

NEOPRENE POSTURE CORRECTOR

Setup, Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove the Posture Corrector from the box and check for possible shipping damage.
2. Your Posture Corrector is now ready for use.

TIPS

1. Use the Posture Corrector to the best of your ability without strain.
2. Avoid holding your breath while using.

CARE

1. Hand wash Posture Corrector in cold water with mild soap to clean. Dry thoroughly.
2. Avoid exposing Posture Corrector to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
3. Store in a cool, dry place.

NEOPRENE POSTURE CORRECTOR

Setup, Tips and Care & Safety Guide

Please read before setting up or using.

IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
3. Inspect the Posture Corrector before each workout for nicks or tears. If present, do not use.
4. Ensure Posture Corrector is secure under your foot and/or in your hands before beginning each exercise.
5. Avoid looking directly at the strap during exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the program.
9. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

SEE MORE AT WWW.GAIAM.COM

© & TM 2020 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452
MADE IN THE CHINA.