

Using Your Back Bubble™

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



Adjust the height of the Back Bubble™ so the point of the crease is about mid-thigh.



Head and arms go through the Back Bubble™. Stand with feet shoulder width apart, spring just behind your head.



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



Take one step forward and lean out on the Back Bubble™, or simply lean forward onto the Back Bubble™.

Exiting the Back Bubble™ (to slowly load your weight on your spine)



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



Keep your weight on the Back Bubble™ as you walk forward.



Let the Back Bubble™ bring you to your feet gradually, to slowly load your weight on your spine.