

## Active Sitting & Posture Support



### Stability Cushion

For use at work or in your home office, the Core Restore doubles as a seat cushion that activates and engages the postural muscles by de-stabilizing the sitting surface and strengthening your core in the process.



### Lumbar Support

Reduce slouching and poor posture while sitting with the Core Restore. Great for use in your home, office, or car, place it against the back of the chair to encourage proper lumbar alignment and posture.

## Find These Great Products and More at [teeter.com](http://teeter.com)!

### T3™ Massager

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



### P2™ Back Stretcher

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



### Teeter ReNEW Pain Relieving Cream

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



### Sit-Stand™ Desk

Sit, stand and keep moving during your workday to boost productivity, comfort and good posture habits.



### EP-970™ Inversion Table

The premier Teeter Inversion Table featuring the Deluxe EZ-Reach Handle to reduce the need for bending, Traction Handles to enhance decompression at lesser angles and Stretch Max Handles for added support and stretching options.



### DEX II™

A forward-rotating, hip-support inversion device that allows you to work your core and improve flexibility with a variety of inverted stretches and exercises, plus you can use the base for reverse dips, modified push-ups and exercise band work.



## Better Back™ Core Restore

Congratulations on your purchase of a Teeter® Better Back™ Core Restore, a multi-functional stability training and support tool designed to increase balance, tone muscles, and improve posture.



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

To register your product warranty, go to [teeter.com/Support/Warranty-Registration](http://teeter.com/Support/Warranty-Registration)

If you have any questions about this product, **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](http://teeter.com).

### IMPORTANT SAFETY INSTRUCTIONS READ ALL INSTRUCTIONS BEFORE USING THE CORE RESTORE

#### ⚠ WARNING

- Read and understand all instructions and inspect the product before using the Core Restore. 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, loss of balance, product failure or bursting due to puncture. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the product and all safety precautions.
- **ALWAYS** consult your physician before beginning this or any exercise program. Not intended for use by pregnant women.
- **DO NOT** continue to use if you feel pain or discomfort.
- **ALWAYS** use slow controlled movements and maintain proper form when using this product to avoid falling, loss of balance, or injury. Using hand weights, dumbbells, or other weighted exercise equipment can create a higher risk of instability and injury.
- **ALWAYS** use product for its intended purpose, as outlined in the instructions. **DO NOT** use for jumping, leaping, throwing, or kicking.
- **NEVER** over inflate and/or use an air compressor or electric pump to inflate as this can cause product to burst. Sharp objects can cause the product to burst - wear appropriate clothing and clear the area of sharp items before use.
- **ALWAYS** ensure there is adequate clearance and that other individuals, children, pets, and furniture are at a safe distance when using the product.
- **DO NOT** use if you are over 300 lb (136 kg). **NEVER** use by more than one person at a time.
- **ALWAYS** use and store on dry, clean surfaces. Not recommended to use or store on painted or varnished surfaces as product can damage these surfaces.
- **DO NOT** 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, expose the high temperatures, heat sources, or direct sunlight.
- **ALWAYS** inspect product prior to use for punctures, worn areas, or foreign objects. **DO NOT** use the product or attempt to repair it if it appears damaged. Call Teeter Customer Service at 800-847-0143.



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

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## Use Instructions

### Inflating / Deflating

The Core Restore arrives pre-inflated to the optimal air pressure for most users. However, if you wish to add or remove air from the product, you can do so using a standard ball pump with needle (not included).

### Care

Wipe the Core Restore with a damp cloth to clean. Air dry.

# Hip & Core Stabilization Exercise Guide

A strong core is vital to a healthy back. These exercises are designed to challenge and strengthen the core muscles that work to stabilize the pelvis and spine for improved balance, posture, and muscle tone.

Refer to Table 1 for the recommended workout sets and duration based on your fitness level. The Core Restore exercises should be performed 3-5 times per week for optimum results, allowing 24-48 hours of rest between each session.

Be sure to maintain proper form by keeping a straight/neutral back and neck at all times in order to prevent injury. It's more important to perform the exercise correctly than it is to complete the suggested duration.

Table 1

Level	Sets	Duration
Beginner	1-2	30 sec. (static hold)
Intermediate	2-3	45 sec. (static hold)
Advanced	2-3	1 min. (static hold)



Figure 1

**Static Sit Hold**  
Sit on one end of the Core Restore with knees bent, both feet on the ground and arms crossed on your chest. Begin to lean back toward the ground while keeping your back straight and neck neutral (Figure 1). Bear down while contracting the abdominal muscles to stabilize the spine (core shaking is normal and will decrease with consistent use).



Figure 2

### Back Extension Hold

Lie down on your stomach with the Core Restore centered at your hips. With hands behind your head, gently raise your upper body off the ground and hold while keeping your lower body stable (Figure 2). Maintain a neutral spine - be careful not to overextend your back.



Figure 3

### Bird Dog Hold

Start on all fours and place the Core Restore beneath your right knee. Your left hand should remain on the ground as you extend your right arm and left leg straight out in opposite directions (Figure 3). Draw your belly button into your spine and contract your abdominal muscles as you hold for the full count, then switch sides.



Figure 4

### Glute Press

Lie down on your back and place the Core Restore beneath both feet. With arms extended in front of you, slowly raise your hips up to the ceiling and engage the glutes as you press both feet into the Core Restore (Figure 4).



Figure 5

**ADVANCED:** Intensify the exercise by fully extending one leg out in front of you while holding the pose (Figure 5). Repeat with the opposite leg.



Figure 6

### Push-up Hold / Plank

Get into push-up position with hands shoulder-width apart on the Core Restore and hold (Figure 6). Be sure to maintain a neutral neck and spine.

**ADVANCED:** For more of a challenge, drop to your forearms and maintain a 90 degree bend in the elbow (Figure 7).



Figure 7

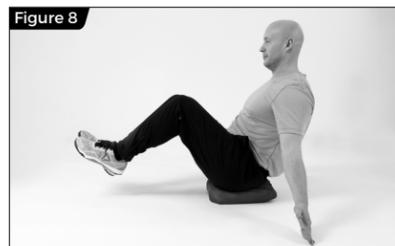


Figure 8

### Boat Pose

Sit on the center of the Core Restore with knees bent, heels on the ground and arms extended to your sides. Slowly raise one leg off the ground, while keeping it bent. Once stable, raise the other leg up until both are at about 90 degrees (Figure 8). Contract the abdominals while holding.

**ADVANCED:** To intensify the exercise, extend both legs out while maintaining a neutral back (Figure 9).



Figure 9



Figure 10

### Side Extension / Side Plank

Lie on your side with one forearm resting on the Core Restore. Bend the knee resting on the floor in a 90 degree angle. Gently raise yourself up, extend your free arm up into the air and fully extend your free leg straight out (Figure 10). Repeat on opposite side.

**ADVANCED:** Intensify the exercise by fully extending both legs with feet stacked on top of each other (Figure 11).



Figure 11



Figure 12

### Squat Hold / Active Squat Hold

Carefully place one foot at a time on the Core Restore. Using your arms for balance, slowly bend your knees (Figure 12). Contract the gluteal muscles and keep the knees from going inward.

**ADVANCED:** To intensify the exercise, deepen the bend in your knees or perform active squats.



Figure 13

### Single Leg Balance Hold

Begin with one foot planted in the center of the Core Restore and the toe of the other foot resting on the ground (Figure 13). Slowly lift the foot on the floor off the ground and hold while balancing on one leg. Repeat on other leg.

**MODIFIED:** If this exercise is too difficult at first, alternate between lightly tapping your toe to the ground and then lifting it up to build stability and balance.

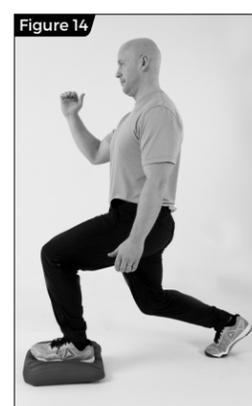


Figure 14

### Static Lunges

Begin with one foot planted in the center of the Core Restore. Extend the opposite foot back into lunge position (Figure 14). Hold the position to build stability. Repeat on other leg.

**ADVANCED:** To increase difficulty, complete the lunge exercise by lowering the knee closer to the ground and then returning to starting position.