

SQSPC-1 LOGOS I

Multifunctional Pilates Spine Corrector

Spine Corrector Barrel, Yoga Massage Bed Table,
and Balanced Body Manual



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ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!

USER GUIDE

Product Description

- **Multifunctional Pilates Spine Corrector** is suitable for people, sedentary office workers, postpartum physical recovery, poor balance, multifunctional yoga artifact.
- The Multifunctional Pilates Spine Corrector is a great Pilates tool for exercising, strengthening and strengthening the torso, shoulders, back and legs while correcting or restoring the natural curvature of the spine.
- For spinal correction/correction, the front is curved and the back is soft, ideal for ergonomics, weight loss and improved spine.



Features

- High-Density Pilates Massage Bed
- High Quality and Safe EPP Material
- Light Weight and Easy to Use
- Non-Toxic and Tasteless, to Protect Health
- Concave Design on the Bottom Surface, Detachable, Use of Multiple Angles
- S-curve Orthosis Spinal Design Fits Body Parts
- Detachable Design
- Multifunctional Yoga Correcting Spine
- Effectively Improves Bad Shape, Improves Muscular Endurance, Improves Body Shape, Balances Muscle Fatigue and Stability



What's in the Box:

- (1) Multifunctional Pilates Spine Corrector

Technical Specs:

- Construction Materials: EPP, a Kind of Foam
- Weight Capacity: 330 lbs.
- Product Dimensions (L x W x H): 38.2" x 14.6" x 5.9" - 10.2" - inches



Safety & Usage

The **Multifunctional Pilates Spine Corrector** is an innovative piece of equipment that, when used properly, can facilitate many Pilates exercises safely and effectively.

1. Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.
2. Do not allow children to use or be around equipment without adult supervision.
3. The **Multifunctional Pilates Spine Corrector** should be used by only one person at a time.
4. To reduce the risk of injury, use a mat or exercise pad on wood or other hard surfaces.
5. If necessary, wipe any sweat off upholstered surfaces while working out.

Multifunctional Pilates Spine Corrector Workout Guide



Spine Stretching



Scoliosis



Cervical Stretching
(Lean back)



Back Stretching



Pelvic Correction



Pelvic Support

Questions? Comments?

We are here to help!

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