

# Assembly & User Instructions



## FitSpine® Lumbar Bridge

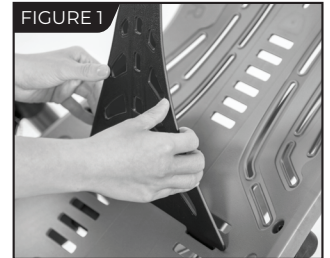
### ⚠ WARNING

- **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.

Compatible with the Teeter X and LX Series Inversion Tables\*, the Lumbar Bridge provides even deeper decompression and improved alignment benefits. 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 so it fits comfortably at the small of your back.

## 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 one top notch into the corresponding slot 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.



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



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### T3™ Massager

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



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Provides a new level of ease to exercising in your own home with a stress-free, zero-impact cardio and strength workout.



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Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



### P2™ Back Stretcher

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



### Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



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### 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.



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

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