



4 EASY STEPS TO **PERFECT POSTURE**

CONGRATULATIONS

on your purchase of Soopremium back posture corrector!

We are grateful you have become our customer and are looking forward to your positive experiences in using our product.

Most of the people are unaware of the **importance of great posture and its powerful effects on your well-being, health, productivity and confidence.**

Welcome to the next chapter of your life.

BACK POSTURE CORRECTOR

GRAPHIC INSTRUCTIONS

1

STEP ONE

UNPACK THE POSTURE CORRECTOR AND
ADJUST THE SHOULDER STRAPS TO
APPROPRIATE LENGTH



2

STEP TWO

RAISE THE POSTURE CORRECTOR ABOVE YOUR
HEAD AND LET IT DROP ON YOUR SHOULDERS



3

STEP THREE

SLIGHTLY TILT YOUR SHOULDERS
BACK AND ADJUST THE LENGTH OF
STRAPS TO YOUR DIMENSIONS




4

STEP FOUR

STRETCH YOUR ARMS AHEAD. IF YOU FEEL
HARD RESISTANCE, SLIGHTLY LOOSEN THE
LENGTH OF THE SHOULDER STRAPS



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IN COLLABORATION WITH  freepik.com

THE CHANGE

Your posture has probably been slouched to some extent the majority of your life and this is soon about to change. However, as effective as the posture corrector is, **your back is simply not used to the instantly obtained upright position and you should allow it some time for adjustment.**

Feel free to use the posture corrector as best suits your needs, however we recommend you to **follow the recommended technique for adjustment to the upright posture:**

- Day 1 - 3: 30 minutes once a day
- Day 4 - 7: 30 minutes twice a day
- Week #2: 30 minutes three times a day
- Week #3: 60 minutes twice a day
- Week #4: 2 hours twice a day

Please remember that **consistency is much more important than intensity**, which is why the posture corrector must be used daily to achieve optimal results. It is much better to adjust the use of posture corrector to your needs by decreasing the length of use to as low as 5 minutes, while maintaining the frequency of using twice a day, every day.

Feel free to **print out your progress chart on the page 6** to mark your daily consistency and progress on the way to your perfect posture.

RECOMMENDED ADJUSTMENT PERIOD

DAY 1 - 3

30 MIN DAILY

1

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

1

DAY 4 - 7

30 MIN MORNING
30 MIN EVENING

WEEK #2

30 MIN MORNING +
30 MIN MIDDAY +
30 MIN EVENING

2

3

WEEK #3

60 MIN MORNING +
60 MIN EVENING

WEEK #4

2 HOURS MORNING
2 HOURS EVENING





























4



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WEEKLY POSTURE CORRECTION PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
						
						

• EACH SQUARE REPRESENTS 30 MINUTES