

Quickstart Guide

For instructional videos, go to:
www.staminaproducts.com/backtrac

This Product is Distributed Exclusively by



Stamina Products, Inc.
2040 N. Alliance, Springfield, MO 65803
Customer Care
1 (800) 375-7520
www.staminaproducts.com

CAUTION:

Weight on this product should not exceed 350 lbs.

When calling for parts,
please specify the
following number:

Model#: 55-1420
Made in China

WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

SAFETY INSTRUCTIONS

WARNING

This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

CAUTION

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.

WARNING

To reduce the risk of serious injury, read the following Safety Instructions before using the BackTrac®.

1. Save these instructions and ensure that other exercisers read this manual prior to using the BackTrac® for the first time.
2. Read all warnings and cautions posted on the BackTrac®.
3. The BackTrac® should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. Keep children away from the BackTrac®. Do not allow children to use or play on the BackTrac®. Keep children and pets away from the BackTrac® when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the BackTrac® on a solid level surface. Do not position the BackTrac® on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the BackTrac®.
8. Before using, inspect the BackTrac® for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. If back pain worsens, see your doctor for proper diagnosis and treatment.
10. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
11. Do not wear loose or dangling clothing or jewelry while using the BackTrac®. Pull-up or pin long hair up and close to your head.
12. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
13. Be careful to maintain your balance while using, mounting, dismounting, or assembling the BackTrac®, loss of balance may result in a fall and bodily injury. Do not use if you cannot get down on the floor and back up on your feet safely.
14. The BackTrac® should not be used by persons weighing over 350 pounds.
15. The BackTrac® should be used by only one person at a time.
16. The BackTrac® is for consumer use only. It is not for use in public or semipublic facilities.
17. Do not store the BackTrac® on wood surfaces.



I invented the BackTrac for 2 purposes:

1. Relieve tight, sore backs efficiently at home.
2. Improve spinal health to help prevent future back pain.

As the inventor of the BackTrac, and a practicing Chiropractic Physician of 30+ years, I am convinced this product is the best way for anyone to enjoy a healthier spine! My patients have benefitted from the simpler early versions of the BackTrac for almost 20 years. They often tell me they need less treatment because they use the BackTrac regularly.

Back pain often begins at the end of a long day of work, or on the weekend when it's hard to get a doctor's appointment. The BackTrac is a terrific tool to have on hand for when your back lets you down. Relief often comes quickly when you treat it before your muscles spasm and spinal joints "lock-up".

Even more exciting is the BackTrac's ability to help keep back pain from returning. Prevention is always the best medicine. Simply develop a habit of enjoying a great back massage on the BackTrac daily to improve the overall function and feel of your back.

Follow the instructions in this booklet for best results. They were written based on my many years of experience treating back pain and working with the BackTrac.

Wishing you the best,

Dr. David M. Vitko



NEED HELP?
CONTACT US FIRST
1 (800) 375-7520
customer.care@staminaproducts.com

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,
Stamina Customer Care

To enact your warranty and to help us better serve you,
please **go online** and register your new product.

register.staminaproducts.com

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



ONLINE

customer.care@staminaproducts.com
www.staminaproducts.com



TELEPHONE

1 (800) 375-7520



FAX

(417) 889-8064



MAIL

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ATTN: Customer Care
P.O. Box 1071
Springfield, MO 65801-1071



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facebook.com/AeroPilates

CUSTOMER CARE HOURS:

Monday-Thursday, 7:30 AM-5:00 PM, Central Time
Friday, 8:00 AM-3:00 PM, Central Time

The BackTrac® provides 5 Benefits in the comfort of your own home.

1. Acupressure

The BackTrac treats up to 30 points at once.

2. Massage

The BackTrac has 30 individual massage rollers that work together to provide a deep, invigorating whole back massage.

3. Spinal Joint Mobilization

The BackTrac is designed to gently encourage motion in the spinal joints.

4. Traction

The BackTrac provides gentle spinal traction totally controlled by the user to stretch discs, ligaments, muscles and other soft tissues of the back and neck.

5. Exercise

The BackTrac works your abs, buttocks, and hip flexors, while you enjoy a great massage.

***For maximum benefit, be sure to use the BackTrac for at least a few minutes every day.

USING THE BACKTRAC®

Checklist for best results:

- Tie long hair up close to head and remove jewelry.
- Wear snug-fitting clothing.
- Use athletic shoes for better traction.
- Floor surfaces of wood, tile or short pile carpeting make rolling on the BackTrac easier.
- Be sure the floor is clean and free of debris.

Getting the most out of the BackTrac is easier than 1, 2, 3.

1. First, place the BackTrac on the floor. Be sure you have several feet of clearance in all directions around the BackTrac. Think Safety First!
2. Sit on the floor with your back to the BackTrac with the 2 large neck rollers away from you.
3. Slowly lie back on your back on top of the BackTrac massage rollers. Let your neck extend back between the large neck rollers so that your head is not-quite touching the floor. Bend your knees and place your feet flat on the floor.

Tip- Remember, doing something positive for your back each day will gradually improve how it feels and its function. Our back is our most important tool. Have a great massage daily on the BackTrac and your back will love you back!



Getting Ready

You are now correctly positioned to enjoy all of the terrific benefits the BackTrac has to offer! Simply remain in this position for 5 minutes, or until you begin to feel tenderness ease and muscles start to relax. This is Acupressure you are feeling now.

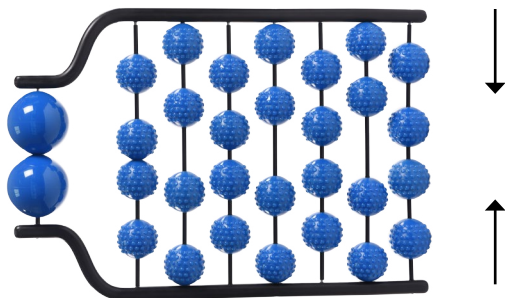


Starting Position

****IMPORTANT****

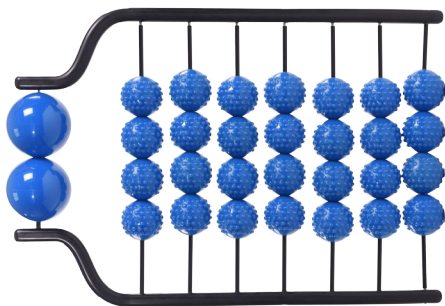
You may feel significant tenderness the first few times using the BackTrac. Most likely, tension and trigger point sensitivity has been accumulating for years in your back and neck. If the tenderness is too much to endure for 5 minute treatment sessions, simply move all the rollers close together. This reduces the pounds per square inch of pressure applied to the trigger points of your back.

Place BackTrac on side on firm surface. Hold the frame with one hand while using your other hand to push all the rollers toward the middle of the BackTrac.



You can always return the rollers to their original positions when you get more accustomed to the vigorous massage. You can also create a new arrangement of rollers to meet your own personal preferences.

Here is what the BackTrac looks like with all rollers near the center. This will provide a less aggressive massage.



Trigger Point Relief

The simple act of lying on the BackTrac's spherical rollers can help trigger point tenderness to fade allowing for improved muscle function.

Cross your hands on your belly and use your legs to “push” your body toward the large neck rollers and across the top of the BackTrac. **Do not hold onto the frame!** You will literally roll across the top of the round massage rollers.

After your back has relaxed a bit (5 minutes or so) it's time to enjoy the incredible massage the BackTrac produces.



Now use your legs to “pull” your body toward your feet, again across the top of the massage rollers. **This is Massage.**



It is only necessary to travel a few inches back and forth to massage every muscle twice.

Repeating this motion “back and forth” produces a friction type massage that feels terrific! Be careful. You may get addicted! **This exercises Abs, Buttocks, and Hip Flexor Muscles.**



Tip- Try to relax your back muscles as much as possible while rolling back and forth. Let your neck relax and extend back over the neck rollers. (Don't let your head hit the floor though.)

Roll on the BackTrac every day for 5 minutes or so for maximum long-term benefits. The BackTrac can be helpful for acute back pain. However, the greatest benefit is provided by using it as a tool for prevention. By using the BackTrac every day, you can help to create a better feeling back.

We recommended that you drink a glass of water after using the BackTrac to improve cell hydration in massaged and exercised muscles.

For more advanced techniques, go to www.staminaproducts.com/backtrac.

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customer.care@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner’s manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don’t have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM		Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071	
Model Number:		Serial Number:	
Product Name:			
Place Purchased:			
Date of Purchase:		Purchase Price:	
First Name:		Last Name:	
City:	State:	Zip Code:	
Email Address:		Phone #: ()	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.			



Detach and Mail or Fax the Form Above



TO CONTACT CUSTOMER CARE

For your convenience, Stamina’s customer service representatives can be reached by email at customer.care@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3:00 p.m. Central Time.



**ONLINE
CUSTOMER SERVICE**
customerservice@staminaproducts.com
www.staminaproducts.com



**TELEPHONE
CUSTOMER SERVICE**
Tel: 1 (800) 375-7520



**FAX
CUSTOMER SERVICE**
Fax: (417) 889-8064



**MAIL
STAMINA PRODUCTS, INC.**
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



PARTS ORDER FORM

**Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071**

Mr./Ms:

Address: A pt. #:

City: S tate: Zip Code:

IMPORTANT : We must have your phone number to process the order!

Phone #: () Work Phone #: ()

Date of Purchase:

Model #:

Purchased From:

**IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1



BackTrac[®]

www.staminaproducts.com/backtrac