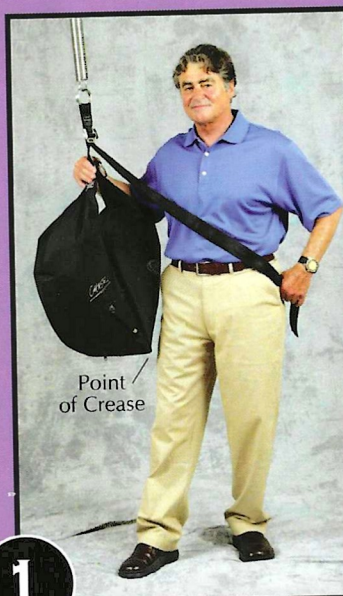
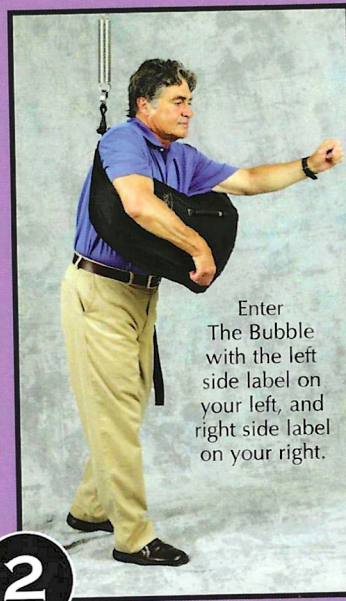


Getting into The Back Bubble *(for the Basic Suspended Upright Positions)*



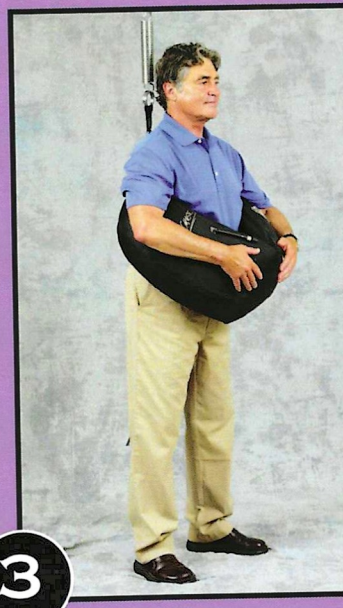
1

Adjust the height of The Bubble so the **point of the crease** is about mid-thigh.



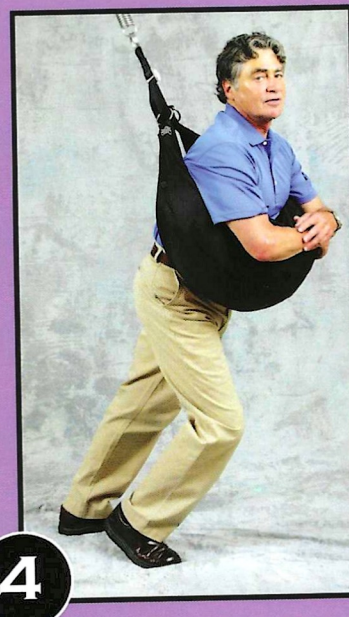
2

Enter The Bubble with the left side label on your left, and right side label on your right.
Head and arms go through The Bubble. Stand with feet shoulder width apart, spring just behind your head.



3

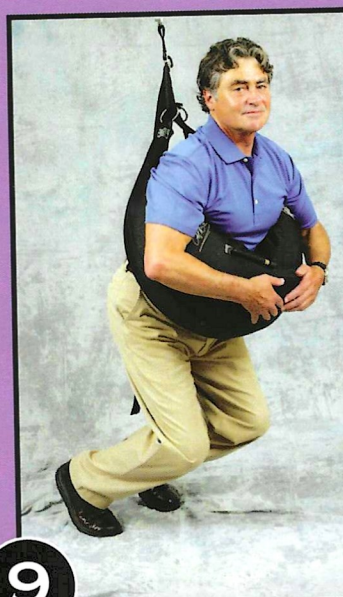
Push Bubble down under your rib cage and center the **crease** on your body.



4

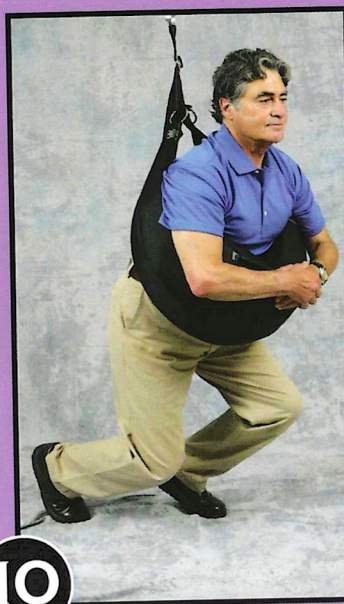
Take one step forward and lean out on The Bubble, or simply lean forward onto The Bubble, like photo #5.

Exiting The Back Bubble *(to slowly load your weight on your spine)*



9

Put feet back behind you, keep your weight on The Bubble and start walking forward with your feet.

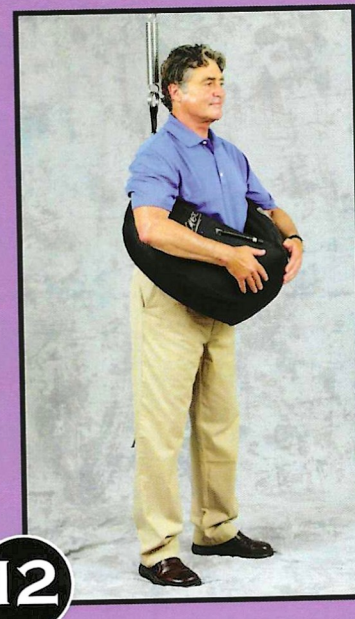


10

Keep your weight on The Bubble as you walk forward.



11



12

Let The Bubble bring you to your feet gradually, to slowly load your weight on your spine.