

GAIAM RESTORE™

BALANCE CUSHION EXERCISE & INFLATION GUIDE

CORRECT POSTURE



INCORRECT POSTURE



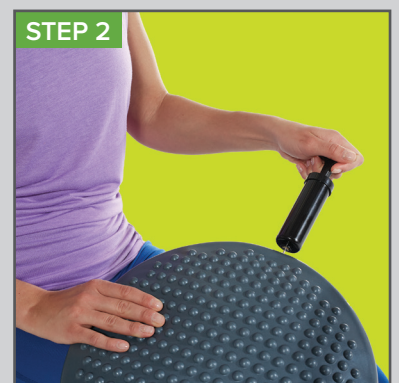
Place inflated cushion onto chair. Sit upright with sit bones directly on top-center of cushion. Thighs and shins should be at a 90-degree angle to floor. (If hips are raised higher than knees, deflate cushion until you achieve a 90-degree angle. If hips are lower than knees, inflate cushion until you achieve a 90-degree angle.) Adjusting your chair height can also achieve the 90-degree angle. In proper seated position, the torso should be completely balanced, the spine should feel long and upright and you should feel the natural curve in the lower back.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

©2015 Gaiam Americas, Inc. All rights reserved. GAIAM and the "Flower of Life" logo design are registered trademarks of Gaiam, Inc. or its subsidiaries. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452 | **MADE IN CHINA** | SKU 05-61830GUIDE



Remove from box and check for shipping damage. (Note: it is normal for cushion to have slight creases or fold marks at first.) Do not use cushion if deep scratches or gouges exist. Using an inflation needle, inflate to the desired firmness. Do not over-inflate. (Inflation needle included.) Do not use air compressor, use hand pump.



Your pre-inflated balance cushion is ready to use. If more firmness is desired, allow product to reach room temperature before inflating.