

Assembly Instructions Minimal Assembly Required



Base - supports the arch

Level 1 - Starting position - provides least amount of stretch for beginners

Level 2 - provides greater stretch for advanced users

Level 3 - provides maximum stretch for advanced users



Travel Position
Dimensions: 16" x 10" x 1-1/8"



Level One - Starting Position
Measures 2- 3/4" in height from the floor



Level Two
Measures 3- 1/2" in height from the floor



Level Three
Measures 4- 1/4" in height from the floor



Support Arch - supports the back
Cradle - designed for spinal comfort



Fully Assembled

TOP - the narrow end should always be positioned toward your head

BOTTOM - the wide end should always be positioned toward the base of your spine

NOTE: Levels 2 and 3 should only be used after you are completely comfortable with Level 1. For many individuals it is not necessary to advance beyond the Level 1 arch adjustment.

Assembly



For easy arch adjustment, Pre-bend the arch support as shown in the photo.

Lay the base and support arch on a secured mat, rug, or carpet with the wide ends closest to you.



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.



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

NOTE: Thumbs go inside the cradle, and fingers rest on top of the support arch



Press down with your fingers and gently slide the narrow end of support arch into the Level 1 position on the base.

This completes the assembly of your magic back support! You are now ready to learn just how simple it is to use.

How To Use Guidelines

Before using the back magic support, please read and follow these simple guidelines to maximize the benefits.

Caution: As with every fitness program, consult your physician before using the magic back support, especially if you have pre-existing back or neck injuries or conditions.

Note: Certain conditions may be contraindicate for using the magic back support, such as: Spondylolisthesis, Osteoporosis, Severe Arthritis, Spondylololsthesis, Spinal Lesions/Tumors, and Acute Fractures.

No person should use the magic back support without first consulting a qualified physician.

- Use the magic back support only for its intended purpose.
- Always use the back support on a level, non-slip surface. A secured mat, rug or carpet should be used.
- Familiarize yourself with the pictures in this guide showing the different positions you may want to do.
- Observe the following recommendations for time use and level of arch adjustment.
 - select your favorite position to use the magic back support.
 - Perform a five-minute stretch per session in your desired position. Two sessions a day are recommended, although you may enjoy using the magic back support even three times a day.
 - If you find it difficult to stretch for five minutes, stop. Do only what you are comfortable with and slowly work up to five minutes.
 - If you experience discomfort in the beginning, it is usually just an indication of the amount of tension and tightness in your back and should subside in time. If you have any doubts, please discontinue using the magic back support and check with your physician.

Caution: Should you experience any irregular physical condition, such as questionable muscle or joint pain, stop stretching and consult your physician.

- Regardless of your physical condition, begin at the Level 1 arch adjustment
- As your flexibility and posture improve, you may want to experiment with the Level 2 and Level 3 arch adjustment, although it is not necessary. The Level 3 arch adjustment is designed for advanced users or yoga practitioners only.
- Relax. One of the keys to a good tension relieving stretch is relaxation. Take a deep breath, exhale gently, and let your body weight work together with gravity. You will achieve a greater stretch and arrive at a more relaxed state sooner. Relax as much as possible when using your magic back support. It will become easier to do with regular use.
- Always use the magic back support with the narrow end positioned toward your head and the wide end positioned toward the base of your spine.

Usage Instructions



1. Sit with your back to the arch. Slowly lie back onto the support arch with your knees bent.

The wide end of the unit should be positioned close to the base of your spine so that the support arch supports your lumbar region of your back. Try to center your spine in the slot that is designed to cradle your spine and provide extra comfort.

TIP: You may want to place a pillow beneath your head for added comfort.



Stretch Positions

2. Simple Stretch Position Relax as much as possible and breathe normally. With your knees bent, rest your arms at your sides.

This position provides the least amount of stretch and is the easiest to do when starting out. If a greater stretch is desired, proceed to the following positions.



3. Moderate Stretch Position

Raise your arms over your head and shoulders and rest them as close to the floor as you can for an additional stretch. In time it will become easier, and you may be able to extend your arms fully and rest your elbows comfortably on the floor.



4. Maximum Stretch Position

Extend your legs and arms fully, as shown in the photo. Remove the pillow from beneath your head for the maximum amount of stretch. Feel your back, shoulder, chest and abdominal muscles stretching, and concentrate on relaxing as much as possible.



Rolloff and Recover

5. Roll onto your side and off the magic back support. Sit up gradually and rest for 30 seconds before standing.

Remember, you have just had a major stretch and you should allow your blood to move back down from your head to your heart, otherwise you may become dizzy.

Final Note

The magic back support was designed to make your life more enjoyable through better back health. It is a convenient and easy-to-use treatment and preventative care product. Use your magic back support to stretch muscles and relieve back pain due to tight muscles, excessive flexion, and poor spinal alignment. Incorporate it into your daily routine to achieve maximum results.

Remember: The magic back support can be used anytime. Users find most beneficial when they use it just prior to or immediately after any prolonged activity or inactivity.

Thanks again for taking this simple step toward improving the quality of your life with the magic back support.