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**ACROYOGA SUPPORT
PILLOW USER GUIDE**

THE ACROBACK HAS **GOT YOUR BACK**

PROTECT and SUPPORT your lower back, hamstrings, spine, and hips while L-basing





A Message from The AcroBack Team

THANK YOU for choosing The AcroBack!

The AcroBack is designed for acroyoga bases so that you feel comfortable, protected, and safe while playing.

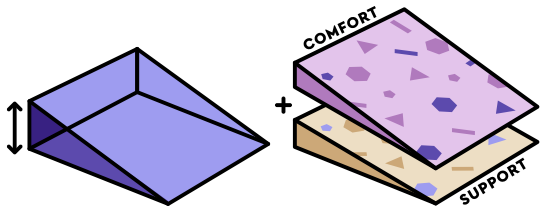


We believe in community.
Each purchase contributes
to The AcroBack Acroyoga
Scholarship.

Read on to learn how to use your new AcroBack
before you take your first flight.

Get the most out of your basing journey.

Features



ERGONOMIC FORM

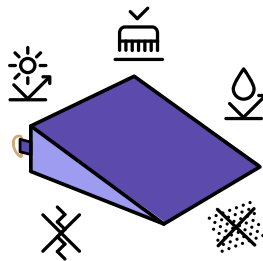
Supports your lower back, hamstrings, spine, and hips at the optimal angle with ergonomic form.

Designed for your body with ergonomics and injury prevention in mind.

DUAL-FOAM CORE

Maximizes your comfort with a high-density supportive layer topped with soft and comfortable padding.


Designed for your protection against intense impact forces while L-basing.





RESISTANT FABRIC

Withstands your sweaty training sessions with the tough outer shell that is water and UV-resistant.


Designed for your world: rugged to use anywhere and functional to use everywhere.

 water, sweat, & stain resistant

 fade resistant

 tear resistant

 mold resistant

 easy care

Strap feature



2 OPTIONS FOR STRAP ATTACHMENT

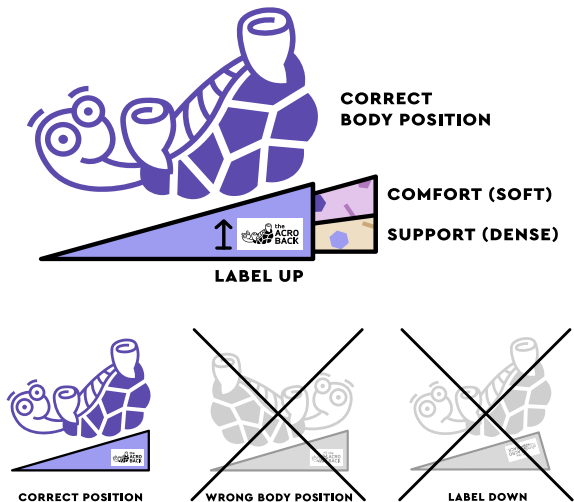
Choose from the two different strap attachment positions for the ideal comfort when both L-basing and when carrying over your shoulder.



MAGNETIC QUICK-RELEASE BUCKLE

Connect and open your acrobac strap quickly and easily with our military grade magnetic metal buckle feature.

Getting started



Place your AcroBack with the **label right-side-up** (yes, this matters for the dual-foam core). This ensures the support layer is on the bottom and the comfort layer is on top.

Gently lower yourself onto your back. **Your hips and sacrum roughly above the upward-facing label.**

You may lay on The AcroBack with clothing or with bare skin. The outer cover is water-resistant, intended to prevent your sweat from entering the inner foam core.

After use, dry out and maintain your AcroBack as directed in [After use and storage.](#)



The AcroBack protects you from hard surfaces by helping to absorb impact forces while L-basing. In addition, we recommend using yoga mats or blankets to cover your play space for added comfort and safety.

Although rare, you may experience initial discomfort when using The AcroBack for the first time as your body adjusts. This will quickly go away as you break in your AcroBack.

Also great for:



yoga



meditation



sitting



massage

After use and storage

Dry out your AcroBack
before storing.

Just leave
The AcroBack
in the sun or a well
ventilated area.

Folding The AcroBack is NOT recommended. This
degenerates the integrity of the inner foam core.

Maintain and clean your AcroBack regularly to preserve
quality, lifespan, and appearance as directed
in [Cleaning](#).



WARNING!

You may experience slipping or sliding
while performing washing machines, pops,
whips, and Icarians on your AcroBack.

Regularly readjust the position of your AcroBack
to align with your back and hips. Be careful not to fall
off your AcroBack while practicing as this could
be dangerous to yourself or your flyer.

Cleaning

Regular maintenance of The AcroBack will make it easier to keep clean. The AcroBack is durable but not indestructible.

DO NOT machine wash the outer cover.

The outer cover is treated with a special finish that helps prevent the accumulation of dirt and small particles.

1. The outer cover resists water penetration to prevent sweat from absorbing into the inner foam core.
2. Remove the outer cover as directed in the [Assembly](#) section.
3. Let the inner foam core dry out in the sun. Spot clean as needed.

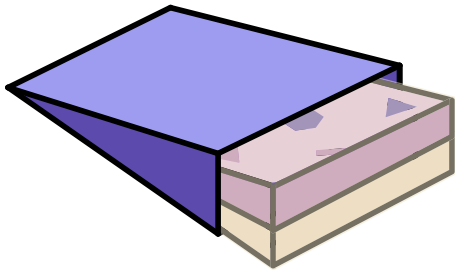
4. Gently brush the outer cover to remove dirt.
5. Remove smaller surface particles by vacuuming, beating, or heavy brushing.
6. Rinse with hot or cold water and soap it up. Rub with a damp soft sponge, fabric cloth, or gentle brush.
7. Let it soak.
8. Rinse thoroughly with fresh water.
9. Repeat as necessary.
10. Completely dry out the outer cover and inner foam core.
11. Put it back together as directed in the [Assembly](#) section.

Assembly

Remove the outer cover for drying and cleaning. It can be a little challenging at first but you'll get the hang of it.

When assembling The AcroBack, **the core must be properly aligned with the upward-facing label.**

The thin, pink layer should be on the top and the dense, yellow layer on the bottom.



TAKE THE COVER OFF:

1. Unzip and open the outer cover.
2. Gently fold the inner foam core and work the cover off.
3. DO NOT remove the inside fabric cover around the foam.

PUT THE COVER ON:

1. Make sure the label and the foam are aligned. The label should be right-side-up. The foam should have the soft, pink layer on the top and the supportive, yellow layer on the bottom.
2. Open the outer cover.
3. Gently fold the foam and slide the cover on.
4. Work the cover on until a snug fit.
5. **Zip up and play!**



QUALITY GUARANTEE

We care about your acro practice. We guarantee that The AcroBack is made to the highest standard and meets your expectations.

If you find any issue with The AcroBack, we will do our best to make it right. That's our quality guarantee to you so that you know **The AcroBack has got your back!**

The AcroBack Acroyoga Scholarship

We want to support you beyond The AcroBack as you move through your acroyoga journey.

We've personally received scholarships to pursue our own passions. **Now, it's our time to give back.**

The AcroBack Acroyoga Scholarship supports those looking to follow their acroyoga dreams.



It provides financial assistance for acroyoga skill-based trainings, teacher trainings, and retreats.

Our goal is to make acroyoga accessible. We truly believe that **the world would be a better place if everyone did acroyoga.**



5% of every AcroBack purchase will be contributed to The AcroBack Acroyoga Scholarship.

Thank you for supporting this awesome cause and being part of our acroyoga community!



Please visit our website for more information about the scholarship and how to apply.



THE ACROBACK AMBACKSADOR

Do you LOVE your AcroBack and want to share it with your community? Are you an acroyoga teacher and would like to use The AcroBack in your classes?

We are looking for acroyoga community leaders, teachers, event organizers, and studio owners. Anyone who shares our passion for protection, safety, and comfort.

Let us know and you could **become an AMBACKADOR today!** This program is designed to help you share The AcroBack with your community and help spread the acro love.



Choose the appropriate program and apply at www.theacroback.com



Who we are and the AcroSpirit mission

The AcroBack is proudly made by AcroSpirit, a small group of like-minded acroyoga enthusiasts based in Bali, Indonesia.

We believe that acroyoga is a tool capable of incredible transformation and personal growth. We love acroyoga and want to share this powerful practice with the world.

Our motto is: 'In Unity We Rise'.

We truly believe that through the practice of acroyoga **we can all rise stronger together.**





The AcroBack is just one of our acroyoga projects. We offer **in-person acroyoga retreats, festivals, and workshops** in Bali, Indonesia. We also produce **The Acroyoga Show YouTube Channel**.

Thank you for helping us achieve our dream and being part of our community. Come play with us!

With love from Brent and The AcroBack team!

Brent Collier