

Assembly & User Instructions



FitSpine Comfort Cushion

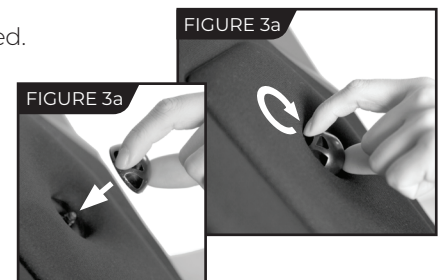
⚠ WARNING

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

Compatible with the Teeter FitSpine X and LX Series Inversion Tables*, the Comfort Cushion provides a plush, supportive surface for a premium inversion experience without inhibiting body slide needed for decompression. The included fastening nodes secure the Comfort Cushion to the Table Bed while still allowing it to move within the tracks of the FitSpine Bed.

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. Hold 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 onto the nodes when the Comfort Cushion is removed.



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*.
- The smooth surface provides minimal friction to still allow body slide, while the nodes slide within the slots to allow for effective decompression.

Cleaning & Maintenance

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

* Comfort Cushion and Lumbar Bridge are compatible with the X1, X2, X3, LX4, LX5, LX6, LX7, LX8, and LX9 Teeter Inversion Tables.



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



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

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