

# Assembly & User Instructions



## Better Back™ Lumbar Bridge

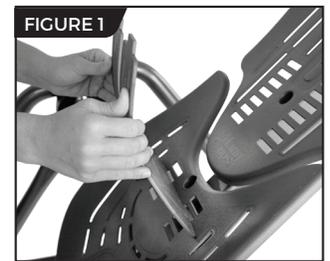
### ⚠ WARNING

- **DO NOT** use until you have read and understand the Owner's Manual and viewed the Getting Started DVD that accompanies the inversion table.
- **DO NOT** use if you are not already comfortable using the inversion table. The Lumbar Bridge is designed for use by advanced users only.
- Prolonged use may cause muscle soreness; it is recommended to use the Lumbar Bridge in moderation.
- **DO NOT** use product as a replacement for medical advice. Consult with your physician prior to use.

Personalize the intensity and target zone of the Lumbar Bridge by adjusting the height and position of the arch within the slots on the Table Bed as desired.

### How to Assemble

- Stabilize the inversion table to prevent rotation during assembly.
- Position the bridge with the Teeter logo at the base and facing towards you.
- First, insert the bottom two notches of the bridge into the desired horizontal slots on the lower portion of the Table Bed (Figure 1).
- Bend the bridge to the arch height you desire and insert the top two notches into the corresponding slots on the upper portion of the Table Bed (Figure 2).
- Modify the positioning and arch height as needed.



### How to Use

- Use of the Lumbar Bridge may impact the rotation of the table. Set the Angle Tether to a moderate inversion angle and use a spotter until you are able to find the correct balance settings and are comfortable with the operation of the table.
- Start in a lower level arch setting and work your way up. If you feel any discomfort, lower the setting until you are comfortable or discontinue use.
- The Lumbar Bridge works between intermediate to moderate inversion (Figure 3). Full inversion moves the body away from the table bed and will reduce the effectiveness of the bridge.
- Long-term storage of the Lumbar Bridge in a high arch setting may result in distortion of the shape and ability of the bridge to move to lower arch settings. Store in its flat position (Figure 4) when not in use.



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

