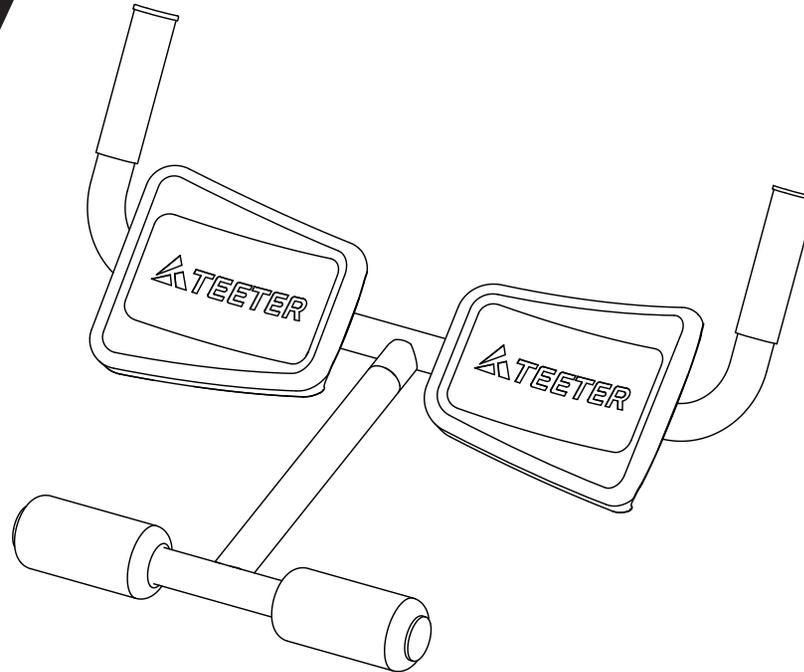




P2™ Back Stretcher

Assembly & Use Instructions



* Specifications may vary from this image and are subject to change without notice.

Congratulations on your purchase of a Teeter® P2™ Back Stretcher! This product has been carefully engineered to apply gentle, user-controlled traction to allow the lower back to decompress, reduce nerve pressure and relax tense muscles.

In order to utilize this product to its fullest extent, it is critical that you review the warnings and carefully follow the assembly and use instructions.



To register your product warranty, go to teeter.com/Support/Warranty-Registration



If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.**

Our dedicated customer service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at teeter.com.

Important Safety Instructions

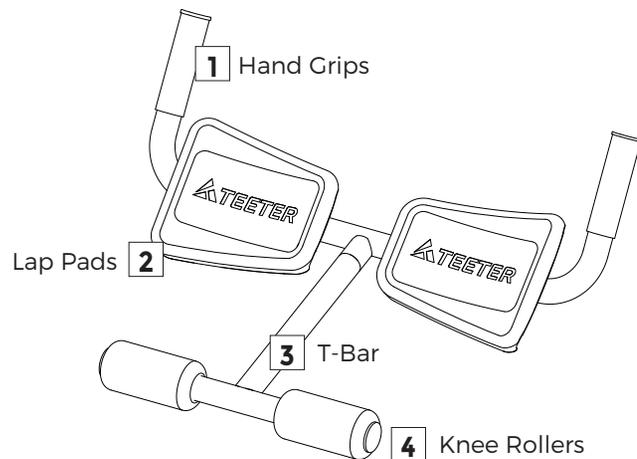
READ ALL INSTRUCTIONS BEFORE USING THE P2

⚠ WARNING

- Read and understand all instructions and inspect the equipment before using the P2. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks if these instructions are not followed, such as tripping, falling, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- As with any new exercise program, consult with your physician prior to using the P2. If you have one or more of the below contraindications, you may still be able to use the P2, however, you must first obtain approval from your licensed physician. The following list of contraindications is not exhaustive, and intended only as a reference.
 - Bone weakness (osteoporosis), recent or unhealed fractures, and skeletal implants
 - Weakness, frailty, mobility issues or instability of the shoulder, wrist, elbow, or hip
 - Dizziness, trouble with coordination
 - Spinal injury, tumor, or conditions impacting the spinal cord
 - Rheumatoid arthritis or medical conditions associated with weight-bearing joints or acutely swollen joints
 - Medullary pins or surgically implanted orthopedic supports
 - Pregnancy
 - Cerebral sclerosis
 - Any other medical condition that may be made more severe through resistance exercise
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other stretching device or non-Teeter attachments while using the P2. ALWAYS use equipment only for intended purpose, as outlined in the instructions.
- **DO NOT** over-stretch. Discontinue use immediately if you experience any worsening pain or if you develop any weakness in your legs.
- To avoid tripping and falling, **ALWAYS** position and use the equipment while sitting or reclining on a level surface.
- **DO NOT** use face down or allow use by children or persons with reduced physical, sensory, or mental capabilities, unless they are given supervision and instruction concerning the use of this tool by a person responsible for their safety.
- **DO NOT** use in any commercial, rental, or institutional settings. This product is intended for indoor, home-use only. **DO NOT** store outdoors.
- **ALWAYS** inspect equipment prior to use, make sure all attachments and fasteners are secure.

Understanding Your P2™

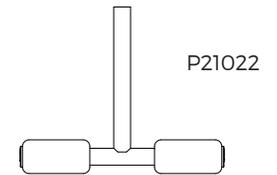
Before reading further, study the diagram to familiarize yourself with the important components of your P2™.



Items for Assembly Items not shown to scale.



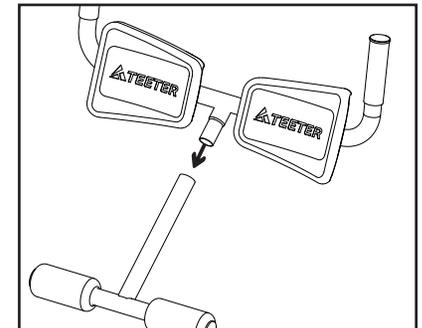
Lap Pad Bar Assembly
pre-assembled Lap Pads



Roller Support T-Bar Assembly
pre-assembled Roller Supports

Assembling the P2

- Align the button located at the base of the Lap Pad Bar with the hole on the base of the T-Bar.
- Depress the button while inserting the Lap Bar into the T-Bar until it fully engages into the hole.
- **DISASSEMBLE:** For storage or travel, reverse the steps above. Depress the button on the Lap Bar while pulling the T-Bar away until it completely disengages.



! WARNING

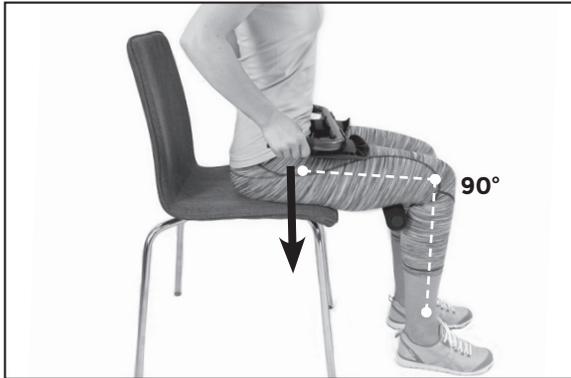
To avoid the risk of tripping and falling, **ALWAYS** position and use the equipment while sitting or reclining on a level surface. **DO NOT** over-stretch. Discontinue use immediately if you experience any worsening pain or if you develop any weakness in your legs.

Choosing your Level of Stretch

Choose from three different positions depending on your level of comfort or mobility, or desired level of stretch:

Level 1: Light Stretch

Use the P2 in a seated position.

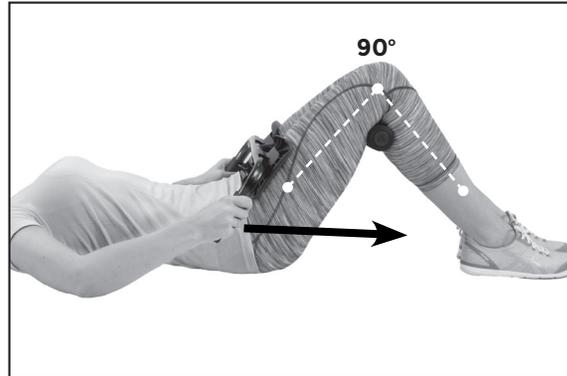


Level 1 Positioning

Sit at the edge of a flat surface (chair, bed, or couch). Ensure that nothing can obstruct your arms from performing the stretch. Knees should be bent in a 90° angle.

Level 2: Moderate Stretch

Use the P2 on a flat surface with feet flat on the floor.

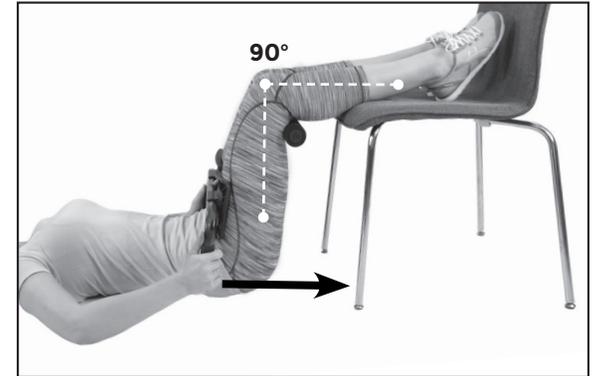


Level 2 Positioning

Lay down on a flat surface (floor, bed, or yoga mat) with feet flat on the floor and knees bent in a 90° angle.

Level 3: Deep Stretch

Use the P2 on a flat surface with legs elevated.



Level 3 Positioning

Lay down on the floor in front of a chair or couch. Lift both feet and prop them onto the elevated surface, scooting your body closer so that your legs and hips create a 90° angle.

Fitting the P2

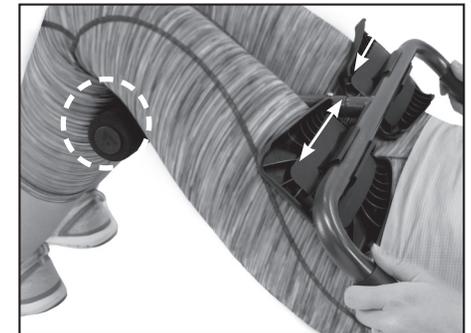
- Position the P2 properly for use: The logos on the Lap Pads should be pointing down, away from the side with the button and logo screen on the Lap Pad Bar.
- Place the P2 on your lap with the Hand Grips on either side of your hips and the top edge of the Lap Pads in the crease of your thighs. You may need to adjust the position of the Lap Pads by sliding them along the Lap Pad Bar for a comfortable fit.
- Widen your legs so that the T-Bar lowers between your knees, then close your legs so the Knee Rollers rest behind your knees.

Stretching with the P2

- Grasp the foam Hand Grips and gently push toward your feet in an effort to straighten your arms down the length of your body.
- Relax the muscles in your lower back, allowing the spine to lengthen and decompress.
- Hold for 5-10 seconds only. Rest and repeat as desired. Remember to breathe normally when you are using this device.
- Upon completion, allow your body to rest on the ground 20-30 seconds before exiting the P2.

Dismounting the P2

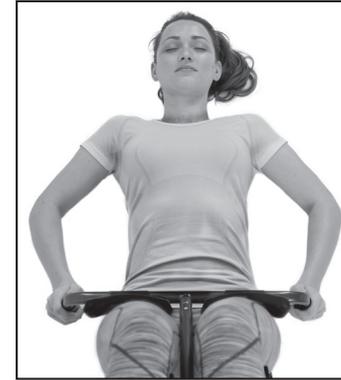
- Carefully disengage your legs one at a time from the Roller Support Bar and slowly stand up. If you're performing the Level 2 or 3 Stretch, carefully roll onto your side and use your arms to help you stand up.



Tips for Use

To ensure the most effective stretch with the least amount of effort:

- Make sure your legs are bent into roughly a 90 degree angle. This will flatten your lower back and allow easier decompression.
- Align the Lap Pads at the uppermost part of your thighs, near the hip joint.
- Align your arms so that your elbows are close to your sides to help direct the force applied straight down.
- Use your shoulders to help add force to your push so that you're not using just arm strength.
- Move around a little and shift the angle of the force to mobilize the hip joint and apply variable pressure.
- Start slowly and only increase the force of traction over time as you feel more comfortable.
- Listen to your body and stop immediately if you feel pain or discomfort. Soreness is an indicator that you may be doing too much, too soon.



Find These Great Products and More at teeter.com!

T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



reNEW™ Muscles Pain Relieving Cream

Deeply penetrates sore and aching muscles on contact. Specially formulated with emu oil, arnica, MSM, and glucosamine.



EP-970™ Inversion Table

The premier Teeter Inversion Table featuring the Deluxe EZ-Reach Handle to reduce the need for bending, Traction Handles to enhance decompression at lesser angles and Stretch Max Handles for added support and stretching options.



Neck Restore Tension Reliever

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

USA: 800-847-0143 or info@teeter.com | **International:** info@teeterintl.com

USA: Teeter
9902 162nd St. Ct. E.
Puyallup, WA 98375
Toll Free: 800-847-0143
Fax: 800-847-0188
teeter.com | info@teeter.com

International: Teeter International, Ltd.
Cor-Ray House
758 Great Cambridge Rd
Enfield- Middlesex EN1 3GN, United Kingdom
teeterintl.com | info@teeterintl.com