

CAUTIONS – Apply to all Posture Pumps®

1. Read instructions completely before using and follow all cautions.
2. Do not use this exerciser without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened with exercise.
3. Do not use if you are injured.
4. Never inflate exerciser to the point of pain.
5. Never reposition your body while the exerciser is inflated.
6. If pain results during exercise, discontinue use immediately and consult your doctor.
7. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your workouts.
8. If you have TMJ (jaw) weakness, relocate restraint into forward open slots and remove the chin restraint.
9. Keep exerciser out of the reach of children at all times.

Posture Pump® Neck Exerciser® (Model 1000)

IMPORTANT: Long lasting benefits are gained from consistent use as directed below. Regular POSTURE PUMP® training now, may help you avoid years of stiffness, discomfort and tiredness later! Carefully read and follow instructions and cautions below.

NECK POSTURE PUMP® MODEL 1000 INSTRUCTIONS

WARM-UP ROUTINE: Begin by turning the head side-to-side 10 times; then tilting the head forward and backward 10 times; then leaning the neck from side-to-side 10 times.



INSTRUCTIONS

1. After warm-up routine, place *deflated* exerciser on a comfortable, firm surface. With head restraint untangled at back of unit, slide and *center* exerciser under the back of your neck, **snugly** against the top of your shoulders and upper back.



2. Center your neck on neck cradle measuring with your index fingers.



3. Apply the head restraint by centering it on your chin and forehead.



4. Pull all slack out of tie straps.



5. Hold unit down with tips of index fingers or thumbs and further tighten restraint.



6. Press tie straps across the Velcro® forehead strap. Restraint must be as snug as possible without lifting up the back of the exerciser and may be tightened further after the first 3 repetitions.



7. **Slowly** pump exerciser up to your own comfort level; never to the point of pain. (Usually 1 to 7 pumps, pump is equipped with automatic air release valve, limiting inflation.)*

8. Wait 10 seconds, then release all air by pushing the manual air release button on the pump. Repeat this exercise 15 times.

9. Next, inflate unit to a comfortable level and relax on *inflated* exerciser for 15 minutes maximum. Gradually work up to this 15 minute goal by adding a few minutes to each workout. Inflate exerciser at lower levels the first week, thus reducing soreness commonly caused by aggressive workouts.

10. Completely deflate unit, release both tie straps from forehead and remove restraint. Roll off exerciser to your right or left side *slowly* and *carefully* without turning your head. When you are free from the exerciser and standing or sitting in an upright position, *gently* and *slowly* repeat warm-up routine to acclimate your neck muscles to the weight of your head.

11. Keep exerciser on bed or night stand and repeat the above exercise daily or at least 3 times per week to help relieve tension, stress and fatigue and to reinforce your natural neck curve while lubricating the joints. Many users find that this unique exercise just before bedtime allows them to fall asleep easier.

QUESTIONS AND ANSWERS

Q My muscles were sore a day or two after my POSTURE PUMP® workout. Is this normal?

A Just like performing any new exercise, an aggressive workout with the POSTURE PUMP® can temporarily make you sore. To reduce this occurrence, inflate the exerciser at lower levels and keep your workouts under 10-minutes for the first 2-weeks. This will allow your body to gradually adapt to a more aggressive workout.

Q I don't like any pressure against my chin or jaw and my husband can't stand too much pressure against his forehead, is the head restraint adjustable?

A Yes! The unique Dual-Pull™ restraint can be adjusted for too much forehead pressure by sliding the chin strap more snugly onto the chin and the forehead strap toward the hairline. Reverse this action for more forehead pressure and less chin pressure. If you have TMJ (jaw) weakness or cannot stand to have any pressure on your chin, simply relocate the entire restraint in the forward open slots and unsnap the chin restraint. This will eliminate jaw and chin pressure.

*If you are *not snug, comfortable and centered* on the inflated bladder, or if it seems to inflate unevenly, release the air, then the restraint, **center** yourself on unit and reapply restraint.