflated exerciser (black tubing will be to your right side) against low back and buttocks. *(See illustration A)*



B. Gently lean back and over deflated exerciser. Buttocks should hang off edge of exerciser. Move the Elliptical Rocker™ slightly up or down, left or right to locate the most centered and comfortable position for you. *(See illustration B)*



C. While lying flat on exerciser with knees bent and feet firmly on the ground, rock pelvis up toward belly button using abdominal muscles to lift buttocks. *(See illustration C)* Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. *(See illustration D)* Repeat this movement several times to conclude warm-up routine. Never rock exerciser with neck unit inflated.



Posture Pump® Elliptical Rocker™ Training Session:*

Left hand is upper air cell



Right hand is lowest air cell

1. Grasp the two hand pumps; lowest air cell pump in your right hand, upper air cell pump in your left hand. *(Squeeze each pump separately to confirm lowest air cell pump is in right hand)*

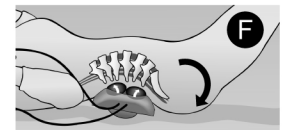
2. Inflate lowest air cell with right hand pump to a firm comfortable level, never to the point of pain. *(Usually 1-5 complete pumps)*

3. Inflate upper air cell with left hand pump to an equally comfortable level. *(Usually 1-5 complete pumps)*

4. Squeeze both pumps at the same time. *(Usually 1 to 3 more pumps)*



5. With your knees bent and feet firmly on the ground, rock pelvis up toward belly button using your abdominal muscles to lift buttocks. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. Gently rock back and forth 3-5 times or more. *(See illustrations E&F)* Never rock exerciser with neck unit inflated.

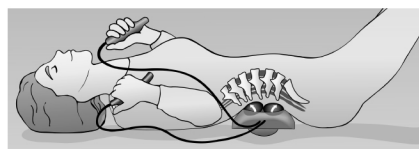


6. Deflate air cells by pushing down on **both** pump buttons at the same time.

7. Repeat steps 2 through 6 several times leaving exerciser inflated to a comfortable level on the last repetition.



8. Relax on inflated exerciser for 15 minutes. Gradually work up to this 15-minute goal by adding a few minutes to each training session.**



9. Completely deflate both air cells; gently bring knees to chest one at a time for 5 seconds each. Then bring both knees to chest and hold for 5 seconds. Gently roll off exerciser and on to your left or right side slowly and carefully before rising.

* Placing a cold gel pack over one of the air cells, usually the lowest pouch, is recommended to speed recovery from stiffness and discomfort. Chronic stiffness and discomfort may take 30-60 days or more to adequately subside. Consult your healthcare professional and cover gel pack with cloth; never place gel pack directly against skin!

** Just like performing any new exercise, an aggressive workout with Posture Pump® Equipment can temporarily make you sore. To reduce this occurrence, inflate the exerciser at lower levels and keep your workouts under 10 minutes for the first two weeks. This will allow your body to gradually adapt to a more aggressive workout.

Please read QUESTIONS AND ANSWERS on page 2 of this booklet.
Call 800-632-5776 for questions.