

# TOTAL SUPPORT POSTURE CORRECTOR

## USAGE GUIDE

### STEP 1



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

### STEP 2



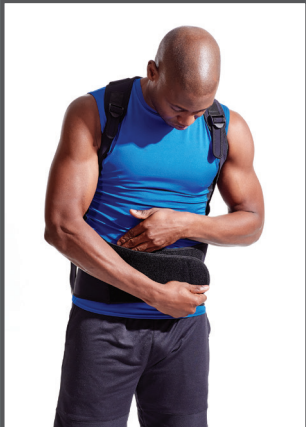
Stand up straight with your best posture. Slip your arms through the loops as though you are putting on a backpack.

### STEP 3



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

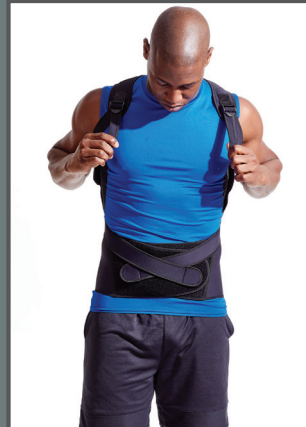
### STEP 4



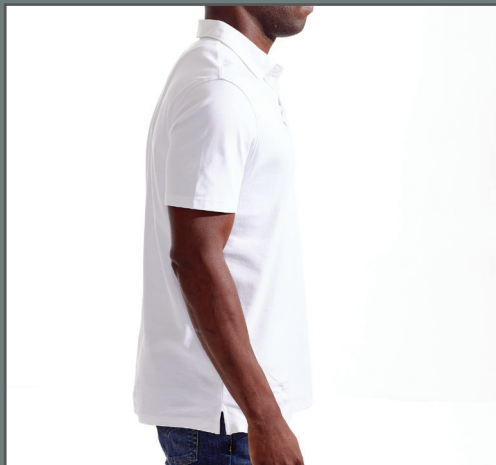
### STEP 5



### STEP 6



Pull, secure and tighten all straps until you feel enough light tension to maintain your posture. Wear your Total Support 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 Total Support Posture Corrector is designed to be virtually undetectable when worn under clothing, with no awkward bulging.