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› Strack Smart Posture Corrector User Manual

STRACK Strack1

Strack Smart Posture Corrector User Manual

Model: Strack1

1. INTRODUCTION

The Strack Smart Posture Corrector is a wearable device designed to help improve and maintain proper posture. It uses gentle real-time vibrations to provide reminders when slouching occurs, encouraging users to sit or stand upright. This device integrates with a mobile application for posture tracking, management, and personalized training programs. It is suitable for daily use by adults and is compatible with both iOS and Android devices.

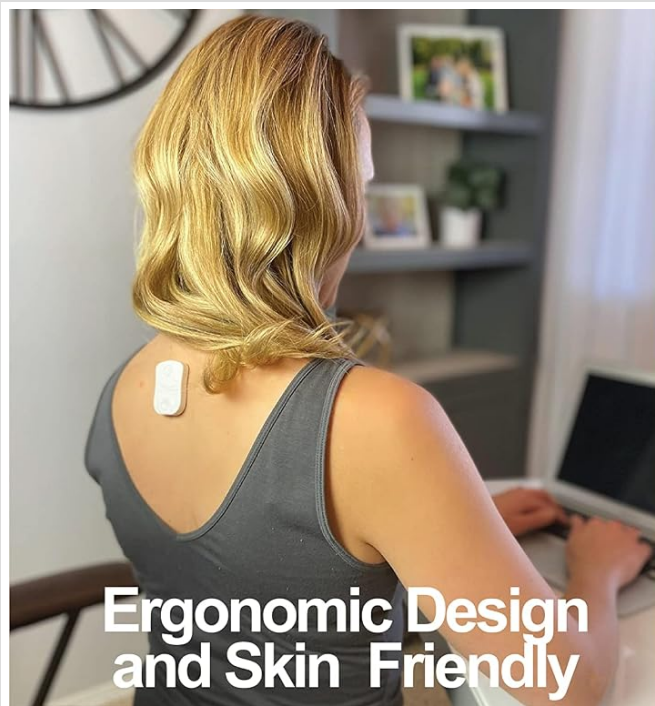
2. SAFETY INFORMATION

- Do not immerse the device in water or expose it to excessive moisture. The device is not waterproof.
- Keep the device away from extreme temperatures.
- Do not attempt to open or repair the device yourself. Refer to authorized service personnel.
- If you experience any discomfort or skin irritation, discontinue use and consult a healthcare professional.
- Keep out of reach of children.

3. PACKAGE CONTENTS

Please verify that all items are present in your package:

- Strack Smart Posture Corrector device
- USB Charging Cable
- Reusable Magnetic Clasp
- Adhesive Patches (for alternative wearing)
- User Manual (this document)



Magnetic Clasp



Smart Application Tracking



4-5 Day Battery Life

Image: Strack device components, including the corrector, magnetic clasp, and adhesive patches.

4. SETUP

4.1 Charging the Device

Before first use, fully charge your Strack device. Connect the provided USB charging cable to the device and a compatible USB power source. The device will indicate when charging is complete.

4.2 Downloading the App

Download the 'My Strack' application from your smartphone's app store (available for iOS and Android). Search for "My Strack" and install the official application.

4.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 'My Strack' app and follow the on-screen instructions to create an account or log in.

3. Turn on your Strack device. The app will guide you through the pairing process.

4.4 Wearing the Device

The Strack device can be worn using either the magnetic clasp or adhesive patches, depending on your clothing and preference.

- **Using the Magnetic Clasp:** Place the device on your upper back, directly on your skin or over a thin layer of clothing. Secure it with the magnetic clasp from the outside of your clothing. This method is recommended for tighter clothing.
- **Using Adhesive Patches:** Attach an adhesive patch to the back of the device. Remove the backing and press the device firmly onto your upper back. This method is suitable for looser clothing. The magnet clasps are reusable.

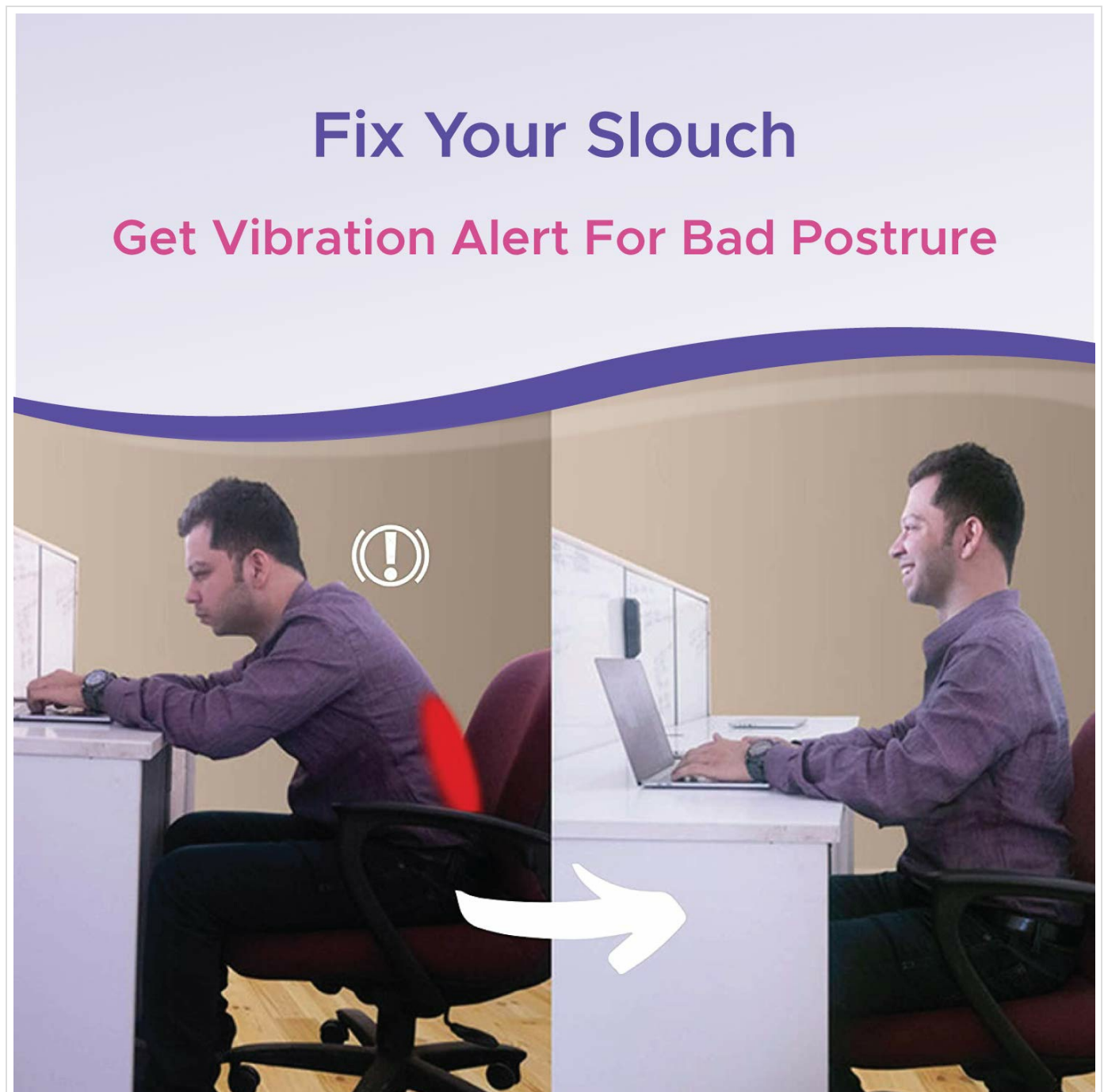


Image: A person wearing the Strack Smart Posture Corrector on their upper back, demonstrating placement.

4.5 Calibration

Once the device is worn, open the 'My Strack' app and follow the calibration instructions. This step is crucial for the device to learn your correct posture and accurately detect slouching. The app allows you to adjust sensitivity and other settings.

5. OPERATING INSTRUCTIONS

5.1 Posture Correction

The Strack device uses gentle vibrations to remind you to correct your posture. When the device detects that you are slouching beyond your calibrated upright position for a set duration, it will vibrate. Simply adjust your posture to an upright position, and the vibration will cease.

5.2 Daily Use

The device is designed for daily wear. Incorporate it into your routine while working, studying, or engaging in other activities where posture awareness is beneficial. Consistent use helps in developing better posture habits over time.

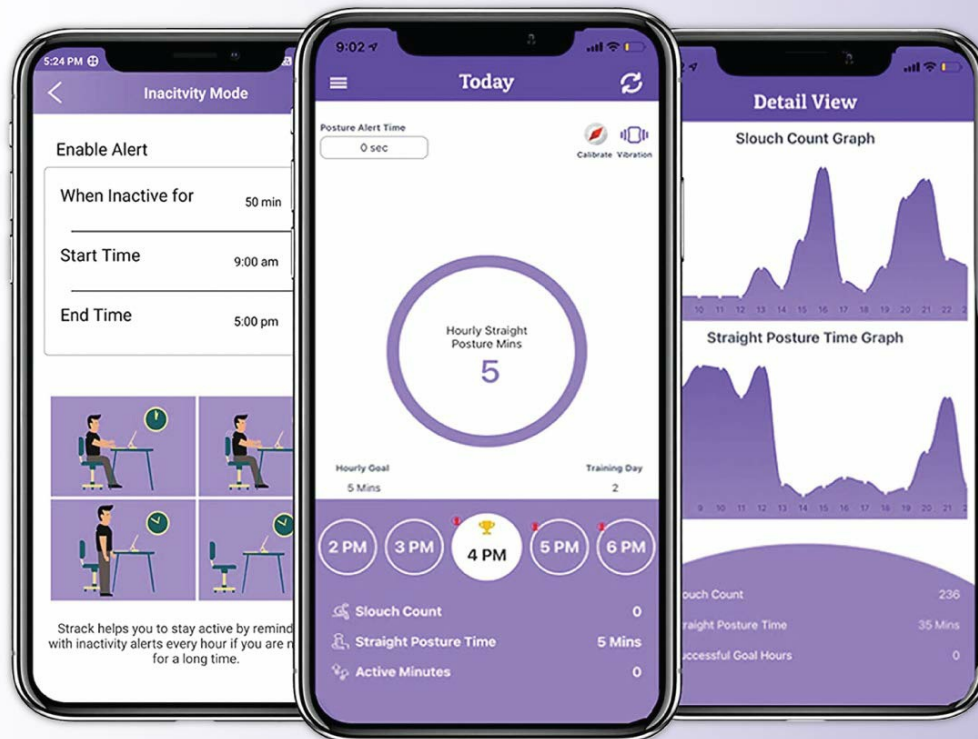


Image: The Strack Smart Posture Corrector worn on a person's upper back, illustrating its discreet design.

6. APP FEATURES

The 'My Strack' app provides comprehensive tools for posture management:

- **Posture Tracking:** Monitor your posture habits throughout the day.
- **Customizable Settings:** Adjust sensitivity, training time, and vibration intensity to suit your preferences.
- **Training Programs:** Access a built-in 30-day training program with personalized goals to strengthen core muscles and improve back health.
- **Progress Monitoring:** View daily, weekly, and monthly graphs of your posture data, including slouch count, active time, and time spent in correct posture.



Free Mobile App for Tracking & Training

Application available on

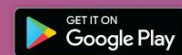


Image: Screenshot of the Strack app interface displaying posture tracking data and progress.

7. MAINTENANCE

7.1 Cleaning

Wipe the device with a soft, dry cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the device is completely dry before charging or storing.

7.2 Storage

Store the Strack device in a cool, dry place away from direct sunlight and extreme temperatures. When not in use for extended periods, ensure the device is charged periodically to maintain battery health.

7.3 Battery Care

To prolong battery life, avoid fully discharging the device frequently. Charge the device regularly, especially if it has not been used for a long time.

8. TROUBLESHOOTING

- **Device not vibrating:** Check if the device is charged. Ensure it is properly calibrated in the app and that the vibration intensity is not set to zero. Verify Bluetooth connection.
- **App not connecting to device:** Ensure Bluetooth is on and the device is powered on and within range. Try restarting both the device and the app.
- **Inaccurate posture detection:** Recalibrate the device through the app. Ensure the device is securely and correctly positioned on your back.
- **App server errors:** If you encounter server errors, ensure your internet connection is stable. Try closing and reopening the app. If the issue persists, contact customer support.
- **Adhesive not sticking:** Ensure your skin is clean and dry before applying adhesive patches. For better adhesion, consider using the magnetic clasp with appropriate clothing.

9. SPECIFICATIONS

Brand	STRACK
Model Number	Strack1
ASIN	B07G33HFG3
Size	One Size
Specific Uses	Posture Correction
Target Use Body Part	Back
Age Range	Adult
Closure Type	Hook & Loop (for accessories)
Item Weight	0.15 Kilograms
Colour	Milky White
Material Type	Plastic

10. WARRANTY AND SUPPORT

For any questions, issues, or support needs, please connect with the Strack customer support team. You can typically find support contact information within the 'My Strack' application or on the official Strack website. While specific warranty details are not provided in this manual, please refer to your purchase documentation or the manufacturer's website for warranty terms and conditions.

