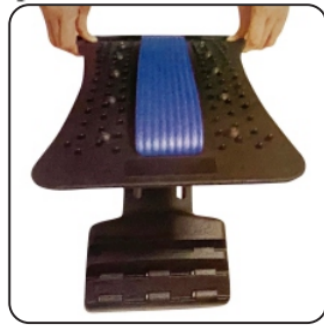


HOW TO USE YOUR POSTURE PAL STRETCHER

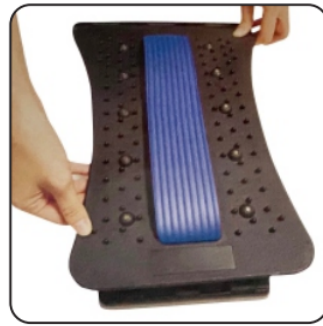
Set Up:



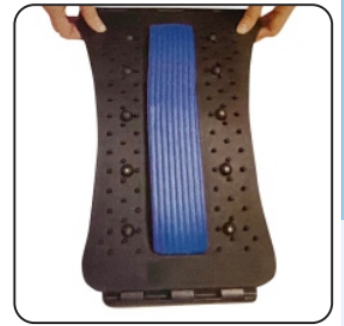
1. Place the base of the board on the floor or yoga mat.



2. Insert the wider side of the board into the side of the base that has just 1 slot.



3. Once the wider side is in the slot, bend the board and fit the other side into 1 of the 3 slots. It will be stiff to start but will loosen up.



4. It now should be ready to use! Start on the first level and move your way up. Reduce levels if back hurts.

Use however feels comfortable:



Lying down



Sitting



Car Use

Feel fresh and invigorated in just 5-10 minutes. Gently stretch your back and relax your muscles - make small movements to activate certain pressure points. *If rubber cushion comes out, insert tip of each end back through the slots in the board.*

Enjoy your new posture!
- The Posture Pal Team

Three different height levels:

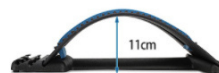
1. LIGHT



2. MODERATE



3. STRONG



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