

User description for the Vest level 2

Stand in front of the mirror and look at your profile!

Put on the Vest like a normal backpack. Fasten the chest strap by the chest. Adjust the vest and ensure that the back plate is situated in the center of the back. You can adjust the back plate upwards or downwards by pulling the shoulder straps.

You can shorten or lengthen the shoulder straps and the chest strap by adjusting the straps.

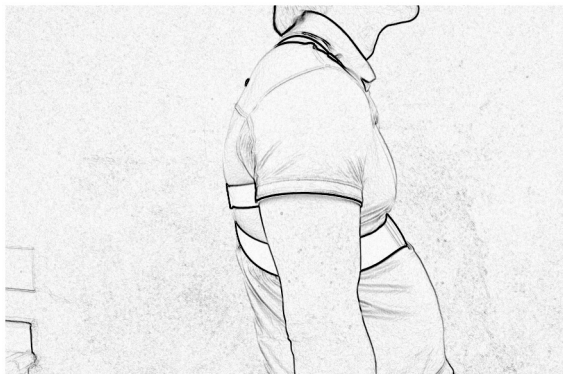
When you finished adjusting the shoulder straps and the chest straps, you will feel a light pressure on your back by the back plate. This will help keeping your posture upright. This is done partially by the shoulders being pulled back while the chest muscles are being stretched, and partially by the support the back plate ensures on your back.

The Vest level 2 can be used for a significantly longer period of time than the Vest level 1. You can use level 2 for several hours at a time.

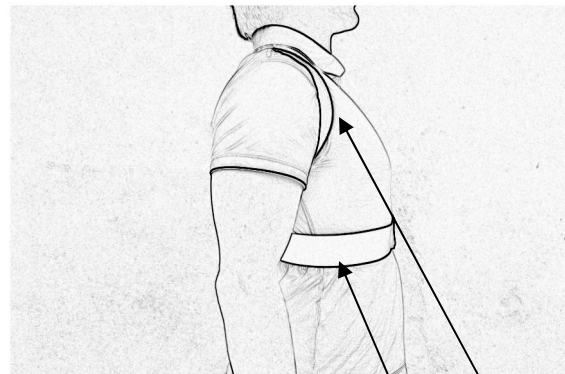
The Vest can be used directly against the skin, but it is more comfortable with thin clothing underneath the Vest. This will also ensure that you do not need to wash the Vest as often.

While the Vest will help you to achieve a good posture, it is preferable to consciously straighten your back during the usage since that will increase the effect of the Vest.

Good luck!



Picture 1 Bad posture



Picture 2 Good posture

Shoulder strap
Chest strap