

# Three Year 100% Performance Guaranty / Warranty Registration Form

**All customers:** Please register **online** at:

**www.BodyRyzm.com**, under "Services" then "**Warranty Registration**", or

Detach this form, print clearly and send it to:

Perspectis, Inc. Attn: Customer Service

1 First Canadian Place, Suite 350, Toronto, Ontario, Canada, M5X 1C1

within forty five (45) days of original purchase to ensure your warranty service.

**Privacy Guaranty:** Your information is used for processing your guarantee/warranty registration and after-sales customer support only. Your information will stay private with us. We will not share your information with any third party.

**Important Notice:** All customers within USA and Canada should call our warranty hotline at 1-855-BodyRyzm (263-9799) **directly** in case of **any** warranty questions or inquiries. Other international customers should contact original retail outlet for warranty questions or inquiries.

Product name: \_\_\_\_\_

Date of purchase: (year)\_\_\_\_\_ (month)\_\_\_\_\_ (day)\_\_\_\_\_

Where you purchased it \_\_\_\_\_

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_ Province/State: \_\_\_\_\_

Country: \_\_\_\_\_ Postal code: \_\_\_\_\_

Tel: \_\_\_\_\_

E mail: \_\_\_\_\_



## BACK VITALIZER™

### User Instructions & Three Year 100% Performance Guaranty / Warranty (must read first)



Customers located in USA and Canada:

Please **DO NOT** contact place of purchase for warranty assistance.

Call toll free 1-855-BodyRyzm for any warranty questions or services.

BodyRyzm LifeScience / Perspectis, Inc.

1 First Canadian Place, Suite 350

Toronto, ON, Canada, M5X 1C1

www.BodyRyzm.com

Toll free: 1-855-BodyRyzm (263-9799), Tel: 1-416-595-1575

Fax: 1-416-595-6438

Email: CustomerService@BodyRyzm.com



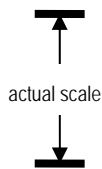
## WARNING



- a. This product is simple but not simplistic. All users must read and understand all instructions in this document before using or testing this product.
- b. Do not jump on this product.
- c. Do not sit or step on this product unless you can properly control your body balance.
- d. Do not use or conduct any exercise with this product, if you have acute pain, a serious injury, recent surgery, pregnancy or any other unusual condition. Consult your licensed and qualified health advisor (hereinafter "Advisor") if you have any questions.
- e. Do not follow any hereinafter suggested exercises without your Advisor's prior permission.
- f. Use this product behind your back only, in a moving environment e.g. vehicles or airplanes.
- g. Align your tailbone with the rear edge of Back Vitalizer, keep both feet on the ground, and the upper body away from the back of the chair, when sitting on it.
- h. Alternate between sitting on and leaning against it, especially in the first 3 months.
- i. Lift it to fit the small of your back each time you lean against it - use it as a lumbar support.
- j. Avoid dragging the chair around with the buttocks while sitting on Back Vitalizer.
- k. Start with low inflation – no more than 3/4" in total thickness of an inflated Back Vitalizer, especially when you just begin to sit on your Back Vitalizer. Less is more!
- l. Do not tilt the seat pan of your chair forward, when sitting on this product.
- m. Do not tilt your chair forward when sitting on this product.
- n. Back Vitalizer is designed for weight loads up to 350 lbs. only.
- o. Keep Back Vitalizer away from any sharp objects, any aggressive or caustic chemicals, or any intense heat source. And do not fill Back Vitalizer with water.
- p. Adjust the inflation of Back Vitalizer, only when it is at room temperature.

The following real life scale indicates the upper limit of the total thickness of your Back Vitalizer when inflated, in the first three months of your **sitting on** the device.

Please do not exceed this limit unless advised otherwise by your Advisor.



**3/4 inch**  
(Max. Inflation for sitting on)  
(Unless advised otherwise by your Advisor)

## Three Year 100% Performance Guaranty / Warranty

Perspectis, Inc. ("Perspectis") guarantees and warrants, subject to the conditions set forth below, that should this product be defective due to poor workmanship or materials any time during the specified warranty period, Perspectis will repair or replace the same with the latest model, whatever is fair, without charge for either parts or labour. Shipping charges may apply. The warranty period is THREE years from the date of original purchase at retail.

### CONDITIONS

1. **Registration:** The attached Warranty Registration Form must be submitted to Perspectis within forty five (45) days after the date of original purchase.
2. **Proof of Date of Purchase:** This warranty applies to the product from the original date of purchase at retail. Therefore, the owner must furnish proof of original purchase, should the Warranty Registration Form not be returned.
3. **Unauthorized repair, abuse, etc.:** The unit must not have been altered, modified, or repaired. The unit must not have been subject to accident, misuse, abuse, commercial use, rental, or operated contrary to the User Instructions.
4. This warranty does not extend to normal wear and tear and damage caused by misuse or improper care, does not cover regular product maintenance such as cleaning or smoothing out surface, and is valid only within the country where the unit is originally purchased.
5. **Proper delivery:** The owner must call or email Perspectis for authorization and instructions prior to returning the defective product for warranty inspection. Any unauthorized returns will be refused or shipped back at the owner's expenses. Upon receiving Perspectis' warranty authorization and instructions, the defective unit must be shipped, freight prepaid, to the designated Perspectis facility in either its original package or similar package affording an equal level of protection. The owner must include a note with their name, address and telephone number along with a description of the defect.

EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, PERSPECTIS, INC. EXPRESSLY DISCLAIM ALL OTHER WARRANTIES AND CONDITIONS, EXPRESS OR IMPLIED, AND WHETHER ARISING BY LAW, BY STATUTE, BY COURSE OF DEALING OR USAGE OF TRADE, INCLUDING WITHOUT LIMITATION IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. UNDER NO CIRCUMSTANCE SHALL PERSPECTIS, INC. OR ITS SUPPLIERS, VENDORS OR DISTRIBUTORS BE LIABLE FOR AN AMOUNT GREATER THAN THE ACTUAL PURCHASE PRICE OF THE UNIT OR FOR ANY DIRECT, INDIRECT, SPECIAL, PUNITIVE, INCIDENTAL, EXEMPLARY OR CONSEQUENTIAL DAMAGES, OR ANY DAMAGE WHATSOEVER, RESULTING FROM ANY USE OF THIS PRODUCT, OR ANY OTHER CAUSES, WHETHER BASED ON PRODUCT LIABILITY, OR OTHERWISE, ARISING OUT OF OR IN ANY WAY CONNECTED WITH THE USE OR PERFORMANCE OF THIS PRODUCT, WITH THE INABILITY TO USE THIS PRODUCT, OR WITH THE PROVISION OF OR FAILURE TO MAKE AVAILABLE ANY OF ITS OR THEIR PRODUCTS, GOODS, OR SERVICES, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. AND PERSPECTIS, INC. NEITHER ASSUMES NOR AUTHORIZES ANY REPRESENTATIVE OR OTHER PERSON TO ASSUME FOR IT AN OBLIGATION OR LIABILITY OTHER THAN AS IS EXPRESSLY SET FORTH HEREIN. THIS PRODUCT IS OFFERED TO YOU CONDITIONAL UPON YOUR ACCEPTANCE WITHOUT MODIFICATION OF THE LIMITATIONS SET FORTH ABOVE. TEST AND/OR USE OF THIS PRODUCT IMPLIES ACCEPTANCE OF ALL SUCH LIMITATIONS.

## HOW TO ADJUST, CARE FOR AND TROUBLESHOOT...

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### How to inflate your Back Vitalizer

1. Hold down the base of the valve with one hand and open up the valve cap with the other.
2. Gently blow a puff into the valve, with your mouth 1-3 inches away from the valve. No need to press your lips on the valve. Just a puff into the open valve from a few inches away will be sufficient. Please start with low inflation when you begin to use your Back Vitalizer. Less is more!
3. Gently and firmly close the valve cap after inflation, and relax and enjoy.

### How to adjust the level of support and exercises provided by Back Vitalizer

You can do so by easily and instantly adjusting the inflation of your Back Vitalizer:

1. Open the valve by holding down the base of the valve with one hand and opening up the valve cap with the other. Gently inflate by blowing with mouth (see above) or deflate by pressing on Back Vitalizer and let air out to achieve your desired level of inflation.
2. Close the valve firmly and enjoy your Back Vitalizer. This adjustment can be done within 30 seconds.

### How to care for your Back Vitalizer

1. **LUBRICATE** rubber ring in valve cap with pure petroleum jelly (Vaseline) monthly.
2. Close the valve **slowly** and **gently** to avoid the possibility of air leak due to cross-threading of the valve.
3. **AVOID forward-tilt of your chair or the seat pan of your chair when sitting on Back Vitalizer.**
4. Re-adjust the inflation of the device once a week as needed.
5. Clean your Back Vitalizer by wiping it with soft cloth and warm water whenever necessary.
6. If your Back Vitalizer has a leatherette surface, you can rest assured that it does not require any maintenance. Do not use any cream, spray, liquid or any other form of leather protector on it.
7. Use cover case (also available for purchase), if desired.
8. Trim with a pair of scissors loose fray at the edges which may appear over time, if necessary.



### How to troubleshoot

#### How to reduce the wrinkles on the surface?

If your Back Vitalizer has a leatherette surface, it provides more comfort and better aesthetics, but wrinkles may appear during usage. The wrinkles do not affect the functions of the device in any way. Simply stretch the surface of your Back Vitalizer with both hands to reduce or eliminate any wrinkle as you desire

#### How to flatten out the internal spacer if it is curled up?

1. Open the valve. Grab the spacer through Back Vitalizer bladder, and smooth it out like a pillow in a case
2. With a little patience and practice, users can normally smooth out the spacer within 1 – 2 minutes.

#### How to prevent the internal spacer from curling up again ...

1. Flatten out your Back Vitalizer underneath your buttocks or behind your back each time you use it.
2. Avoid leaning against the back of the chair when sitting on your Back Vitalizer.
3. **Do not tilt forward your chair or the seat pan of your chair when sitting on Back Vitalizer.**
4. Avoid dragging the chair around with your buttocks when sitting on your Back Vitalizer.

## MUST READ FOR BEST RESULTS ...

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### Start with low inflation

Back Vitalizer is extremely effective in exercising deep stabilizing muscles in the lower lumbar area. But 95% of all adults have weakness in these muscles. It is therefore essential to progress gradually. Low inflation allows users to progress gradually. Back Vitalizer should barely lift your buttocks off your seat when you sit on it balanced. If you find the sitting uncomfortable, it is already over-inflated and you should reduce the inflation.

### Align your body with your Back Vitalizer

When sitting on Back Vitalizer, its rear edge should be aligned with your tailbone. (See picture in previous section.) To check this, put your hand on the small of your back and drop it down to your seat. Your fingers should touch the rear edge of Back Vitalizer. With this alignment, you will get two benefits simultaneously – the pressure-relief and back-strengthening benefits, and the posture-support benefits.

### Alternate between positions

In the first three months, **you should alternate between sitting on and leaning against your Back Vitalizer, initially every 15-30 minutes.** Then, gradually prolong the periods during which you sit on it. In about three months, you will probably be able to sit on it comfortably throughout the day. Alternating the position allows you to build up the strength of your lower back gradually. In the beginning, it would be like to lift weights in a gym for hours if one tries to sit on Back Vitalizer many hours non-stop. No one can do it, and no one should do it. Sitting with Back Vitalizer behind your back will allow your back muscles to relax and rest.

### Personalize your comfort

Generally speaking, you need lower inflation when sitting on your Back Vitalizer versus leaning back against it; when sitting on it on hard surface versus in soft chair/sofa; and when using it in your car seat versus in a stable or less confined environment. Remember: **98% of new users tend to over inflate, in the beginning.**

When sitting or standing on Back Vitalizer, lower inflation provides more stability, and higher inflation allows more motion exercise.

Always go with the comfort of your body. You need to reduce inflation as far as needed, if you are not feeling completely comfortable.

### Can I sit on Back Vitalizer and lean against the back of my chair?

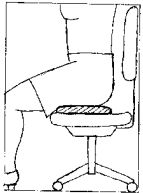
**Answer: NO,** because it will distort the required alignment between the body and Back Vitalizer. Also, it will compromise the proprioceptive benefits provided by Back Vitalizer. With proprioceptive stimulation, sitting **strengthens** low back; without it, sitting **weakens** low back. To fully benefit from Back Vitalizer, you should avoid leaning against the back of chairs. If you feel tired after sitting on your Back Vitalizer for a while, you can simply put Back Vitalizer on your back, sit all the way to the back of your chair, lean against Back Vitalizer and have a soothing break.

**Important Note I:** Back Vitalizer can take up to 350 lbs of body weight. However, its aerodynamic design, by nature, can not take any shearing force. Please do not slide or shift this product. Please avoid dragging the chair around with your buttocks while sitting on Back Vitalizer.

**Important Note II:** lift Back Vitalizer slight to fit the small of your back each time you lean against it - use it as a lumbar support.

## HOW TO ENJOY...

**Reduce** back pain, relieve strain in the spine, prevent forward head posture, improve sitting posture, strengthen lower back and enhance core stability



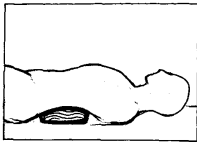
1. Inflate your Back Vitalizer slightly (3/4" or less) and close valve firmly.
2. Place it flat and centered on your chair with its rear edge 2" away from the back of the chair.
3. Sit gently and centered on Back Vitalizer. Ensure your tailbone aligned with Back Vitalizer's rear edge, feet on the ground, and your body not touching the back of the chair.
4. There is no need to move or rock. Just sit naturally and let Back Vitalizer do the rest.
5. Make sure you properly control your body balance.

**Maintain** the natural curvature of your back & prevent back aches and stiffness



1. Adjust inflation and close the valve.
2. Place Back Vitalizer horizontally behind the small of your back (often preferred by men), or vertically behind the lower, middle and upper back (often preferred by women)
3. Sit back and enjoy your ride or flight.

**Decompress** lower spine, improve spinal disc hydration & reduce back pain



1. Adjust inflation and close the valve. Here you may use higher inflation.
2. Place the device flat on bed or solid ground, and gently lie down on it.
3. Make sure you properly control your body balance.

**Enhance** core stability, improve functional balance, & rehabilitate knees and ankles



1. Adjust inflation and close the valve.
2. Place the device flat on solid ground, and gently step one foot on it first, and then carefully step the other foot on it.
3. Make sure you properly control your body balance. Hold/grab on to something like a chair, table or wall, if necessary.

## HOW TO EXERCISE... (Suggestions Only)

**Balance and rock**



1. Sit on your Back Vitalizer in a chair the same way as you normally do, and with the same level of inflation you normally use. Maintain your balance.
2. Gently rock your pelvis forward then back to neutral, backward then back to neutral, and repeat this procedure for 10 to 20 times.



1. Same as point 1 above.
2. Gently rotate your pelvis clockwise and anticlockwise, just like doing belly dancing, and repeat this procedure for 10 to 20 times.



1. Same as point 1 above.
2. Gently rock your pelvis towards left then back to neutral, towards right then back to neutral, and repeat this procedure for 10 to 20 times.
3. While you are rocking, gently lift your left shoulder as high as possible and drop down your right one as low as possible simultaneously without bending your spine, then reverse the motions, and repeat this procedure for 10 to 20 times.

**Balance, stretch and hold**



1. Same as point 1 above.
2. Place you left hand behind the small of your back and your right hand behind you head. Gently bend your spine/body towards left as much as possible while keeping your pelvis stable. Hold the position for 3-5 seconds, then slowly return to neutral position. Then reverse your hands' position and bend towards right. Repeat the exercise 5-10 times.



1. Same as point 1 above.
2. Lift your left foot and keep your left leg horizontal. Gently rotate your head/neck clockwise and anticlockwise 5-10 times. Alternate your foot/leg. Gently rotate your head/neck clockwise and anticlockwise 5-10 times. Repeat the exercise 4-6 times.



1. Same as point 1 above.
2. Lift your left foot and keep your left leg horizontal. Gently stretch out your hands/arms straight over your head. Slowly bend your upper body forward as much as possible with your hands/arms reaching forward. When the bending stops, rotate your arms downwards and backwards as much as possible. Hold for 3-5 seconds, then return to neutral position. Alternate foot/leg and repeat the hands/arms and upper-body motion. Repeat this exercise 4-6 times.