

Multi-Functional Lumbar Support Cushion & Core Trainer

Soothe your tired, aching back with the Teeter Core Restore, a lumbar support and core training tool designed to help relieve back pain by improving posture, muscle tone and coordination. The Core Restore is the only lumbar cushion designed to progress the user through recovery as a travel-friendly lower back support cushion AND as a core trainer to use while seated at the office or during exercise for strengthening the supporting muscles that are vital for a healthy back.



Lumbar Support
Place against the lower back while seated to encourage proper alignment and improved posture. Inflate or deflate for firmer or softer support (pump not included).



Active Sitting Cushion
Doubles as a seat cushion that activates and engages the postural muscles by destabilizing the sitting surface and strengthening the core. The wedge-shape discourages slouching by tilting the pelvis forward and placing the spine in a neutral position.



Balance Trainer
The unstable surface works your stabilizer muscles by encouraging micro-movements as you balance for even greater results when performing static or active exercises. The included exercise guide features 14 beginning through advanced exercises developed by a personal trainer that engage your core and whole body for increased balance and strength.

Built for the Benefits

Durable Materials
PVC rubber can withstand up to 300 lb. (136 kg). Arrives pre-inflated (pump not included).

Textured Surface
Raised ridges provide a massaging effect on the back as a lumbar support cushion. Stimulates circulation when used as an active sitting cushion or provides added traction while performing exercises for stability.

Compact Size
Weighs just under 3 lb. so it's portable enough to take to work, the gym, or carry-on for core work on-the-go.



Weight Capacity	300 lb (136 kg)
Packaged Dims	13.4 x 11.2 x 3.5 in (34.0 x 28.5 x 8.8 cm)
Packaged Weight	3.8 lb (1.5 kg)
Item / UPC	CR1001 / 759265300218
Warranty	90-day