

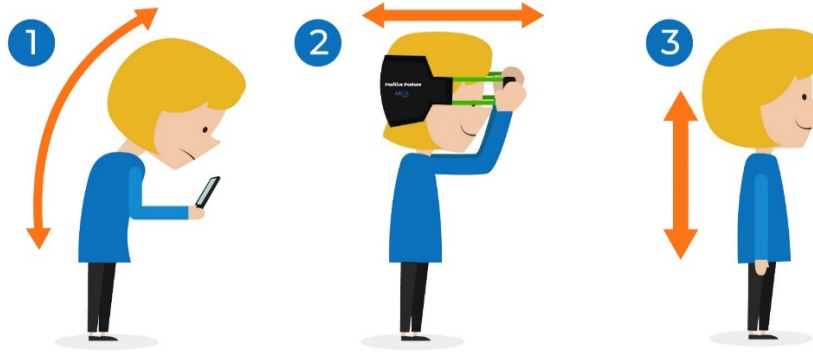
POSITIVE POSTURE



The solution to fix poor posture caused
By: technology use & pandemic posture

"I use the Positive Posture neck strengthener. As a surgeon, I spend a great deal of my time leaning forward over an operating table. Positive Posture was my solution. 2-3 minutes a day a few times a week is all I needed to effectively improve my posture".

Peter Geldner, MD



Slowly pull hands forward – gently pull head backward



Watch “How to Use Positive Posture” video here with QR code

WARNING!

- 1) Tubing contains natural rubber latex which may cause allergic reactions.
- 2) Start out slowly and progress sensibly.
- 3) Do not overexert yourself with this, or any other exercise program.
- 4) Use this equipment **ONLY** for the intended use as described by the manufacturer.
- 5) Have **PLENTY** of clearance space.
- 6) This equipment is **NOT** intended for use by children. Keep all fitness equipment out of the reach of children. This is not a toy.
- 7) The bands have elastic properties. Because the bands have elastic properties, and the Positive Posture neoprene neck support is attached to elastic bands, the band and/or any part of the device may slip out from behind the head, or any body part and can snap towards you upon release. This can and will result in serious injury to your eyes, and/or other body parts, as well as nearby bystanders. Remember: These are giant rubber bands.
- 8) Only perform the exercises as show on illustrated figures contained above.

Neck/Back Exercise suggestions:

A few times a week

12 retractions - repeat 3 times