

Swedish Posture®

THE WORLD LEADER IN
PRODUCTS FOR BETTER POSTURE



THE POWER OF GOOD POSTURE

The world leader in products for better posture, designed and developed in Sweden. Good posture not only helps you maintain a healthy spine and avoid injuries, there is evidence that it also improves your mood!



DESIGNED AND DEVELOPED IN SWEDEN 

Contact:

sales@fitbiz.com.au
www.swedishposture.com.au

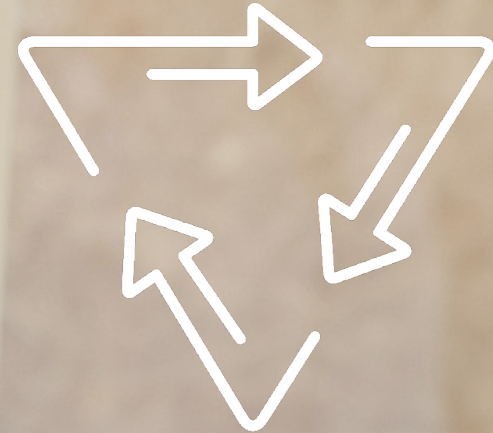


POSTURE

REMINDING FUNCTION

Postural Bio Feedback
Comfortable when being upright & uncomfortable when slouching.

Behavior change
Spend more time in ergonomic correct positions: sitting, walking and standing.



Activated muscles
Activated muscles and a straighter posture leads to less back pain.

POSTURE SPORTS TOP

WORKOUT BRA

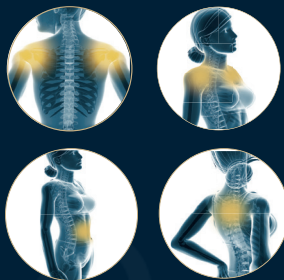


SIZES: XS, S, M, L

MATERIAL 76% Polyamid, 24% Elastane

Posture Sports Top helps you maintain an upright and aligned posture while exercising. Your shoulder gets pulled into a correct position with the adjustable straps.

- Reduces neck and shoulder pain +
- Deepens breath +
- Elegant design +
- Aligns shoulders +
- Engages core muscles +



1-3 hours use



Improves posture



Reminds rather than supports



Only for women



Adjustable in the back before wearing

POSTURE FLEXI

SHOULDER BRACE



SIZES: XS, S-M, M-L, L-XL, XXL

MATERIAL 71% Cotton, 25% Nylon, 4% Elastane

A posture reminder brace that encourages you to straighten up. Wearing Posture Flexi makes it more comfortable and natural to be upright than to slouch.

NOTE! Difference to Posture Classic shoulder brace: Is adjusted in the front with velcro strap. Can be done while wearing.

- Reduces neck and shoulder pain +
- Deepens breath +
- Aligns shoulders +
- Stretches chest +
- Engages the core muscles +



1-3 hours use



Improves posture



Reminds rather than supports



Unisex use



Adjustable in the front before wearing

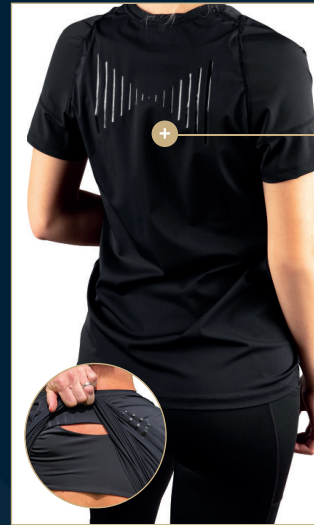
POSTURE REMINDER T-SHIRT

POSTURE CLOTHING



SIZES: XS, S, M, L, XL, XXL

The Posture Reminder T-shirt has Posture Alignment Technology that prevents you from slouching and reminds you to stand up straight by keeping your shoulders aligned. The t-shirt is unique because it's not compression tight, it's loose and comfortable around the waist which makes it esthetic for all bodies and suitable for all occasions.



MATERIAL 77% Nylon, 23% Elastane

- Instant effect on posture +
- Aligns shoulders +
- Stretches the chest +
- Deepens breathing +
- Engages core muscles +



All day use



Improves posture



Reminds rather than supports



Female and Male version

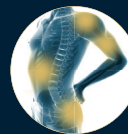
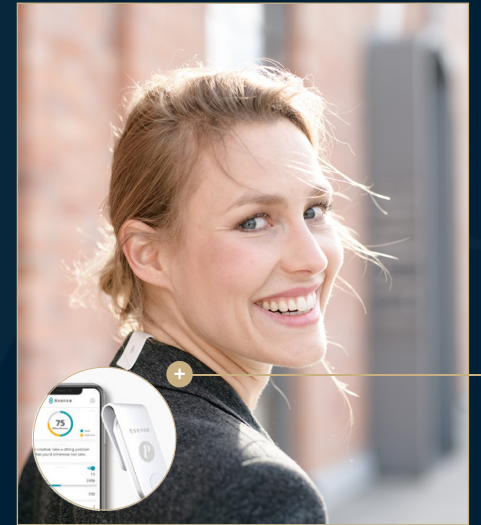
POSTURE ALIGNMENT TECHNOLOGY

Unique posture improvement function



SIZE: ONE SIZE

Posture 8Sense combines knowledge of medical experts with modern sensor technology and unique design. Quantify your office daily routine and track your office fitness in real-time. Get vibration reminders when you hunch over the computer to improve your posture with biofeedback.



Use daily



Unisex use



Improves posture

POSTURE ALIGNMENT TECHNOLOGY

Unique posture improvement function

POSTURE 8 SENSE

DIGITAL VIBRATION - MOVEMENT SENSOR



- Easy synchronisation via Bluetooth +
- Reminding vibration +
- Connected to the 8Sense app in your phone +
- Recommendations in an APP +
- Packed with the latest components and sensors +

POSTURE CLASSIC

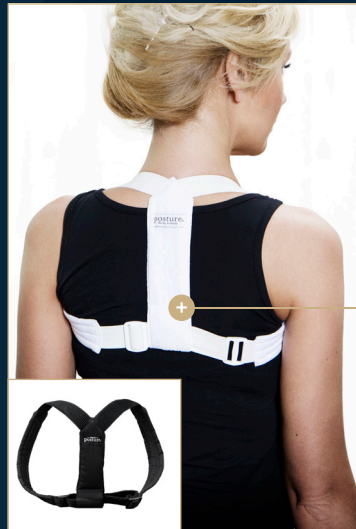
SHOULDER BRACE



SIZES: XS, S-M, M-L, L-XL

A posture reminder brace that encourages you to keep your shoulders back. Wearing Posture Classic makes it more comfortable and natural to be upright than to slouch.

NOTE! Difference to Posture Flexi shoulder brace: Is adjusted in the back before wearing.



MATERIAL 71% Cotton, 25% Nylon, 4% Elastane

Reduces neck and shoulder pain

Deepens breath

Aligns shoulders

Stretches chest

Engages the core muscles



1-3 hours use



Improves posture



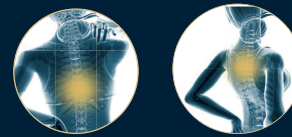
Reminds rather than supports



Unisex use



Adjustable in the back before wearing



Use 5 mins twice a day



Relieves back pain



Stretches chest and back for a better posture



Unisex use



Adjustable 3-levels

POSTURE BACKSTRETCH

ORTHOPEDIC ARCHED STRETCHER



SIZE: ONE SIZE

Posture Back Stretch releases and stretches tension in the back. It provides increased flexibility in the back and improves your posture. Try and experience the difference!

Place it under your back as you lie down or place it behind your back while sitting. You can also use it to support the neck when lying on the floor. Perfect during in situps.



Helps relieve chronic back pain

Improves flexibility

Multi level design: 3 levels stretching arches

Easy installation



POSTURE KIDS

SHOULDER BRACE



SIZES: 6 - 12 YEARS 12 - 16 YEARS

Posture Kids shoulder brace is a great reminder for slouching kids to stand or sit upright. If your child or teen often hunches over digital devices it may result in a bad posture as well as sore shoulders and upper back.



MATERIAL 71% Cotton, 25% Nylon, 4% Elastane

Reduces neck and shoulder pain



Deepens breath



Aligns shoulders



Stretches chest



Engages the core muscles



1-3 hours use



Improves posture



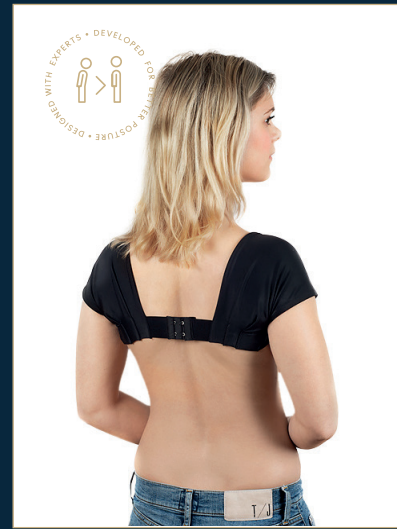
Reminds rather than supports



Unisex use

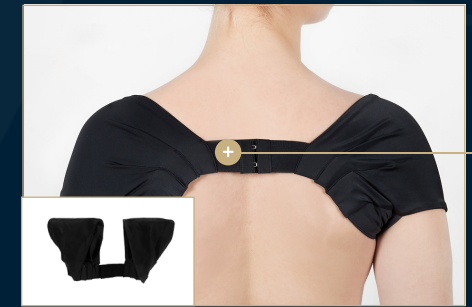


Adjustable in the back before wearing



SIZES: XS, S-M, M-L, L-XL

Posture Feminine - A comfortable and elegant posture improving undergarment for women to be worn daily for a good posture.



MATERIAL 82% Nylon, 18% Elastane

Reduces neck and shoulder pain



Deepens breath



Aligns shoulders



Stretches chest



Engages the core muscles



Pulls shoulders backwards



All day use



Improves posture



Reminds rather than supports



Only for women



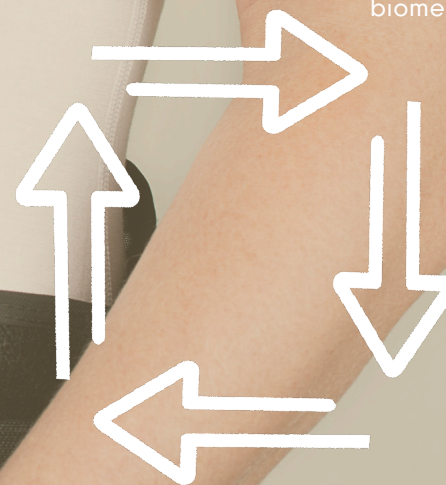
Adjustable in the back before wearing

POSTURE

SUPPORTIVE PAIN RELIEF FUNCTION

Support
Supports your body into
a neutral position

Biomechanical efficiency
Keeps your body properly
aligned and provides
biomechanical efficiency



Pain relief
The support makes muscles
relaxed and increases
blood circulation



POSTURE POSITION

POSTURE SUPPORT VEST



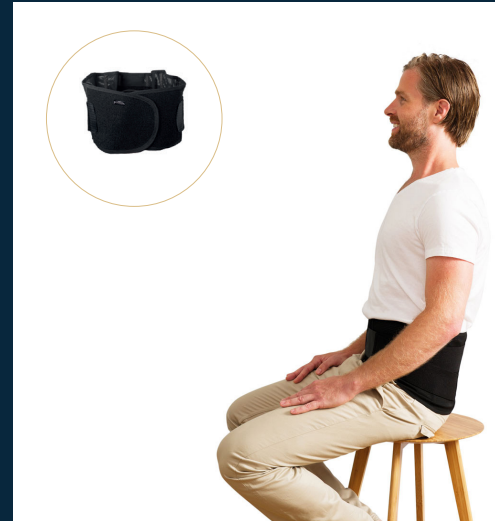
SIZES: XS, S, M, L

Posture Position – a comfortable and effective posture support vest. Posture Position aligns your shoulders for improved posture and supports your back to relieve pain and tension.



MATERIAL 88% Polyester, 12% Elastane

- Adjustable straps around the waist and shoulders +
- Aligns shoulders +
- Straightening up activates your core muscles +
- Supports your lumbar and your back +
- Gives your back pain relief +



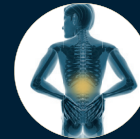
SIZES: S, M, L

Posture Stabilize is a lower back belt that supports your lower back and torso. It relieves back pain and with a removable heat pad it increases circulation in the lower back area.



MATERIAL Sports net, 80% cotton, 20% spandex, velcro, grape seed cushion

- Relieves pain +
- Thermo pad for heating +
- Shapes waist and belly +
- Breathable material without neoprene +



1-3 hours use



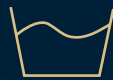
Supports your back to find the correct posture



Gives pain relief for the back



Adjustable with velcro straps



Washable



Unisex use



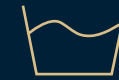
Use daily 1-3 hours



Supports your lower back



Adjustable



Washable



Unisex use

POSTURE INSOLES

POSTURAL SHOE INSOLES



SIZES: S, M, L, XL

Posture Insole supports, stabilizes and shock absorbs your feet, which does wonders for your posture.



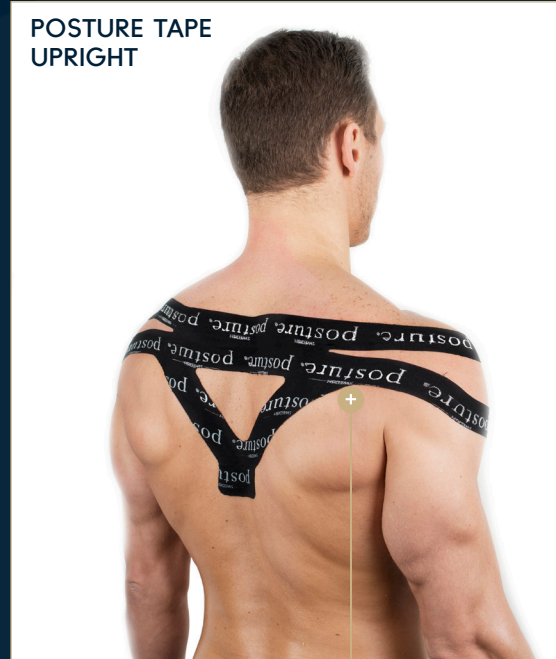
MATERIAL Comfortable, Durable, Non-allergenic Polyurethane

- Improves posture +
- Foot arch support +
- Three quarter length fits +
- Anatomical heel cup +
- Adhesive sticker +
- Heel padding +



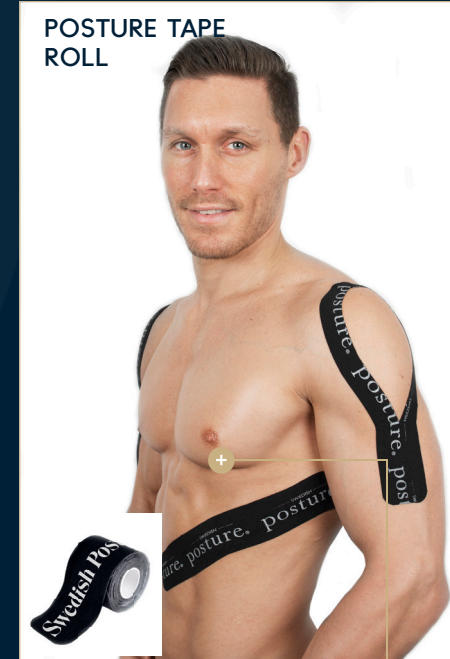
KINESIOLOGY TAPE

POSTURE TAPE UPRIGHT



- Improves posture +
- Re-educating muscles +
- Each package contains 3 pieces +
- Permeable to air and moisture, latex free, hypoallergenic +
- Similar weight, thickness and stretchability as the human skin +

POSTURE TAPE ROLL



- Easy to use +
- For increased blood circulation and pain relief +
- Reduce swelling +
- Enhances the flow of lymphatic fluid +

POSTURE TAPE STAR



- For pain relief in the lower back +
- Each package contains 3 pieces +
- Permeable to air and moisture, latex free, hypoallergenic +
- Gives support +



POSTURE COLD GEL

- Cold gel roll on with aloe vera +
- Pain relief for muscle soreness +

POSTURE ALIGNMENT TECHNOLOGY

ERGONOMICS AND HOME WORKOUT

Boosts endurance and stamina
Cardio activity improves health

Sharpens focus
Exercise improves brain capacity and increases productivity

Enhances mood
Exercise releases endorphins and serotonin, which improves mood



POSTURE BALANCE

CORE TRAINER



SIZE: ONE SIZE

A balance seat that strengthens your core muscles and improves hip mobility during daily activities.

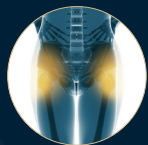
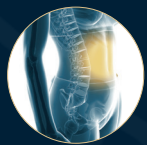


Makes you sit in an ergonomic position.

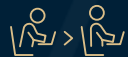
Activates your whole body while sitting down.

Strengthens your core muscles while working.

Improves your hip mobility.



Use daily 15 min-2 hours



Improves your posture by strengthening your core



Place Posture Balance on any seat, chair, or sofa, it's not dependent on the surface



Active sitting makes your body stronger



Tips on exercises are found in the packaging.

POSTURE VERTICAL

ERGONOMIC BACKPACK



SIZES: M, L

Posture Vertical Backpack is the first backpack of it's kind, specifically created to preserve and sustain a good posture. The revolutionary carrying system with a chest crossover design, allows any weight you carry to rest on your sternum, close to the center of gravity, where you are the strongest.



MATERIAL 600D Nylon Water resistant

Perfect for work commute

Gentle on the back

Unique carrying system

Sustains a good posture

Reduces neck-and back pain



VERTICAL CARRYING SYSTEM

VERTICAL CARRYING SYSTEM

Posture Vertical System



USB Charger



Trolley holder



Roll top



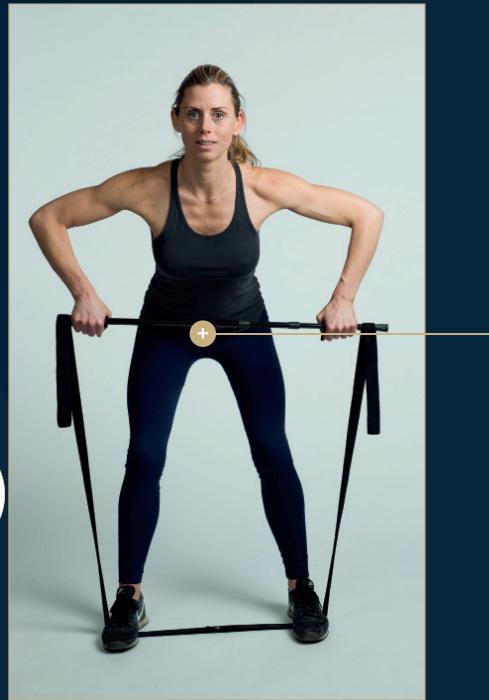
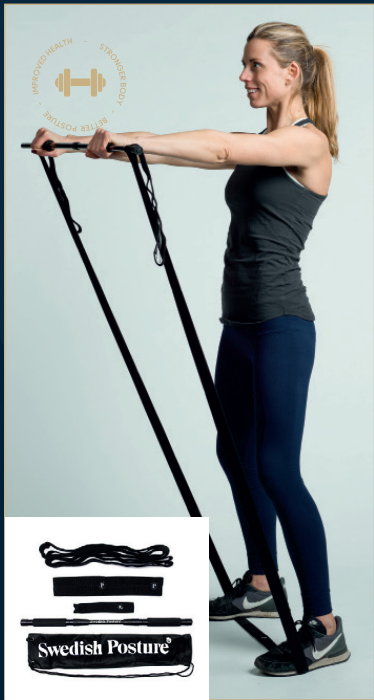
Laptop compartment



Unisex use

POSTURE MINI GYM

A FULL BODY EXERCISE KIT



SIZE: ONE SIZE

Posture Mini Gym is a unique lightweight exercise kit perfect for home workout. 4 products are included for endless exercise variations; Long resistance band, a mini band, a door gadget, a foldable bar + a gym bag.

MATERIAL Bar - Aluminium 6063 (225 g, 50cm/102cm), Elastic bands (240/39 cm) - 100% Polyester

Activates your muscles



Improves health



Stabilizes the weight



Use daily 5-45minutes



Strengthen body and improves posture



Full body workout



Lightweight and easy to travel with



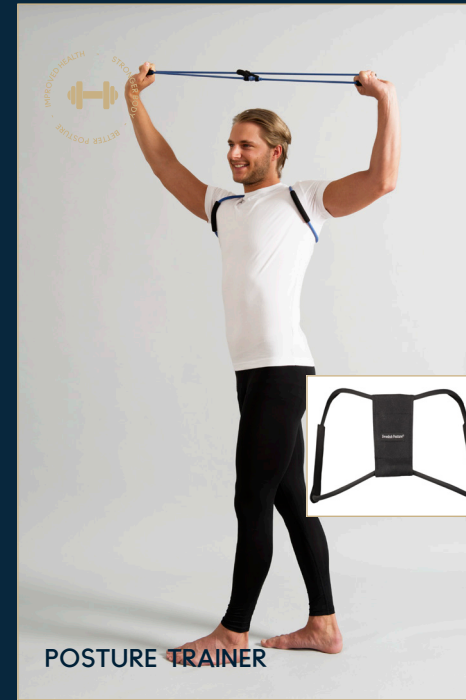
Washable textile and resistance bands



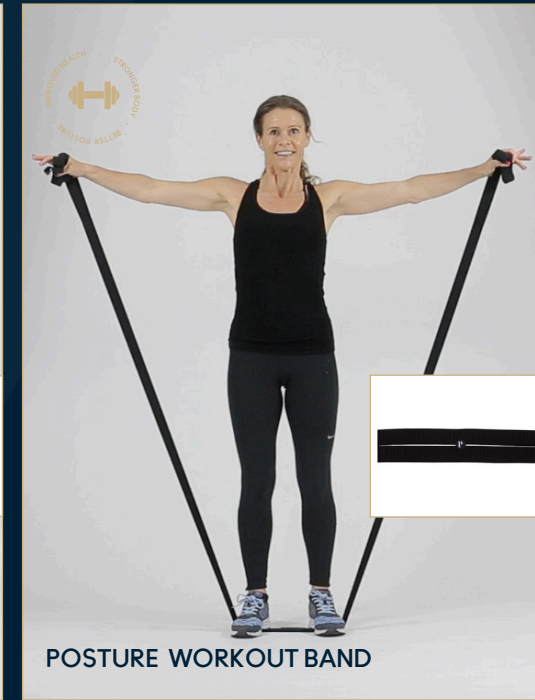
Unisex

WORKOUT PRODUCTS

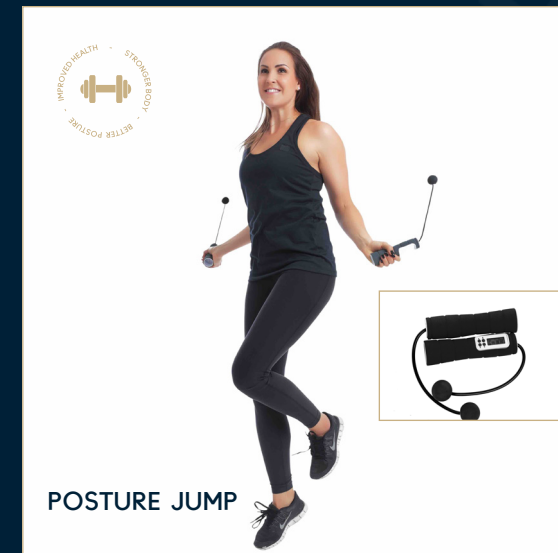
MORE FOR HOME WORKOUT



POSTURE TRAINER



POSTURE WORKOUT BAND



POSTURE JUMP


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sales@fitbiz.com.au

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