

Three Year 100% Performance Guaranty / Warranty Registration Form

All customers: Please register online at:

www.BodyRyzm.com, under "Warranty Registration", or

Detach this form, print clearly and send it to:

Perspectis, Inc. Attn: Customer Service
1 First Canadian Place, Suite 350, Toronto, Ontario, Canada, M5X 1C1

within forty five (45) days of original purchase to ensure your warranty service.

Privacy Guaranty: Your information is used for processing your guarantee/warranty registration and after-sales customer support only. Your information will stay private with us. We will not share your information with any third party.

Important Notice: All customers within USA and Canada should call our warranty hotline at 1-855-BodyRyzm (263-9799) **directly** in case of **any** warranty questions or inquiries. Other international customers should contact original retail outlet for warranty questions or inquiries.

Product name: _____

Date of purchase: (year) _____ (month) _____ (day) _____

Where you purchased it _____

Last name: _____

First name: _____

Address 1: _____

Address 2: _____

City: _____ Province/State: _____

Country: _____ Postal code: _____

Tel: _____ E mail: _____

Sign: _____ Date _____



User Instructions & Three Year 100% Performance Guaranty / Warranty (Must Read Before Use)



Customers located in USA and Canada:

Please **DO NOT** contact place of purchase for warranty assistance.

Call toll free 1-855-BodyRyzm for any warranty questions or services.

BodyRyzm LifeSciences / Perspectis, Inc.

1 First Canadian Place, Suite 350

Toronto, ON, Canada, M5X 1C1

www.BodyRyzm.com

Toll free: 1-855-BodyRyzm (263-9799), Tel: 1-416-595-1575

Fax: 1-416-595-6438

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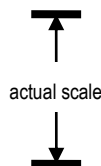
WARNING



- This product is simple but not simplistic. All users must read and understand all instructions in this document before using or testing this product.
- Do not jump on this product.
- Do not sit or step on this product unless you can properly control your body balance.
- Do not use or conduct any exercise with this product, if you have acute pain, a serious injury, or recent surgery in the back, pregnancy or any other unusual condition. Consult your qualified health advisor (hereinafter "Advisor") in case of any questions.
- Do not follow any hereinafter suggested exercises without your Advisor's prior permission.
- Use this product behind your back only, when sitting in vehicles, on airplanes or in any moving environment.
- Align your tailbone with the rear edge of Back Vitalizer and keep both feet on the ground, when sitting on it.
- Start with low inflation – no more than 3/4" in total thickness of an inflated Back Vitalizer, especially when you just begin to sit on your Back Vitalizer. LESS is MORE!
- Do not tilt the seat pan of your chair forward, when sitting on this product.
- Do not tilt your chair forward when sitting on this product.
- Avoid dragging the chair around with the buttocks while sitting on a Back Vitalizer.
- Routinely alternate between sitting on it as a stability seat and leaning against it as a back support multiple times throughout the day, especially in the first 3 months.
- Lift it up slightly to fit the small of your back each time you use it as a lumbar support.
- Back Vitalizer is designed to support body weights up to 350 lbs.
- Keep Back Vitalizer away from any sharp objects, any aggressive or caustic chemicals, or any intense heat source. And do not fill Back Vitalizer with water.
- Adjust the inflation of Back Vitalizer, only at room temperature.

The following actual scale indicates the upper limit of the total thickness of your Back Vitalizer when inflated, in the first three months of your **sitting on** the device.

Please do not exceed this limit unless advised otherwise by your Advisor.



3/4 inch

(Max. Inflation for sitting on)

(Unless advised otherwise by your Advisor)

Three Year 100% Performance Guaranty / Warranty

Perspectis, Inc. ("Perspectis") guarantees and warrants, subject to the conditions set forth below, that should this product be defective due to poor workmanship or materials any time during the specified warranty period, Perspectis will repair or replace the same with the latest model, whatever is fair, without charge for either parts or labor. Shipping charges may apply. The warranty period is THREE years from the date of original purchase at retail.

CONDITIONS

- Registration:** The attached Warranty Registration Form must be submitted to Perspectis within forty five (45) days after the date of original purchase.
- Proof of Date of Purchase:** This warranty applies to the product from the original date of purchase at retail. Therefore, the owner must furnish proof of original purchase, should the Warranty Registration Form not be returned.
- Unauthorized repair, abuse, etc.:** The unit must not have been altered, modified, or repaired. The unit must not have been subject to accident, misuse, abuse, commercial use, rental, or operated contrary to the User Instructions.
- Normal wear and tear:** This warranty does not extend to normal wear and tear and damage caused by misuse or improper care, does not cover regular product maintenance such as cleaning or smoothing out surface, and is valid only within the country where the unit is originally purchased.
- Proper delivery:** The owner must call or email Perspectis for authorization and instructions prior to returning the defective product for warranty inspection. Any unauthorized returns will be refused or shipped back at the owner's expenses. Upon receiving Perspectis' warranty authorization and instructions, the defective unit must be shipped, freight prepaid, to the designated Perspectis facility in either its original package or similar package affording an equal level of protection. The owner must include a note with their name, address and telephone number along with a description of the defect.

EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, PERSPECTIS, INC. EXPRESSLY DISCLAIM ALL OTHER WARRANTIES AND CONDITIONS, EXPRESS OR IMPLIED, AND WHETHER ARISING BY LAW, BY STATUTE, BY COURSE OF DEALING OR USAGE OF TRADE, INCLUDING WITHOUT LIMITATION IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. UNDER NO CIRCUMSTANCE SHALL PERSPECTIS, INC. OR ITS SUPPLIERS, VENDORS OR DISTRIBUTORS BE LIABLE FOR AN AMOUNT GREATER THAN THE ACTUAL PURCHASE PRICE OF THE UNIT OR FOR ANY DIRECT, INDIRECT, SPECIAL, PUNITIVE, INCIDENTAL, EXEMPLARY OR CONSEQUENTIAL DAMAGES, OR ANY DAMAGE WHATSOEVER, RESULTING FROM ANY USE OF THIS PRODUCT, OR ANY OTHER CAUSES, WHETHER BASED ON PRODUCT LIABILITY, OR OTHERWISE, ARISING OUT OF OR IN ANY WAY CONNECTED WITH THE USE OR PERFORMANCE OF THIS PRODUCT, WITH THE INABILITY TO USE THIS PRODUCT, OR WITH THE PROVISION OF OR FAILURE TO MAKE AVAILABLE ANY OF ITS OR THEIR PRODUCTS, GOODS, OR SERVICES, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. AND PERSPECTIS, INC. NEITHER ASSUMES NOR AUTHORIZES ANY REPRESENTATIVE OR OTHER PERSON TO ASSUME FOR IT AN OBLIGATION OR LIABILITY OTHER THAN AS IS EXPRESSLY SET FORTH HEREIN. THIS PRODUCT IS OFFERED TO YOU CONDITIONAL UPON YOUR ACCEPTANCE WITHOUT MODIFICATION OF THE LIMITATIONS SET FORTH ABOVE. TEST AND/OR USE OF THIS PRODUCT IMPLIES ACCEPTANCE OF ALL SUCH LIMITATIONS.

HOW TO EXERCISE... (Suggestions Only)

Balance and rock



1. Sit on your Back Vitalizer in a chair the same way as you normally do, and with the same level of inflation you normally use. Maintain your balance.
2. Gently rock your pelvis forward then back to neutral, backward then back to neutral, and repeat this procedure for 10 to 20 times.



1. Same as point 1 above.
2. Gently rotate your pelvis clockwise, like doing belly dancing, and repeat this procedure for 10 to 20 times.
3. Gently rotate your pelvis counter-clockwise, like doing belly dancing, and repeat this procedure for 10 to 20 times.



1. Same as point 1 above.
2. Gently rock your pelvis towards left then back to neutral, towards right then back to neutral, and repeat this procedure for 10 to 20 times.
3. While you rock towards left, gently lift your left shoulder as high as possible and drop down your right one as low as possible simultaneously, then reverse the motions, and repeat this procedure for 10 to 20 times.

Balance, stretch and hold



1. Same as point 1 above.
2. Place your left hand behind the small of your back and your right hand behind your head. Gently bend your spine/body towards left as much as possible while keeping your pelvis stable and leveled. Hold the position for 3-5 seconds, then slowly return to neutral position. Then reverse your hands' position and bend towards right. Repeat the exercise 5-10 times.



1. Same as point 1 above.
2. Lift your left foot and keep your left leg horizontal. Gently rotate your head/neck clockwise and counter-clockwise 5-10 times. Alternate your foot/leg. Gently rotate your head/neck clockwise and counter-clockwise 5-10 times. Repeat the exercise 4-6 times.



1. Same as point 1 above.
2. Lift your left foot and keep your left leg horizontal. Gently stretch out your hands/arms straight over your head. Slowly bend your upper body forward as much as possible with your hands/arms reaching forward. When the bending stops, keep rotating your arms downwards and backwards as much as possible. Hold for 3-5 seconds, then reverse to neutral position. Alternate foot/leg and repeat the hands/arms and upper-body motion. Repeat this exercise 4-6 times.

QUICK START GUIDE, CARE AND TROUBLE SHOOT

QUICK START GUIDE

1. Open the zipper of the cushion cover.
2. Expose the adjustment air valve. (Fig. 1, below)
3. Rotate the valve cap counter-clockwise to open the valve.
4. Wrap your index finger and thumb around the cap to form an air tunnel to the valve. (Fig. 2)
5. **Lift** the cap up, till your fingers feel the weight of the pillow.
6. Inflate with your mouth, while lifting, to a desired thickness for best support (Fig. 3)
7. Close the valve by rotating the valve cap clockwise firmly. And enjoy the soothing relaxation!

Tips for test and usage:

Start with no more than 3/4" in total thickness of an inflated Back Vitalizer, especially when you just begin to sit on your Back Vitalizer. Then, you are free to experiment with the level of inflation. But please remember: LESS (in inflation) is MORE (in comfort). You may use either side of the device (automobile grade PU leather, and 3D air circulation fabric), or strap it in either direction (horizontal or vertical) (Fig. 4).



Fig. 1



Fig. 2



Fig. 3



Fig. 4

HOW TO CARE

1. Re-adjust the inflation of the device as needed.
2. Clean your Back Vitalizer by wiping it with soft damp cloth when necessary.
3. Do not use any cream, spray, liquid or any other form of leather protector on Back Vitalizer.

HOW TO TROUBLE SHOOT

My Back Vitalizer does not inflate:

Solution: Carefully follow QUICK START GUIDE, especially point #5.

My Back Vitalizer does not deflate:

Solution: rotate the cap on the air valve counter clockwise to open the valve. And then press on your Back Vitalizer to deflate.

My Back Vitalizer is too bulky to travel with:

Solution: empty its inflation completely. Then fold it or roll it to reduce its size to fit in most travel bag. You can leave it flat and pack it like a thin magazine, in your laptop bag.

MUST READ FOR BEST RESULTS ...

Start with low inflation

Back Vitalizer is highly effective in exercising the deep stabilizing muscles in the lumbar area. But 95% of all users have weakness in these muscles. It is therefore essential to work them only gradually. Low inflation allows users to do so. Back Vitalizer should barely lift your buttocks off your seat when you sit on it balanced. If you find the sitting uncomfortable, it is already over-inflated and you should reduce the inflation.

Align your body with your Back Vitalizer

When sitting on a Back Vitalizer, your tailbone should be aligned with its rear edge. To check this, put your hand on the small of your back and drop it down to your seat vertically. Your fingers should touch the rear edge of Back Vitalizer. With this alignment, you will get two benefits simultaneously – the benefits of a stability seat, and those of a posture wedge.

Alternate between positions

In the first three months, **you should alternate between sitting on and leaning against your Back Vitalizer, initially every 15-30 minutes.** Then, gradually prolong the periods during which you sit on it. In about three months, you would be able to sit on it comfortably throughout the day. The alternation allows you to build up the strength of your lower back gradually. In the beginning, it would be like lifting weights in a gym for hours if one tries to sit on a Back Vitalizer for hours non-stop. No one can do it, and no one should do it. Sitting with Back Vitalizer behind your back will allow your back muscles to relax and rest.

Chair setting

Keep your chair pan leveled. Do not tilt your chair forward when sitting on this product.

Personalize your comfort

Generally speaking, you need lower inflation when sitting on your Back Vitalizer versus leaning your back against it; when sitting on it on hard surface versus in soft chair/sofa; and when using it in your car seat versus in an office chair. Remember: **98% of new users tend to over inflate the device.**

When sitting on a Back Vitalizer, lower inflation provides more stability, while higher gives more exercises.

Always go with the comfort of your body. Experiment with various inflation levels to find your best comfort. Reduce inflation as necessary.

Can I sit on Back Vitalizer and lean against the back of my chair?

Answer: NO, because it will distort the proper alignment between the body and Back Vitalizer. Also, it will compromise the proprioceptive benefits provided by Back Vitalizer. With proprioceptive stimulation, sitting **strengthens** the low back; without it, sitting **weakens** the low back. To fully benefit from Back Vitalizer, you should avoid leaning against the back of chairs. If you feel tired after sitting on your Back Vitalizer for a while, you can simply put Back Vitalizer on your back, lean against it and have a soothing rest.

Important Note I: Please do not drag the chair around with your buttocks (as many people do in offices) while sitting on a Back Vitalizer. This may damage your Back Vitalizer.

Important Note II: lift up Back Vitalizer slightly to fit the small of your back each time you use it as a lumbar support. Where you truly need support is your lumbar region.

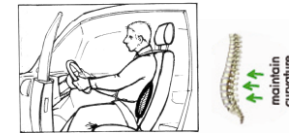
HOW TO ENJOY...

Reduce back pain, relieve strain in the spine, improve sitting posture, strengthen lower back and enhance core stability



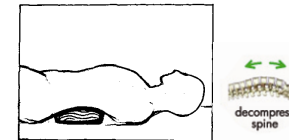
1. Inflate your Back Vitalizer slightly (3/4" or less) and close the valve.
2. Place it flat and centered on your chair with its rear edge 2" away from the back of the chair.
3. Sit gently and centered on Back Vitalizer. Ensure your tailbone aligned with Back Vitalizer's rear edge, both feet on the ground, and your body not touching the back of the chair.
4. There is no need to move or rock. Just sit naturally and let Back Vitalizer do the rest.
5. Make sure you properly control your body balance.

Maintain the natural curvature of your back & prevent back aches and stiffness



1. Adjust inflation and close the valve.
2. Place Back Vitalizer horizontally behind the small of your back (often preferred by men), or vertically behind the lower, middle and upper back (often preferred by women). Sit all the way back with your buttocks touching the back of your seat/chair
3. Enjoy your ride or flight.

Decompress lower spine, improve spinal disc hydration & reduce back pain



1. Adjust inflation and close the valve. Here you may use higher inflation.
2. Place the device flat on bed or solid ground, and gently lie down on it.
3. Make sure you properly control your body balance.

Enhance core stability, improve functional balance, & rehabilitate knees and ankles



1. Adjust inflation and close the valve.
2. Place the device flat on solid ground, and gently put one foot on it first, and then carefully put the other foot on it too.
3. Make sure you properly control your body balance. Hold/grab on to something like a chair, table or wall, if necessary.