

SuperFit Therapy™ Family of Self-Care Massage Products

Easy-to-Use!



# The Back King™



Need help?

CALL +1 (732) 455-2555  
TEXT  
EMAIL info@superfittherapy.com

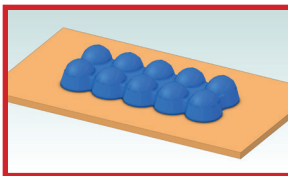
- » Reduce Muscle Tension
- » Improve Posture
- » Increase Mobility

**Quick Tips:** Using tennis balls with The Back King™, you can adjust the height, add an incline, and have it rock. You can even use the bottom side up with the tennis balls for a softer feel. In General: Start with a short session in a low position. You should not experience pain from use afterward; if you do, discontinue use in that area.

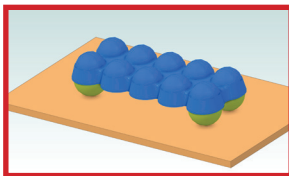
See **Positions** on the opposite side.

**Product BK01-001**

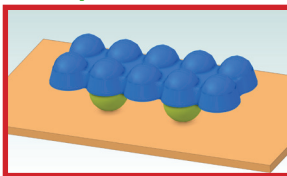
**Flat Positions • Incline Positions • Ball-on-Top Positions • Ball Pocket Positions**



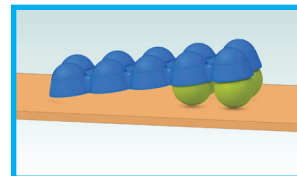
Low firm - for along the spine



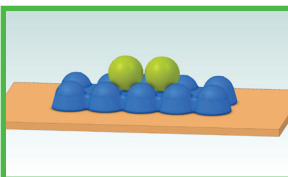
Raised firm - for along the spine



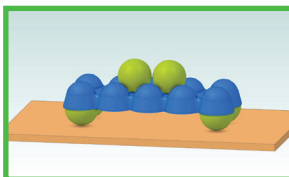
Raised soft - for along the spine



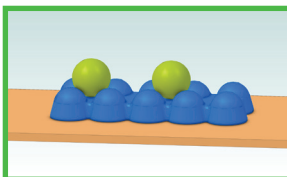
Firm - for the upper back, lower back, and hip



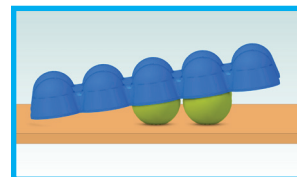
Flat for the neck and along the spine



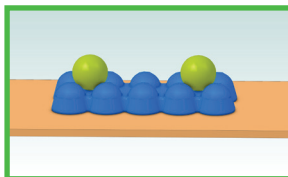
Raised for the neck



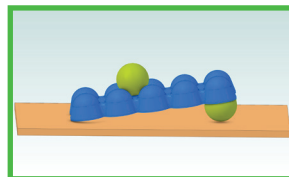
For along the spine wide, glutes/hip (laying face up), psoas and obliques (laying face down)



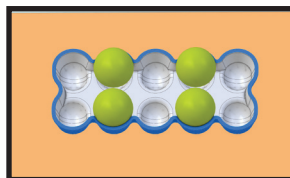
Rocking - for the upper and lower back



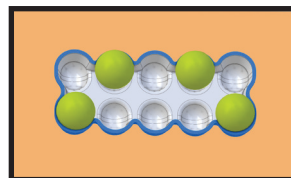
For the glute/hip (laying face up), obliques and psoas (laying face down)



For the low back (one side at a time), glute/hip (laying face up), obliques and psoas (laying face down)



For along the spine and hips



For glutes/hips using in both directions

