

User description for the Vest level 3

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

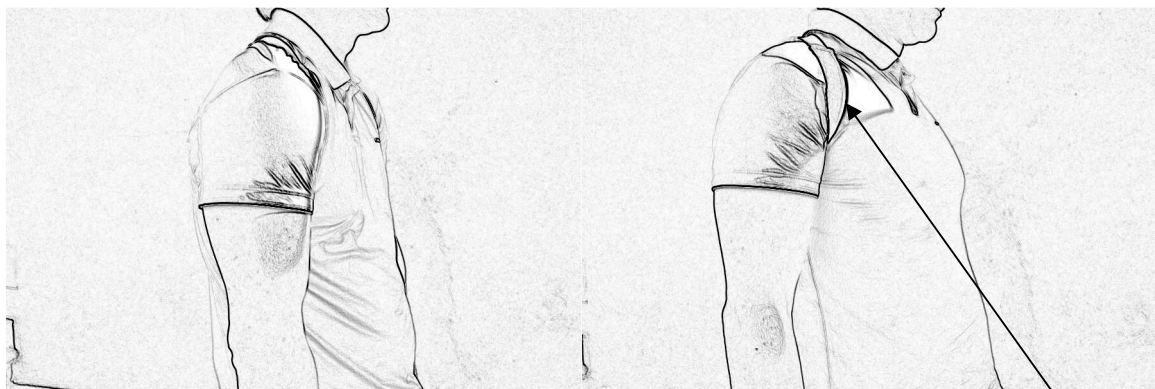
Put on the Vest like a normal backpack. You can shorten or lengthen the shoulder straps and the chest strap by adjusting the straps.

When you finished adjusting the straps, you will feel that your shoulders are being gently pulled back while your chest is being stretched. You should look in the mirror to ensure that the Vest is centered in the back.

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.

You can alternate by using the Vest level 1, 2 and level 3 if you want to work with your posture and breathing further.

Good luck!



Picture 1 Shoulders falling forward

Picture 2 Shoulders in a normal position

Shoulder strap