



SpineGym[®] *core exerciser*

Instructions for
Use and Safety





2.

Important to note when using SpineGym

Although, when used properly, SpineGym is a very safe exercise tool, care should be taken when starting its use. It is advisable to consult a back treatment specialist for individual instructions to make sure the exercises suit you.

During the first few weeks, be careful doing exercises with the SpineGym. Especially, if you have an acute or chronic back condition, be careful when doing the exercises to make sure you don't overstress your muscles.

Be extra careful when performing the body rotation exercise, especially if you have an acute back condition or strained muscles.

Do the body rotation movement only to the extent your body easily and naturally rotates.

If you are not sure of the correct way to use it, do not use the SpineGym.

If you experience increasing pain as a result of using it, do not use the SpineGym.

Make sure the surface on which you use the SpineGym is even and stable. For instance, a soft carpet can make the Spine Gym unstable. Make sure there is enough free room around the SpineGym so that you can complete the exercises without hitting anything.

Do not let children play with the SpineGym. There is a danger of falling!

Do not allow a person, who does not know how to use it, use the SpineGym.

If you give the SpineGym to another person, make sure to give that person, instructions on how to use it before use and make sure the Instruction Manual accompanies the SpineGym.

In gyms, workplaces and other facilities, where people may not have received specific instructions in its use, a wall poster with instructions is available from Mettler Electronics or your local distributor. It can be put on the wall where the SpineGym will be used for quick reference. Also, put the Instruction Manual in the SpineGym's immediate vicinity so that any questions regarding its use may be answered.



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3.

Assembly



1. Push the bottom bars all the way down into the holes in the base.



2. Pull the upper bar through the sleeve of the other belt half and connect the upper and lower bar onto each other.



3. Do the same with the other upper bar and the other belt half.



4. Adjust with Velcro the belt length to fit you properly.

5. Ready!





4.

Exercise program

Be careful when starting the SpineGym exercises. With the SpineGym, very small movements activate the deep muscles, many already when you place your body in the exercise position in SpineGym.

The more you exert strength during the exercise movement, the more you also activate middle deep and more superficial muscles.

As the basic exercise, do one series of 20-30 repeat movements of each of the three basic exercises (back exercise, abdominal exercise, body rotation).

You can change from one exercise to another without taking any break in between the series. Especially during the first weeks, do the exercises slowly, only exerting slight strength.

During the first week, do the exercise series only every other day. After your back gets used to the exercises (after about one week's exercising), start to do your exercises on a daily basis.

According to studies, this basic few-minute daily exercise is able to prevent the deep muscles from becoming passive.

After your back becomes stronger, you may want to start doing the exercises several times a day.

If you need more challenge to the exercise, you may also increase the number of series you do (but, do take a 1-2 minute break between the exercise series) and intensify the strength you use when exercising. (Added strength mainly contributes to the exercise's effect on middle deep and more superficial muscles.)

Back exercise

With your body erect, place yourself in a standing position on the base, with the support belt in front of you and the padded upper bar ends behind your shoulders.

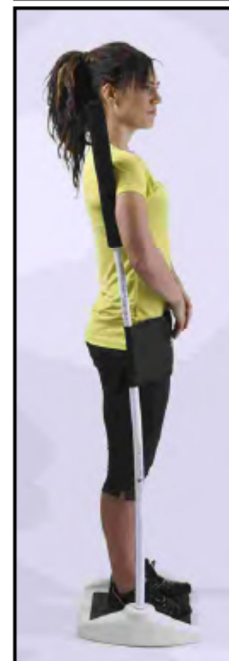
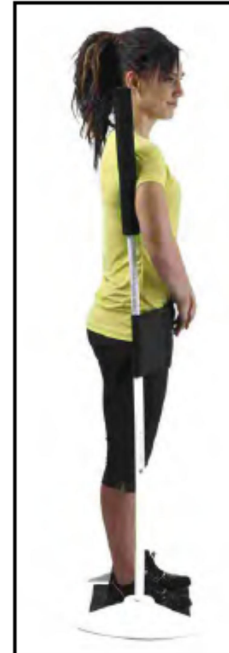
Adjust the height of the support belt to hip height. The length of the belt is correct when, in the starting position, you are able to stand in an erect position. Keep your arms relaxed, on the side of the bars or in front of you.

Push your pelvis forward against the support belt and bend your back steadily backward into an arch. Keep your abdominal muscles slightly tensioned during the entire movement.

Keep your ankles and knees straight. Do not rock your body. Do not lean backwards to be supported by the bars. Instead, perform the movement by only arching your back. The bars bend only a few centimetres. Feel the tension in the back muscles.

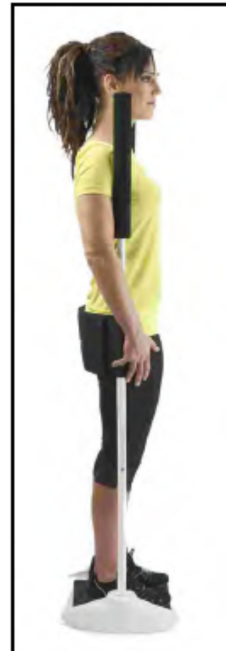
Return steadily to the starting position and repeat the movement 20-30 times.

Remember the right breathing technique: Exhale calmly during the movement's work phase (when tightening your muscles against the bars' resistance) and inhale calmly when returning to the starting position.



Abdominal muscle exercise

With the support belt behind your buttocks and the padded upper bar ends in front of your shoulders, place yourself in a standing position on the base. The length of the belt is correct when, in the starting position, you are able to stand in an erect position.

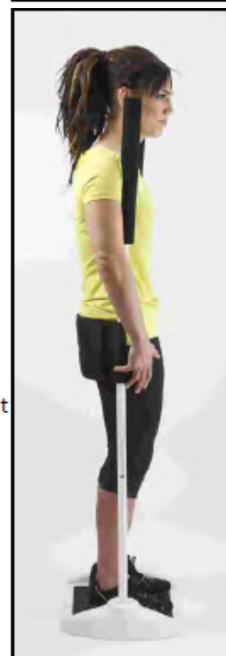


Bend your upper body steadily forward by tightening your abdominal muscles.

Also when performing this exercise, keep your ankles and knees straight. The movement advances from your pelvis upward in your upper body and your lower body stays as erect as possible. It is enough to have the bars bend a few centimetres. Feel the resistance in your abdominal muscles, but do not pull harshly.

Keeping your abdominal muscles tensioned, return steadily to the starting position. Repeat the movement 20-30 times.

Remember the right breathing technique: Exhale calmly during the movement's work phase (when tightening your muscles against the bars' resistance) and inhale calmly when returning to the starting position.



Body rotation exercise

With the support belt behind your buttocks and the padded upperbar ends in front of your shoulders, place yourself in a standing position on the base.

Rotate your upper body steadily to the side. Feel how the resistance of the bars increases the more the rotational movement advances. Keep your body erect. Do not bend.

Steadily continue the movement to the very end until stopped by the resistance. Don't try to jerk or pull harshly for more rotation. Keep the movement steady and smooth to the very end.

Changing directly over to the opposite side, continue the movement in a similar manner, still steadily rotating your body.

While doing this exercise, try to focus the movement on your upper body, keeping your legs as straight as possible and in the same place.

Repeat the exercise 20-30 times.

