

Spine Supporter

Includes
5 Exercises:



- p.2 Toe Taps
- p.2 Single Leg
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- p.3 Leg Slides
- p.4 Hundred with Flex-Band

Choose from 10 standard and
75 custom upholstery colors.

Ideal for reducing neck tension, while stabilizing the spine for exercises performed on a Mat and other equipment. Used frequently for clients with weak lower backs, to modify exercises during pregnancy and to develop proper form for abdominal work.

Toe Taps



Targets: Abs and hips

Starting position: Seated in Spine Supporter spine curved into C-shape of Supporter by engaging abdominals. Both legs lifted and bent. Hands on floor.

INHALE Prepare.

EXHALE Keeping abdominals contracted and the knee bent, lower one leg, touching floor with toes.

INHALE Lift leg, keeping knee bent.
Complete 5 repetitions with each leg, alternating sides.

Single Leg



Targets: Abs, hips and thighs

Starting position: Seated in Spine Supporter. Spine curved into C-shape of Supporter by engaging abdominals. One foot on floor, other leg lifted to 90° angle and bent at knee.

INHALE Prepare.

EXHALE Keeping abdominals contracted and spine in C-shape, straighten leg out on diagonal, keeping foot pointed.

INHALE Bend knee back into starting position.

Complete 5-8 repetitions with each leg.

Modification: Flex-Band® exerciser may be incorporated to help support leg.

One Leg Lift



Targets: Abs and hips

Starting position: Seated in Spine Supporter. Spine curved into C-shape of Supporter by engaging abdominals. Feet flat on floor, hip-distance apart, hands on floor.

INHALE Prepare.

EXHALE Keep abdominals contracted and lift one leg up, keeping knee bent.

INHALE With control, lower leg back down to floor, maintaining C-shape.

Complete 5-8 repetitions with each leg, alternating sides.

Leg Slides



Targets: Abs

Starting position: Seated in Spine Supporter. Spine curved into C-shape of Supporter by engaging abdominals. Feet flat on floor, hip-distance apart, hands on floor.

INHALE Prepare.

INHALE Maintaining C-shape of spine in Supporter, slide one leg straight out keeping foot on the ground

EXHALE Slide leg back up to starting position, keeping foot on the ground and abdominal connection.

Complete 5-8 repetitions with each leg, alternating sides.



Targets: Arms and Abs

Starting position: Seated in Spine Supporter. Spine curved into C-shape of Supporter by engaging abdominals. Both legs lifted and bent, Flex-Band exerciser over top of shins, holding with both hands, arms long and palms facing down.

INHALE For five counts, pumping arms down count, keeping legs still and tension on the Flex-Band exerciser.

EXHALE For five counts, pumping arms down count, keeping legs still and tension on the Flex-Band exerciser.

Repeat for 10 sets for a total of 100. Can also be done without the Flex-Band exerciser.

WARRANTY, CARE AND USAGE FOR SPINE SUPPORTER

Warranty

90 Days: Upholstery*

2 Years: All other components

By using this equipment, you accept responsibility for our own actions.

For complete warranty details please go to merrithew.com/support/warranty

*The fabric or upholstery on Merrithew equipment will be replaced if it fails to give normal wear for 90 days after delivery. Proof of damage may be required. This warranty does not cover cuts, burns, stains, soiling, pet damage, damage to fabric caused by abrasive, corrosive or chemical cleansers, or damage caused by other unreasonable use. If the identical fabric is not available, the Company will provide an equivalent fabric.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not try to kneel or stand on the Spine Supporter.
- Keep sharp objects away from the Spine Supporter.
- Do not use the Spine Supporter if it appears worn or damaged.
- Do not allow children to use or be around the Spine Supporter without adult supervision.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Use the Spine Supporter only for intended exercises.