

**BACK WAVE TRACTION BENCH
NO. IVO18210**

3 POSITIONS



**RELAX YOUR WAY
TO A HEALTHY BACK**

HEALTH MARK, INC.

WARRANTY

Health Mark, Inc. and the manufacturer warrants to the original purchaser that this product is free from defects in material and workmanship when used for its intended purpose, and under the condition that it has been assembled and operated in accordance with The Health Mark's Owner's Manual. Health Mark's obligation under this warranty is limited to repairing or replacing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse, or commercial application.

From date of purchase, the Back wave frame is warranted to be free from defect for 90 days

PROOF OF PURCHASE IS REQUIRED. For customer service please call

To order replacement parts after 90 days, please contact our customer service department:

Please have the following information ready:

Model #

Part #

Description of part

Date/Place of Purchase

Name/Address/Daytime Phone #

IMPORTANT

DO NOT RETURN THIS PRODUCT TO THE STORE!*

READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING THIS PRODUCT.

RETAIN THIS MANUAL FOR FUTURE REFERENCE

GENERAL PRECAUTIONS

1. Always use this piece of equipment on a clear level and carpeted surface.
2. Adult supervision is required whenever children are near this product
3. Do not stand on this piece of equipment
4. Always exercise caution when using this piece of equipment or any other to prevent injury
5. Inspect this product before each use
6. Read and adhere to all instructions before assembly and during operation.
7. Begin with sessions of 10 to 30 seconds
8. Weight capacity for this machine is 350 LBS.

Perform all stretches in a controlled gentle manner.

Consult your physician prior to beginning any exercise program.

CARE AND MAINTENANCE

- Wipe the padded Bench with a damp soft cloth as necessary to remove dust or sweat (Do not use cleansers or abrasives).
- Wipe the metal frame with a damp soft cloth as necessary to remove dust (Do not use cleansers or abrasives).
- Check Endcaps for proper alignment
- Keep sharp objects away from the Bench in order to prevent damage to the material.

THE BASICS OF A HEALTHY BACK

Each year millions of people visit their doctor complaining of lower back pain which can be attributed to:

- 1) **Poor posture**
- 2) **Excessive body weight**
- 3) **Fatigue**
- 4) **Stress**
- 5) **Improper lifting**

(both of which contribute to an inward curvature of the spine leading to strain)

While treatment can range from surgery to massage, stretching and exercising of the superficial muscles of the erector spinea group, and the deep spinea muscles offer the best long term treatment. These muscles extend along the spine to the sacrum, and work to hold the vertebrae and disks in place, as well as flexing the spine.

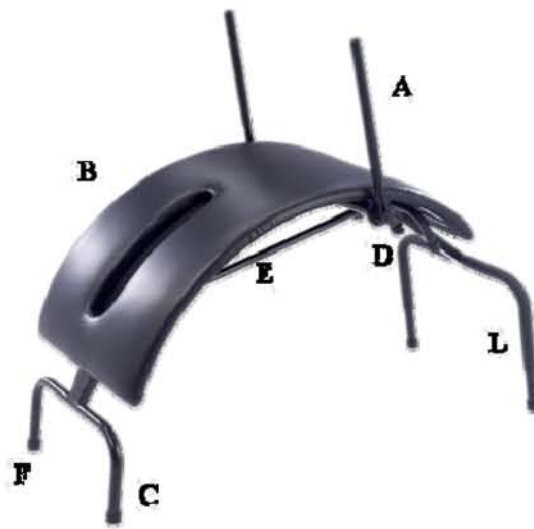
Routine use of *THE BACK WAVE TRACTION BENCH* will:

- 1) **Decrease Spinal Compression:** created by the daily tasks of walking, running, standing and sitting
- 2) **Correct Lumbar Curvature:** distorted by poor posture and/or excessive body weight
- 3) **Relieve Disk and Nerve Root Pressure:** spinal compression causes pinching of associated nerve endings running along the spinal column
- 4) **Relieve Cervical Tensions and Associated Headaches:** pinched nerves due to compression in the cervical area of the spine leads to headaches; decompression and increased blood circulation to the area helps to relieve these headaches
- 5) **Relieve Muscle Spasms:** stretching the spinal muscles will cause the muscles to relax
- 6) **Correct Vertebrae Alignment:** *THE BACK WAVE* uses natural traction via gravity

The *BACK WAVE TRACTION BENCH* is excellent for therapeutic or preventative health maintenance by increasing the strength and flexibility of the back, and reducing the possibility of injury. The *BACK WAVE* will allow you to safely progress from gentle to advanced traction in order to relax the muscles of the shoulders, neck, and back, while increasing your range of motion either for therapeutic or sports related reasons. *THE BACK WAVE* features a deluxe comfort padded bench with a spinal cradle, multi-position handlebars, oversized non-slip end caps, and three positions for traction.

ASSEMBLY

TO ACHIEVE THE FOLLOWING 3 POSITIONS, FOLLOW THE GUIDELINES SET FORTH IN 1 THRU 2-2

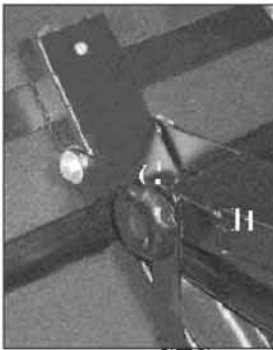


- A. HANDLEBARS
- B. BENCH
- C. REAR PRIMARY SUPPORT LEGS
- D. REAR SECONDARY SUPPORT LEGS
- E. FRAME SUPPORT BEAM
- F. NON-SLIP ENDCAPS
- G. POSITION LOCK KNOB
- H. SECONDARY ANGLE POSITIONING PLATE
- I. HANDLEBAR POSITIONING PLATE
- J. PRIMARY ANGLE POSITIONING PLATE
- K. HANDLEBAR POSITIONING LOCK PIN
- L. FRONT SUPPORT LEGS
- M. HANDLEBAR LOCK KNOB

FIGURE 1

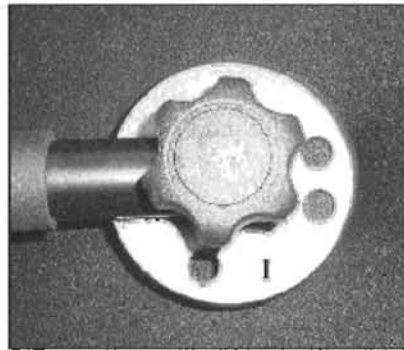
FIGURE 2-1

FIGURE 2-2



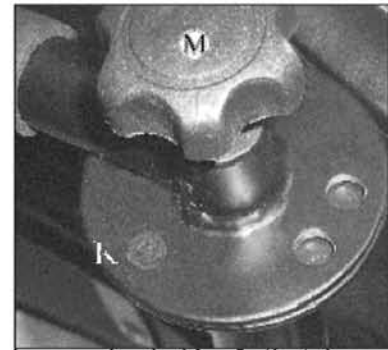
TO LOWER THE FRONT OR REAR SUPPORT LEGS, MOVE LEGS TO THE LOWER POSITION HOLE ON THE SECONDARY ANGLE POSITIONING PLATE(H), AND LOCK

TO EXTEND THE FRONT OR REAR SUPPORT LEGS, MOVE LEGS TO UPPER POSITION HOLE ON THE PRIMARY ANGLE POSITIONING PLATE(J), AND LOCK



THREE POSITION HOLES FOR HANDLEBAR ADJUSTMENT

NOTE: POSITIONING PLATES H AND J ARE LOCATED IN THE SAME POSITION ON OPPOSITE ENDS OF THE BENCH



ONCE YOU HAVE SELECTED YOUR HANDLEBAR POSITION, ENSURE THAT THE POSITIONING HOLE ALIGNS WITH THE LOCK PIN(K), AND THE FLANGES ARE FLUSH. LOCK THE HANDLEBARS IN PLACE

WHEN BEGINNING YOUR TRACTION REGIMEN:

- 1. START WITH SESSIONS OF 10 TO 30 SECONDS AT A TIME**
- 2. PERFORM 2 TO 3 DAILY CYCLES**



GENTLE

NOTE 1: START WITH THE GENTLE POSITION AND PROGRESS TO THE ADVANCED SETTING OVER TIME



INTERMEDIATE

NOTE 2: ALWAYS HOLD ONTO THE HANDLE BARS UNTIL YOU BECOME COMFORTABLE WITH THE APPARATUS



ADVANCED

NOTE 3: AT THE ADVANCED SETTING YOU CAN PLACE YOUR FEET ON THE FOOT BAR, OR BELOW THE BAR FOR A DEEPER STRETCH

IN ADDITION TO GENERAL TRACTION IN THE 3 POSITIONS ON YOUR BACK OR STOMACH, TRY SOME OF THESE ADVANCED EXERCISES IN THE 3 POSITIONS



YOGA RELAXATION POSITION

GENTLE



SIT UP

Method: Assume the illustrated position. Locate a slope on the bench that allows you to stretch enough to thoroughly separate the vertebrae, opening the hips and the shoulders. Relax and observe the expansion of the rib cage and upper back as you breath.

Method: Assume the illustrated position. Raise the feet as to their highest point while shortening the distance between the shoulders and knees by rolling your shoulders forward. Maintaining this position as long as possible, places a constant stress on the abdominals, while also strengthening the thighs and hips. Use the handle bars only for balance, not to support your weight.



SEATED BACK EXTENSION

INTERMEDIATE



SIT UP

Method: Assume the illustrated position. Set the handle bars at a position that allows for maximum stretch. Arch the back and lean back as far as possible. Hold this position as long as you desire, separating the vertebrae, freeing up blood flow channels along the spine and cervical region, opening the rib cage, and gently stretching the ligaments, tendons and muscles of the shoulders and upper back.

Method: Assume the illustrated position. Raise the feet as to their highest point while shortening the distance between the shoulders and knees by rolling your shoulders forward. Maintaining this position as long as possible, places a constant stress on the abdominals, while also strengthening the thighs and hips. Use the handle bars only for balance, not to support your weight.

ADVANCED



SUPERMAN

Method: Assume the illustrated position. Find a functional position on the down slope of the bench. Grip the sides of the bench, arch your back and raise the heels to their highest point. Hold this position as long as you desire opening the rib cage, stressing the abdominals, tightening the glutes and hips, strengthening the arms/shoulders/ hamstrings, and separating the vertebrae.



ALT. ARM/LEG LIFT

Method: Assume the illustrated position. If necessary hold the lower cross bar with the off hand. Raise the opposite arm and leg simultaneously and hold momentarily. Opens the shoulders and strengthens and tones the muscles of the glutes, hips, hamstrings, shoulders, and upper and lower back



**FACE UP SINGLE
LEG LIFT**

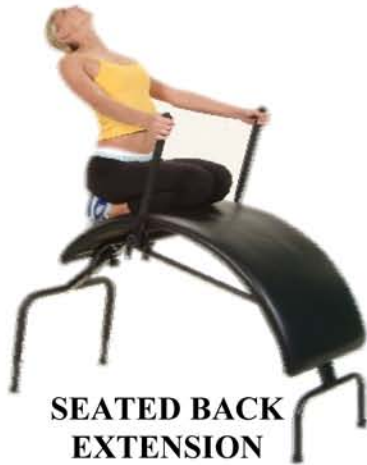
Method: Assume the illustrated position. Find a comfortable position on the bench and place the hands behind the head, with fingers interlocked, to support the neck. Slowly raise and lower each leg alternately. This exercise will separate the vertebrae and open the rib cage while strengthening the muscles of the abdominals, hip flexors, and thighs.



**STANDING EXTENSION
STRETCH**

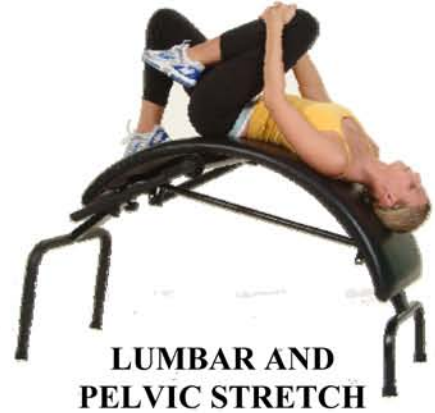
Method: Assume the illustrated position. Position the handle bars to allow for a maximum stretch. First lean into the handle bars stretching the hamstrings of the straight leg and arching the back downward. Next lean back arching the back outward and stretching the folded thigh and the ligaments, tendons and muscles of the shoulders and back.

ADVANCED



**SEATED BACK
EXTENSION**

Method: Assume the illustrated position. Set the handle bars at a position that allows for maximum stretch. Arch the back and lean back as far as possible. Hold this position as long as you desire, separating the vertebrae, freeing up blood flow channels along the spine and cervical region, opening the rib cage, and gently stretching the ligaments, tendons and muscles of the shoulders and upper back.



**LUMBAR AND
PELVIC STRETCH**

Method: Assume the illustrated position. Lie on the slight down slope of the bench. Grab one knee and gently pull your knee to your chest and hold momentarily. This movement stretches the muscles of the glutes and hips.



**FACE DOWN
DOUBLE LEG RAISE**

Method: Assume the illustrated position. Find a functional position on the down slope of the bench. Grip a cross bar of the bench, raise the heels to their highest point. Pause momentarily. This movement tightens the glutes and hips, and strengthens the thighs and lower back



**FACE DOWN
EXTENSION**

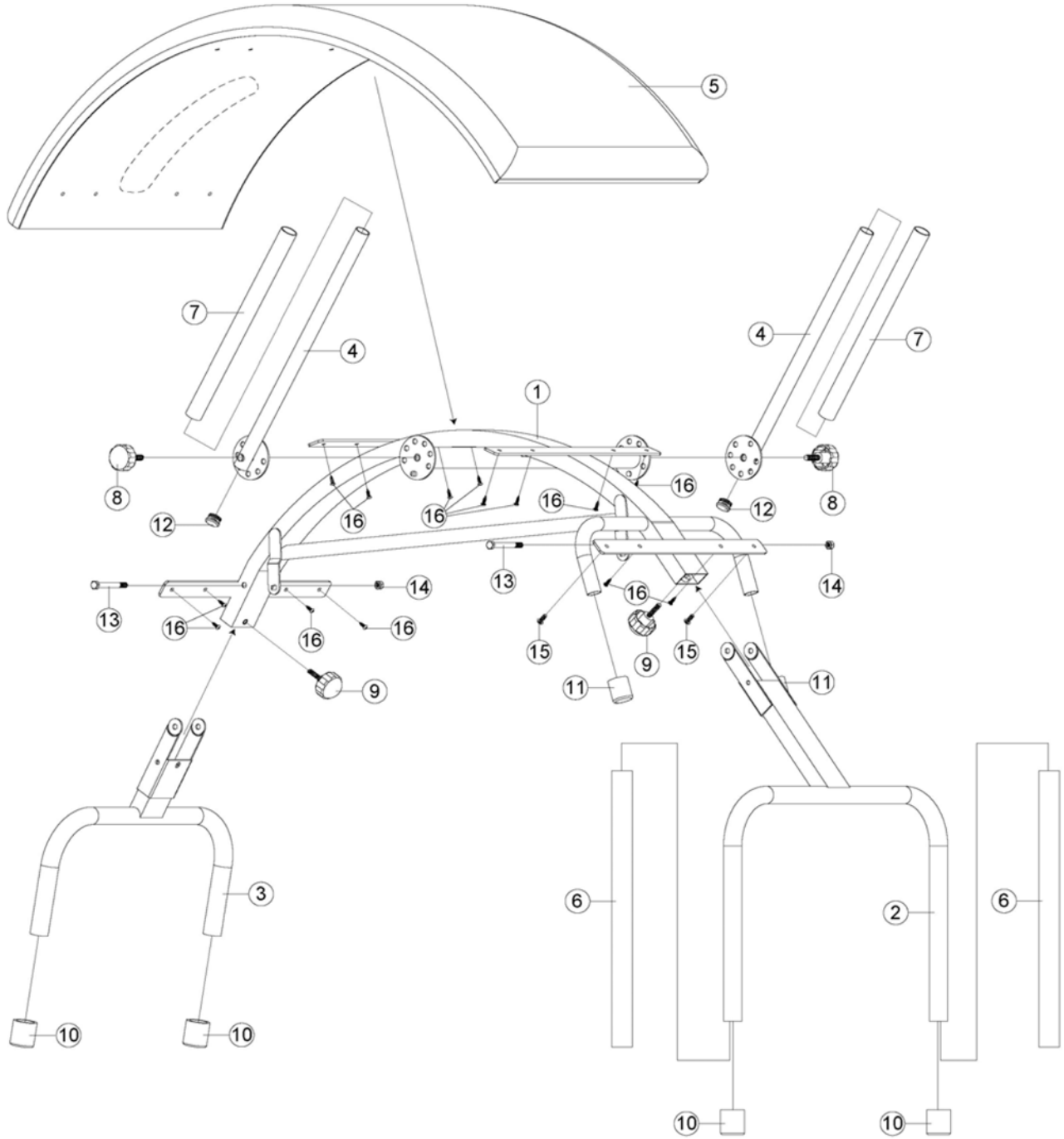
Method: Assume the illustrated position. Relax and allow the vertebrae to separate, allowing increased blood flow along the spine and decompression of the disks.

PARTS LIST

<u>NO.</u>	<u>DESCRIPTION</u>	<u>QTY.</u>
1	MAIN FRAME	1
2	FRONT FOOT	1
3	REAR FOOT	1
4	HANDLE BAR	2
5	PAD	1
6	1-1/4" ID. 500L H.D.R. FOAM PAD	2
7	1" ID. 400L H.D.R. FOAM PAD	2
8	3/8" X 2" LOCK KNOB	2
9	M8 X 15L LOCK KNOB	2
10	1-1/4" END CAP	4
11	1" END CAP	2
12	1" END PLUG	2
13	3/8" X 3-1/8" HEX HEAD BOLT	2
14	3/8" X 8H NYLON NUT	2
15	1/4" X 5/8" ROUND HEAD SCREW	2
16	3/16" X 5/8" TAPING SCREW	14

***NO TOOLS REQUIRED FOR ASSEMBLY**

OVERVIEW



PRODUCT LABELS

The following labels are located on the under carriage of the Traction Bench



LAW LABEL

Under penalty of law this tag not
To be removed except by the consumer

ALL NEW MATERIAL
Consisting of

POLYURETHANE FOAM 100%

REGISTRY NO.

UT-1946 (TW)

Certification is made by
the manufacturer that
the materials in this
article are described in
accordance with law.

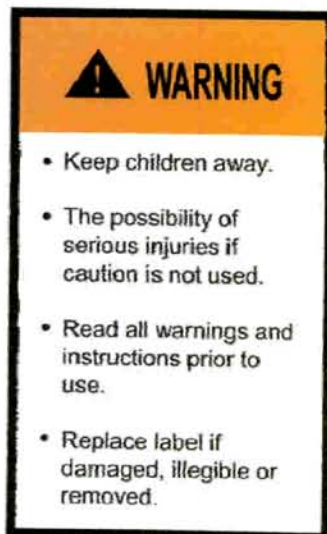
MANUFACTURED BY
HEALTH MARK, INC.
590 BELLEVILLE TURNPIKE
BUILDING 9B
KEARNY, N.J. 07032

NOTICE

THIS ARTICLE DOES
NOT MEET CALIFORNIA
BUREAU OF HOME
FURNISHINGS
FLAMMABILITY
REQUIREMENTS
TECHNICAL BULLETIN
117. CARE SHOULD BE
EXERCISED NEAR OPEN
FLAME OR WITH
BURNING CIGARETTES.

MADE IN TAIWAN

The **WARNING LABEL** is located on the
mainframe near one of the feet.





THE INFORMATION IN THIS MANUAL HAS BEEN ASSIMILATED BY HEALTH MARK SPOKESMAN AND FITNESS EXPERT KEVIN WINCE. FOR MORE INFORMATION ON EXTENSION THERAPY AND TECHNIQUES, PLEASE CONTACT HEALTH MARK INC. OR E-MAIL ME DIRECTLY AT