

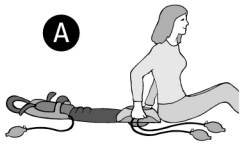
Posture Pump® Deluxe Full Spine Trainer® (Model 4100)

Posture Pump® is fun and easy to use! Lie over exerciser as shown below, making sure you are comfortable, centered and head restraint is firmly applied. Grasp the 2 lower back hand pumps and inflate, rock and deflate as instructed below. Leave exerciser inflated to a comfortable level on the last repetition and perform the same procedure on neck unit without rocking. Relax with both units inflated for up to 15 minutes. Please read and follow cautions and instructions below.

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

Always perform the warm-up routine below before beginning the Deluxe Full Spine (Model 4100) Training Session.

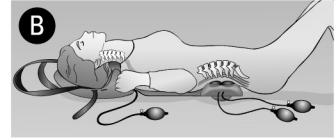
Begin by turning your head and neck side-to-side 10 times; then tilting your head and neck forward and backward 10 times; then leaning the head and neck side-to-side 10 times.



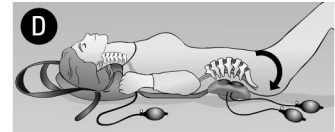
A. On a comfortable firm surface, in a seated position, slide deflated exerciser against low back and buttocks. (Illustration A)

B. While grasping lower portion of exerciser, gently lean your back and neck over deflated exerciser. Buttocks should hang off edge of lower exerciser; neck should fit comfortably into neck cradle. Move lower exerciser Elliptical Rocker™ slightly up or down, left or right, to locate the most comfortable and centered position for you.

(Exerciser will elongate to fit taller users by stretching the attachment pad and/or adjusting the velcro straps above lower exerciser.) (Illustration B)



C. While lying flat on exerciser with knees bent and feet firmly on the ground, begin to rock lower portion of exerciser Elliptical Rocker™ by rocking pelvis up and back toward belly button using abdominal muscles to lift buttocks. Then rock downward using back muscles, allowing your lower back and abdominal muscles to gently stretch over air cells and lowering buttocks to floor. Repeat this movement several times to conclude warm-up routine. (Illustrations C & D)



Posture Pump® Training Session:*



1. Center your neck on neck cradle measuring with index fingers.



2. Apply the head restraint by centering it on your chin and forehead.***



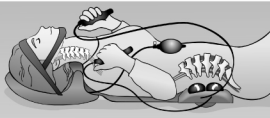
3. Pull all slack out of tie straps.



4. Hold exerciser down with tips of index fingers or thumbs and further tighten restraint.

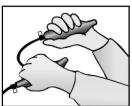


5. Press Velcro® tie straps to Velcro® forehead strap. Restraint must be as snug as possible without lifting up the tip of the exerciser. Strap may be tightened further after the first few repetitions.



6. Leaving neck pump on chest/stomach area for easy access, grasp the two hand pumps that work lower exerciser; 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.)

Left hand is upper air cell



Right hand is lowest air cell

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

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

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



10. Using your abdominal and pelvic muscles gently rock back and forth 3-5 times repeating actions of section C above. (See Illustrations E & F)



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

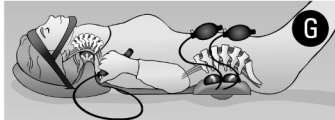
12. Repeat steps 7 through 11 several times leaving exerciser inflated to a comfortable level on the last repetition.

13. Keeping the back exerciser inflated to a comfortable level, make sure your neck is still centered on the neck cradle (using your index fingers to measure) and strap should remain snug.

14. Grasp the hand pump that operates the neck air cell and pump it up to your own comfort level; never to the point of pain. (Usually 1 to 7 pumps on neck exerciser; more than 7 complete pumps on neck exerciser will activate the automatic air release valve, limiting inflation.)**

15. Wait 10 seconds, then release all air by pushing the manual air release button on the pump. Repeat this exercise 10 to 15 times, leaving neck air cell inflated at a comfortable level on last repetition.

16. With all 3 air cells now inflated to comfortable levels, allow your entire spine to stretch over inflated air cells keeping your buttocks on the ground. Relax on exerciser for 15 minutes. Gradually work up to this 15 minute goal by adding a few minutes to each training session. Inflate exerciser at lower levels the first week, thus reducing soreness commonly caused by aggressive workouts.



(See Illustration G)

17. Completely deflate all 3 air cells (neck first), and release head restraint; 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.

18. Never rock exerciser while neck unit is inflated.

19. Keep exerciser near bed or night stand and repeat the above exercise daily or at least 3 times per week to help relieve tension, stress and fatigue and to reinforce your natural neck and back curves while lubricating the joints. Many users find this unique exercise, just before bedtime allows them to fall asleep easier.

*Placing a cold gel pack over one of the air cells of the lower exerciser, 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!

**If you are not snug, comfortable and centered on the neck cradle, release the air, then the restraint, center yourself on the unit and reapply restraint.

***If you have TMJ (jaw) weakness, relocate head restraint into forward open slots and unsnap chin portion of restraint.

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.