

Assembly & User Instructions



Better Back™ Decompression Arch

⚠ 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 Decompression Arch is designed for use by advanced users only.
- Prolonged use may cause muscle soreness; it is recommended to use the Decompression Arch 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 Decompression Arch by adjusting the straps and position of the arch along the Table Bed as desired.

How to Assemble

- Personalize the level of the arch by adjusting the straps (Figure 1). To tighten the straps and make the arch more prominent, pull the strap through the buckle. You may find it easier to do this if you bend the Decompression Arch first. To loosen the straps and lessen the amount of arch, reverse the strap through the buckle.
- Keep the Decompression Arch within arms reach while you properly mount the table and secure the Ankle Lock System (see Owner's Manual for details).
- Modify positioning and arch height as needed.

NOTE: The Decompression Arch does not fasten or assemble directly to the table bed.

How to Use

- Position the Decompression Arch either at your lower back (Figure 2) or your neck (Figure 3).
- Use of the Decompression Arch 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 Decompression Arch works between intermediate to moderate inversion (Figure 3). Full inversion moves the body away from the table bed and will cause the arch to fall out of position.
- Long-term storage of the Decompression Arch 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 when not in use.

FIGURE 1

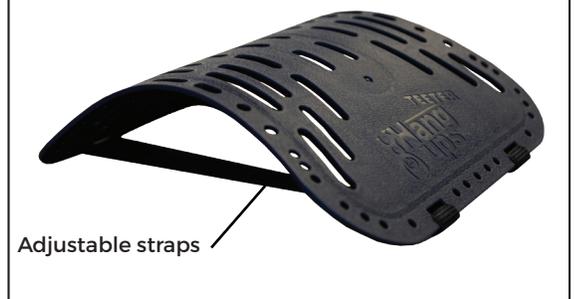


FIGURE 2



FIGURE 3

