

POSTURE CORRECTOR

USAGE GUIDE

STEP 1



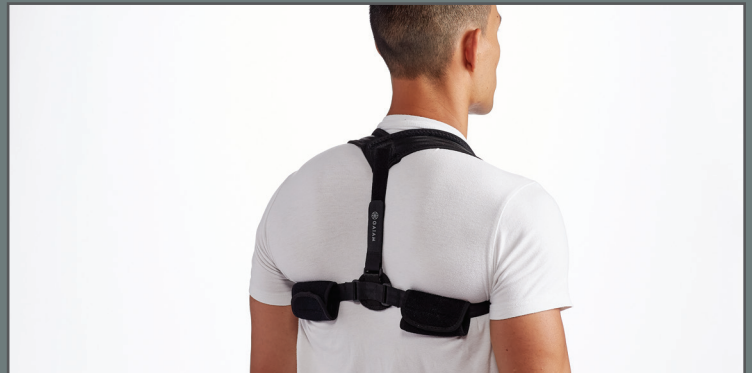
Adjust the Posture Corrector straps to the maximum length, allowing enough room to fit arms through.

STEP 3



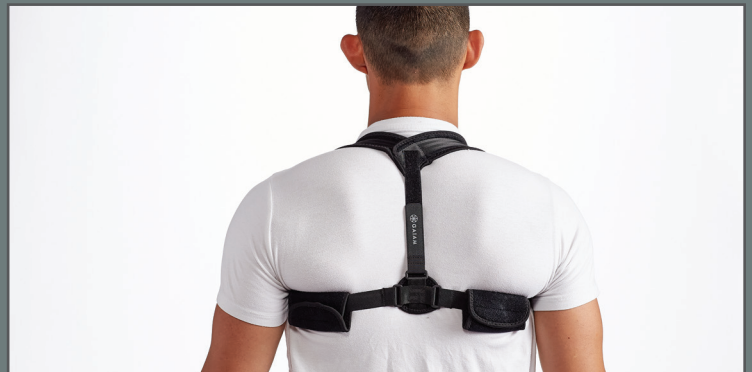
Pull the strap to tighten until you feel enough light tension to maintain your posture. The Posture Corrector should never be so tight that it's uncomfortable or painful to wear.

STEP 2

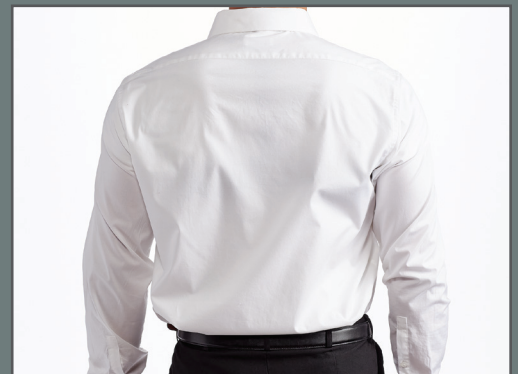
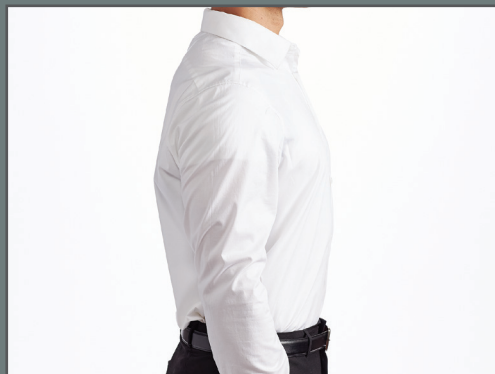
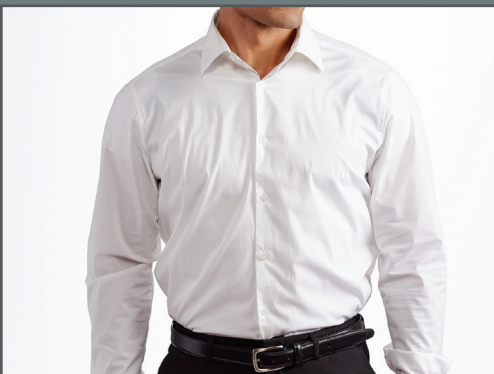


Stand up straight with your best posture. Slip your arms through the loops as though you are putting on a backpack.

STEP 4



Wear your Posture Corrector for 15 minutes the first day. Gradually increase wearing time by 15 minutes each day. Wear it for up to 6 hours per day during activities where good posture is important, like sitting at your computer or driving long distances.



The Posture Corrector is designed to be virtually undetectable when worn under clothing, with no awkward bulging.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program. This product is not intended to cure any medical conditions © & TM 2020 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452. ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM THE ONE SHOWN.