

Use face down for 1 cycle and face up for 1 cycle: Lie down with your head at the pad end with the red start buttons. When face down rest forehead on back of hands or turn head one way raising and the other way lowering. Use before or after exercise.

Getting on and off the BackCare Trainer face down

Getting on and off the BackCare Trainer face up



Correct positioning: Lie down with arms stretched over head so that hands and feet are the same distance from the ends of the platform. This centers your body on the BCT when you are face down or face up.



Handheld remote control allows for four set positions and automatic stop/start controls

*Always consult a physician before using any exercise equipment. If, at any time while using the BackCare Trainer, you experience any pain, you must stop immediately. If you have a history of spine or joint problems, are obese or do not exercise regularly it is recommended that you not travel the full range of motion and always stay within your comfort zone. Slow progress or injury may result from incorrect or excessive use. Be aware that most people will need to reverse years of muscle contraction and reduced mobility. Be gentle with yourself and let the BackCare Trainer be an enjoyable and safe process.