

BODYALINE INSTRUCTIONS AND GUIDE TO USING SUCCESSFULLY

1. Feet flat on floor & hands affixed in palms-up position.
Simultaneously lean back into roller & rotate arms rearward.
2. Lean back & rotate arms until machine comfortably stops you.
3. Finish with shoulders rolled down & back, chest-out, chin-up.
4. Pause. Lean forward to start position & continue exercise movement(s) in a slow & controlled manner.
5. Perform 15-20 repetitions for maximum effectiveness.
6. Rest.
7. Repeat above sequence two more times for a total of three sets.
8. Make tension & size adjustments when necessary.

FREQUENCY of USE:

Use the BODY-ALINE back pain solution, in the above sequence, for 15 to 20 times (these are called 'repetitions'). Once you complete 15-20 repetitions (which is called 'set'), then stop. Perform one set (of 15 -20 repetitions) every other day for the first 2 weeks. Then you may use the BODY-ALINE as often as you like, which means up to everyday & multiple times a day. Some customers have reported using it up to 6 times a day to accelerate their results. As long as there is no undue pain or soreness & it makes you feel better, stronger & more upright, then do it!

BACK EXTENSION TENSION ADJUSTMENT:

The tension for the back extension portion of the BODY-ALINE exercise movement is adjusted by rotating the dial in front of the machine (as shown). There is a heavy duty compression spring housed underneath the seat. When the dial is turned, it compresses or decompresses the spring. The dial can be easily turned to provide anywhere from 0 to 200 lbs of tension to exercise the muscles of the lower back. Strengthening these muscles helps realign posture & provides more support for the spine.



ARM ROTATION TENSION ADJUSTMENT:

The tension for the rearward arm rotation portion of the BODY-ALINE exercise movement can be adjusted by adding or removing tension bands (as shown). The bands provide anywhere from 2.5 to 10lbs of tension to exercise the muscles of the middle & upper back, along with the rear of shoulders. Strengthening these muscles is integral to postural realignment. A secondary function of the rearward arm rotation is to stretch the chest and front of shoulder muscles, which is also integral to achieving postural realignment.



MACHINE HEIGHT ADJUSTMENT:

The height of the machine can be adjusted by loosening a knob and sliding the arm assembly up or down along the 'spine' of the machine (as shown). Taller users will set the arm assembly higher along the spine, while shorter users will set the arm assembly lower along the spine. The BODY-ALINE adjusts to comfortably accommodate user heights ranging from 4'10" to 6'6".

**MACHINE LENGTH ADJUSTMENT:**

The length of the machine arms can be adjusted to accommodate different user arm lengths. This is done by removing an arm pin and sliding the telescoping front section of the machine arms either forward or backward (depending on the arm length of the user), then reinserting the arm pin (as shown). Longer-armed will set the machine arm lengths to their longest setting, while shorter-armed users will set the machine arm lengths to their shortest settings.



MESSAGE ROLLER:

The BODY-ALINE incorporates a foam back roller that travels (rolls) along the spine while the machine is being used. The purpose of this foam back roller is to provide a soothing massage to the muscles that run along each side of the spine. Often times, these misaligned muscles are prone to knotting & binding (especially at the apex of the curvature). Roller massage is a proven back pain treatment modality.

