

# SQYW-1 GAIA Yoga Wheel Back Stretcher

12.4" x 4.72" -inches, Sturdy, Safe,  
and Comfortable Back Roller Wheel

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!  
DOWNLOAD THE SQUATZ APP TO START TRAINING!

# SQUATZ

## USER GUIDE

**PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION**

### Features

- Lightweight and Easy to Use
- Non-Flexing ABS Frame
- Durable and Sturdy
- Thick Foam Padding
- Non-Slip Texture Grip
- Sweat Resistant Padding
- Provide Back Support
- Alleviating Upper or Lower Back Pain
- Release the Tension on Back and Shoulders
- Help Improve and Flexibility
- Quality Thick Padded Yoga Exercise Wheel
- Comfortable Cushioned Exterior
- Provides Powerful Weight Support Up to 777 LBS
- Full Weight Without Fear of Slips, Injuries, and Accidents
- Constructed with High-End Durable Plastic

### What's in the Box:

- Yoga Wheel Back Stretcher

### Technical Specs:

- Construction Materials: PP+TRR
- Thickness: 1.57 inch
- Weight Capacity: 2.43 lbs.
- Product Dimensions (L x W x H): 12.5" x 12.5" x 4.7" -in.



**Questions? Comments?**  
We are here to help!  
[contact@squat.com](mailto:contact@squat.com)

### Yoga Wheel Training Method

**1. Massage the Spine:** The Yoga wheel can be adjusted according to the contour of your spine.

You can stretch and extend your spine by moving the Yoga wheel up and down. When you do back bending, find a static center point on the Yoga wheel to support your upper body. This stretching action is especially suitable for sedentary workers. Starting from a sitting position, place the Yoga wheel under the pillar, keep your feet slightly separated, and start gently moving your spine upward to the Yoga wheel. Here, you can slowly try to move back and forth and feel the comprehensive massage of the spine.

**2. Extension and Stretch:** Starting from a sitting position, place the Yoga wheel under the spine, keep your feet slightly separated, move the yoga to the upper part of the spine, extend your hands forward and grasp the Yoga wheel behind your head. It's a great way to stretch and open your shoulders and release your tight head, neck and upper spine. Do a low sprint with a yoga wheel. Put the Yoga wheel on the inner thigh for support, or support the extension of the quadriceps femoris. The butterfly pose of leaning back is a way to gently open the hip, and it is better to use the Yoga wheel to bend back to open the chest. Sit on the mat and touch the soles of your feet with each other. Put the Yoga wheel at the waist and lie gently on the Yoga wheel. Relax your arms on your side with your palms up. The heroic pose of leaning back is a deeper way to open the upper body, bend back and extend to the quadriceps, knees and ankles. The hip part is separated from the knee and is the same width as the hip (close to each other can deepen the posture). Lower the torso, fully contact the Yoga wheel with the spine, and extend the arms over the head.

**3. Strengthen and Tighten:** Putting your lower legs on the Yoga wheel to practice plank pose can exercise your core and upper body at the same time. Do plank pose, bend your legs, put your legs on the Yoga wheel, slowly move the Yoga wheel forward, and then move the Yoga wheel backward to a complete plank pose. Repeat to strengthen and tighten the abdomen, arms and chest. Gluteus maximus and lower body can also have targeted Yoga rounds. Starting from standing, face the Yoga wheel to the inside of the right ankle, and extend and extend the left foot on the Yoga wheel. When the Yoga wheel is away from the ankle, bend the knees and start the hips. This will strengthen the gluteus maximus, quadriceps femoris, calf and ankle muscles.

**4. Establish Balance:** Garland asana is a posture to strengthen stretching. Practicing in yoga wheel can establish strength and balance at the same time. Toe standing is another interesting attempt of Yoga wheel. This pose needs balance and stability. In addition, the use of Yoga wheel needs to coordinate the part of body consciousness, start and strengthen the trunk.

**5. Comprehensively Deepen Practice:** Yoga wheel deepens your yoga practice, can support back bending practice, establish more flexibility and balance, and stretch and strengthen the strength of the whole body. Integrate the Yoga wheel into your favorite yoga poses to further stretch and practice.

## 7 Easy Yoga Wheel Exercises for Beginners



## Q and A

**Q: Can I use the Yoga Wheel Back Stretcher with a bad waist?**

**A:** You can use yoga wheel to assist waist exercise, but take your time step by step.  
Yoga wheel can play an auxiliary role in different postures to protect each joint from injury.

**Q: How much does the Yoga Wheel Back Stretcher can bear?**

**A:** The product bears 150kg (300kg). The inner ring of the product is made of PP, which is high-strength, compression resistant, stable and durable. The outer ring is made of TPE, which has strong tear resistance and resilience.

## Important Safety Precautions

**Please keep this instruction manual in a safe place for future reference**

1. Before assembling and using the training equipment, it is very important to carefully read all the contents of the instruction manual. Only the correct installation, maintenance and use of the training equipment can achieve safe and effective training effect. It is necessary to ensure that users are familiar with all warnings and precautions of the training equipment.
2. Please allow your child to exercise reasonably under the supervision of an adult.
3. Before using the training equipment, users should consult doctors according to their physical conditions to prevent health or safety accidents during training, so that normal training cannot be carried out. If the user is on medication and the treatment affects heart rate, blood pressure and cholesterol, be sure to follow the doctor's advice before training.
4. Pay attention to your physical condition at any time during training. Incorrect or excessive training will be harmful to your health. If you have the following discomfort symptoms (including headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, dizziness and nausea), please stop training immediately and continue training only after the doctor checks and confirms that it is OK.
5. Only regular repair and maintenance of parts that are easy to be damaged, worn and broken can ensure the safe use of the training equipment.
6. Please ensure that the equipment is used in the way specified in the manual. When defective parts are found during assembly and maintenance or noise is emitted during use, stop the operation and use immediately and ensure that all problems are solved before continuing.
7. Before use, move the waist to avoid waist injury.
8. The training equipment is only suitable for exercising waist and abdomen and is not used for other purposes.
9. When using the training equipment, please wear clothes suitable for training and avoid wearing loose clothes. The loose clothes may be stuck by the equipment, hinder the operation, and may be trapped on the equipment and unable to move.
10. Exercise needs to be done step by step. You can start with simple training methods at the beginning of exercise.
11. The training equipment is only suitable for home use.
12. The training equipment is not suitable for medical equipment.
13. Many postures of Yoga wheel can well reflect the principle of backward bending posture, which is a process from rigidity to flexibility, and it is also a posture that can well reflect the physiological and anatomical structure. Yoga wheel practice must be a combination of strength and flexibility, both of which are indispensable.