

# virtufit

## Adjustable Backstretcher

### User manual



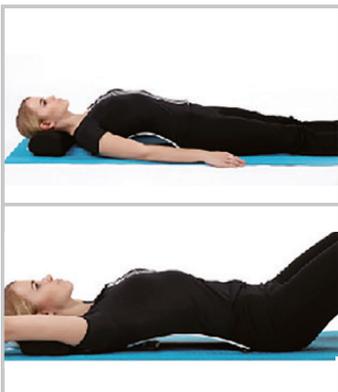
### INSTRUCTION



Sit with your back to the arch. Slowly lie back and support with your back against the arch and your knees bent. The wide end of the device should be positioned close to the base of your spine so that the arch support supports your lumbar portion of the back. Try to center your spine in the trench. It's designed to rock your spine and provide extra comfort.

**TIP!** A pillow can be placed under the head for extra comfort.

### STRETCH POSITIONS



**Simple stretch position:** Relax as much as possible and breathe normally. Bend your knees and rest your arms calmly at your sides. This position provides the least amount of stretch and is easiest to complete at the beginning. If a greater stretch is desired, proceed to the following positions.

**Moderate stretch position:** Raise your arms over your head and shoulders and rest them on the floor as best you can for extra stretch. Over time it will get easier and you may be able to fully extend your arms while resting your elbows comfortably on the floor.

## ROLLOFF AND RECOVER



Roll onto your side and get out of the seat back. Gradually sit up and rest for 30 seconds before standing up. **You have just had a good stretch and you will have to allow your blood to flow slowly back from your head and to your heart, or you may feel dizzy.**



**Maximum stretch position:** Fully extend your arms and legs as shown in the photo, remove the pillow from under your head to experience maximum amount of stretch. Feel your back, shoulder, chest, and abs stretch. Concentrate on relaxation as much as possible.

## ASSEMBLY

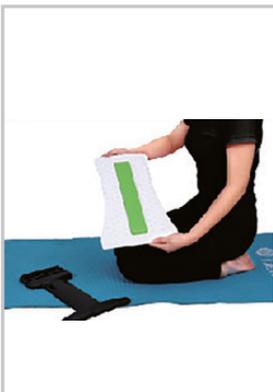


FIG 1

For easy arch adjustments, bend the arch as shown in FIG 1.

Lay the base and support it on a pinned mat, rug, or rug with the wide ends closest to you.



FIG 3

Secure the wide end of the base against your knees. Slide the wide end of the support arch into the single slot on the wide end of the base (FIG 3).

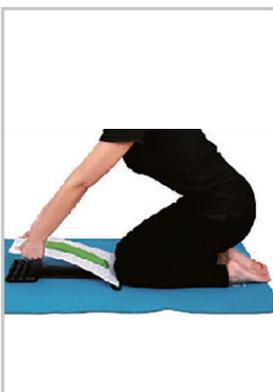


FIG 2

Position your hands as shown in the photo for easy arc adjustment.

**NOTE!** *Thumbs rest on the top of the support arch and fingers can be placed underneath (FIG 2).*

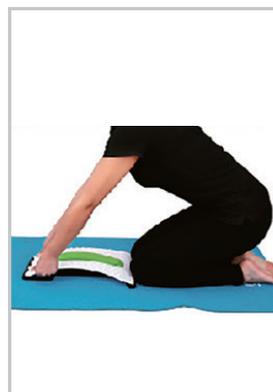


FIG 4

Press your thumbs down and gently slide the narrow end of the support arch into level 1 position from the base (FIG 4).