

Back-Up

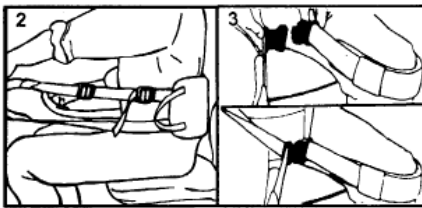
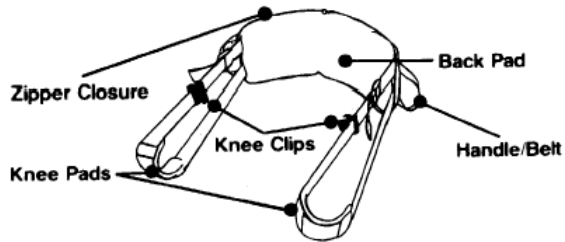
Information Page

Note: A full Instruction Manual, including suggested exercises, is supplied with each Back-Up. The information below is provided solely as a guide.

Setup

The Back-Up® is simple to use. Once you have successfully put it on and learned to adjust the Back-Up®, you will have a life-long comfort companion.

Step 1: Unzip the Back-Up® completely and unfold the back rest to reveal the straps and knee pads inside. Slide the knee pads so they are centered on the looped straps. Also make sure the straps are untwisted so you have a configuration like that shown in Figure 1 below.

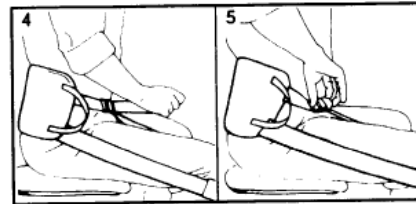


Step 2: Place the inside of the back-pad against your lower back and hold the loops out in front of you. Make sure that the straps are untwisted and that the adjustment buckles are on the upper strap--see Figure 2. (Note: Ignore the product cover photographs.)

Step 3: Place one loop over each knee making sure that the knee pads face inward to cushion the knee. Slide the knee pads on the straps to center them over your kneeling bones. (Locate your kneeling bone by feeling for the bump above your shin but below your knee cap.)

Step 4: Before tightening the straps on your knees, engage the two halves of the knee clip to hold the legs together--see Figure 3.

Step 5: Now, tighten the straps by leaning forward while pulling the loose end of each strap forward--see Figure 4.



Step 6: Too tight? Simply loosen the straps by lifting up on the front edge of the buckle--see Figure 5.

Step 7: To convert handles to a waist belt, detach the handle loops from tabs located at the hips. Draw these straps across your waist and fasten comfortably--see Figure 6. Lean forward slightly as you stand to allow the loops to slide off the knees. When you sit again, simply lean forward, replace the pads on the knees and lean back.



Step 8: To remove your Back-Up®, unfasten the belt, release the knee clip and lift the loops off your knees.

Step 9: To re-pack the Back-Up® into a self-contained carry case, fold the back pad in half and zip up two sides to make a pouch--see Figure 7. Reattach the waist belts to the hook and loop tabs to recreate your carry handles. Then stuff the kneepads deeply into the pouch, one by one. Finally, stuff in the remaining straps and buckles and zip up the remaining side.

Use

You can use the Back-Up® in three basic positions although variations on each are possible. (See Figures 8 - 10)



Note: In the cross-legged position, the use of the knee-clips is optional. When sitting on the floor with knees up, the back pad should be raised higher on the back for greater comfort and stability.