



## ONE (1) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- For New Zealand Consumers: We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- For Australian Consumers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Your warranty is subject to the following conditions:

- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

Your warranty does not cover;

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights. This warranty does not apply to accessories supplied with the item. This warranty applies only to the original purchaser and may not be transferred. Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

**Please note:**  
Only the defective product or parts returned to place of purchase will be replaced under this warranty.

### Australia Contact

**Brand Developers Aust Pty Ltd**  
Unit 3, 2 Roussos Place,  
Truganina, VIC 3029, AUSTRALIA  
FAX: +61 3 9681 7825

AUST Customer Care: 1800 890 840

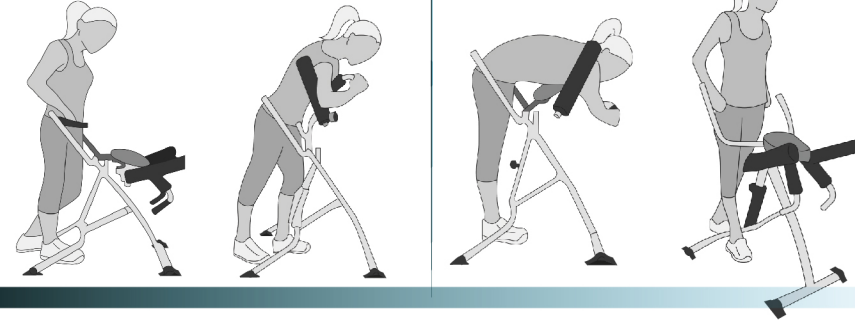
### New Zealand Contact

**Brand Developers Limited**  
Unit H, 686 Rosebank Road,  
Avondale 1026, Auckland, New Zealand  
Private Bag 93204, Parnell, Auckland 1151  
FAX: +64 9 306 8203  
NZ Customer Care: 0800 002 999

# SPINE STRETCH

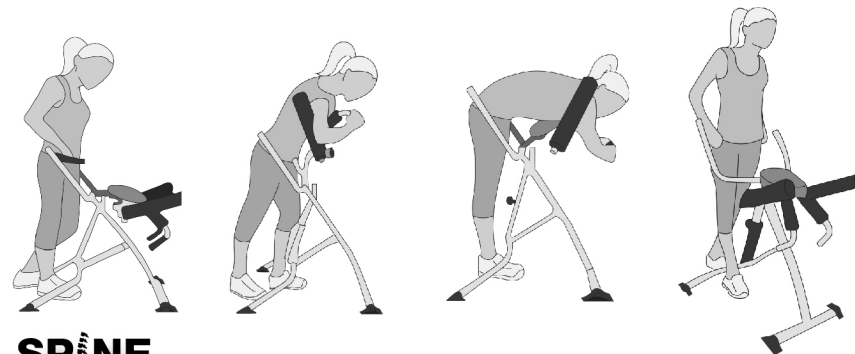
## INSTRUCTIONS FOR USE

- Adjust the height to suit your flexibility level. It is recommended to start with the highest setting and lower the height as your flexibility level increases.
- Adjust the arm supports using part (14) to your shoulder width to provide you with better support when using the Spine Stretch.
- While you are inclined, adjust the nylon strap on either side of the 'Foam Hip Support (10)' to sit comfortably between your waist or hip.



## TIPS FOR USING THE PRODUCT

- IMPORTANT:** Ensure your feet remain firmly flat on the ground at all times when using the Spine Stretch
- Perform 2 or 3 sessions per day.
- Align your feet shoulder width apart with your toes aligned with the top of the Rear Support Bar, as shown in the first image below
- Raise the two support handles and bring the cushion to your chest.
- Put your arms forward in front of the arm support, so that the arm supports are under your armpits with the back of your arms resting on the middle of the arm supports
- With your hands on the two support handles, stretch gently forward without forcing the movement. Keep your knees relaxed. Do not lock your knees to prevent a strong stretch in your hamstrings.



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# SPINE STRETCH

- Do not force the movement or let your back stretch unsupported with your feet off the ground. Your feet must be firmly placed on the ground at all times.
- Stay in your stretch position for 2 to 3 minutes breathing deeply, do it calmly and regularly. Then rise gently without forcing the movement.
- When you have increased your flexibility level, simply decrease the height of the adjustable bar (Part 5) to allow a deeper stretch.

## PRECAUTIONS OF USE

- Keep out of the reach of children.
- If you have/had serious back related issues, it is recommended you consult a doctor before using Spine Stretch.
- Do not use the product if you are pregnant.
- It is recommended to start at the highest setting to allow your back to adapt comfortably to using the Spine Stretch
- You should not feel a strong stretch in your hamstrings or lower back while using the Spine Stretch.
- If you have had surgery in the last 2 months, it is recommended to consult a doctor before using Spine Stretch

## HOW TO STORE THE SPINE STRETCH

- Reverse the orientation of the arms support orienting them towards the ground.
- Remove the locking latch and remove the adjustment tube.
- Fold the appliance.



Anti-Slip Support



Foam hip support



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# SPINE STRETCH

## HOW TO ASSEMBLE

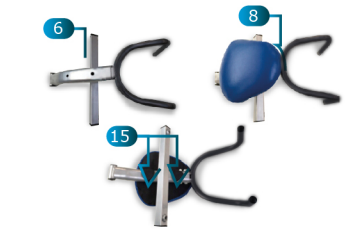
### HIP SUPPORT FRAME ASSEMBLY

1. Join the Front Base (1) with the Hip Support Frame (2) and secure with the four screws located on the back of the Front Base (1) using the supplied allen-key.



### CHEST SUPPORT ASSEMBLY

1. Attach the Support Handle (7) into the Chest Support Frame (6) with the handles facing down – Refer to the drawing below. Mount the Cushion (8) onto the Chest Support Frame (6) by using the 2 x Triangular Screws (15), inserting from beneath the Chest Support Frame (6)

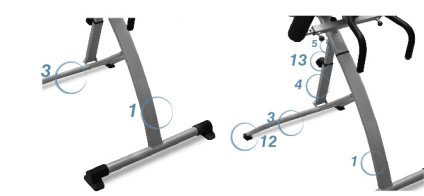


2. Insert the 2 x Arm Supports (9) into each end of the bar beneath the Chest Support Cushion (6) – both the Arm Supports (9) should be facing upwards (refer to image below), attach them using the 2 x Adjustment Pins (14)



### BACK BASE FRAME ASSEMBLY

1. Attach Back Base (3) into the Front Base (1) using the screw, washer and lock-nut that are already attached on the Back Base (3)
2. Insert the Slim Tube of The Adjustable Length (5) into the Adjustable Length Tube (4) and secure it with the Adjustment Screw (13). This will be the height adjustment for the Spine Stretch – you will retract the Adjustment Screw (13) pin to adjust the height, then screw tight to lock in place.



### COMPLETE ASSEMBLY

1. Attach the Chest Support Frame (6) to the Hip Support Frame (2) using the screw, washer and lock-nut that are already pre-assembled on the individual parts and tighten them firmly.



2. Insert the 2 x Support Front Anti-Slip Feet (11) in to either sides of the Front Base (1) and the 2 x Support Anti-Slip Feet (12) onto either sides of the Back Base (3).

3. Attach the Hip Support (10) onto both sides of the Hip Support Frame (2) using the Belt Support attachments located at each end of the Strap (17).



## MACHINE READY

1. Front base
2. Hip support frame
3. Back base
4. Adjustable length tube
5. Slim tube of adjustable length
6. Chest Support Frame
7. Support handles
8. Cushion
9. Arm supports (2 pieces)
10. Hip support
11. Support front anti-slip legs (2 pieces)
12. Support anti-slip legs rear (2 pieces)
13. Adjustment screw
14. Adjustment screw
15. Adjustment screws for chair
16. Accessory for the base of the hip
17. Strap
18. Belt support
19. Screws
20. Tools to assemble the machine.

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