

STRACK B0842TPLXG

Strack Smart Wearable Posture Corrector & Trainer User Manual

Model: B0842TPLXG

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1. INTRODUCTION

The Strack Smart Wearable Posture Corrector & Trainer is a compact device designed to help users improve their posture. It provides gentle vibrational alerts when poor posture is detected, encouraging the user to correct their stance or sitting position. This device aims to strengthen the body's posture over time, potentially reducing discomfort in the neck, back, hips, and legs.

The device is made from biocompatible, skin-friendly, high-grade polycarbonate and comes in a milky white color. It is suitable for adults of all genders.

2. SETUP

2.1 Unboxing and Initial Charge

Carefully remove the Strack device from its packaging. Before first use, ensure the device is fully charged. Connect the provided charging cable to the device and a suitable power source. The charging indicator (if present) will show the charging status.

2.2 Wearing the Strack Device

The Strack device can be worn in two primary ways: using the magnetic attachment or the skin-friendly adhesive.



Figure 2.2.1: The Strack device can be attached to clothing using a powerful magnet or directly to the skin using a skin-friendly adhesive. Choose the method that best suits your comfort and activity level.

- **Magnetic Attachment:** Place the Strack device on the outside of your clothing, typically on your upper back. Secure it in place with the powerful magnet on the inside of your clothing. Ensure the

device is positioned centrally on your spine for accurate posture detection.

- **Adhesive Attachment:** For direct skin contact, peel off the protective backing from a skin-friendly adhesive pad (if included or purchased separately) and attach it to the back of the Strack device. Then, firmly press the device onto your upper back, ensuring it adheres well to clean, dry skin.

2.3 Initial Calibration (if applicable)

Some smart posture correctors require an initial calibration to establish your ideal posture. Refer to the accompanying mobile application (if available) for specific instructions on how to calibrate your Strack device. Typically, this involves standing or sitting in your desired correct posture for a few seconds.

3. OPERATION

3.1 Posture Monitoring and Alerts

Once set up and calibrated, the Strack device continuously monitors your posture. When it detects that you are slouching or maintaining a poor posture for a certain duration, it will provide a gentle vibration alert. This alert serves as a reminder to correct your posture.



Figure 3.1.1: The Strack device detects slouching and provides immediate vibrational feedback to encourage posture correction.

3.2 Posture Training and Tracking

The Strack device is designed to facilitate posture training. Consistent use and responding to the vibrational alerts can help build muscle memory for better posture. Many smart posture correctors also offer companion mobile applications for tracking your posture habits over time, providing insights into your progress and helping you set posture goals.

- **Posture Correction:** The primary function is to alert you to incorrect posture.
- **Posture Training:** Over time, these alerts help train your body to maintain a correct posture naturally.
- **Posture Tracking:** (If applicable with companion app) Monitor your posture statistics, such as time spent in good posture versus poor posture, and track improvements.

4. MAINTENANCE

4.1 Cleaning the Device

To clean your Strack device, gently wipe it with a soft, damp cloth. Do not use harsh chemicals, abrasive cleaners, or immerse the device in water. Ensure the device is completely dry before storing or reusing.

4.2 Storage

Store the Strack device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it away from small children and pets.

4.3 Battery Care

To prolong battery life, avoid fully discharging the device frequently. Charge the device regularly, even if not in constant use, to maintain battery health.

5. TROUBLESHOOTING

If you encounter issues with your Strack device, refer to the following common troubleshooting steps:

- **Device not turning on:** Ensure the device is fully charged. Connect it to a charger and wait for a few minutes before attempting to turn it on again.
- **No vibration alerts:**
 - Check if the device is properly calibrated to your correct posture.
 - Ensure the device is securely attached and positioned correctly on your back.
 - Verify that the device is powered on and has sufficient battery.
 - If using a companion app, check its settings for alert preferences.
- **Inaccurate posture detection:**
 - Recalibrate the device to your ideal posture.
 - Ensure the device is placed centrally on your upper back and is not shifting during movement.
 - Avoid wearing very loose clothing that might interfere with sensor readings if using magnetic attachment.
- **Connectivity issues (if applicable with app):**
 - Ensure Bluetooth is enabled on your mobile device.
 - Restart both the Strack device and your mobile device.
 - Try re-pairing the device with the app.

If the issue persists, please contact customer support as detailed in the Warranty & Support section.

6. SPECIFICATIONS

Brand	STRACK
Model Number	B0842TPLXG
Material	Biocompatible skin-friendly high-grade Polycarbonate
Color	Milky White
Target Use Body Part	Back
Age Range	Adult
Manufacturer	Dipitr

7. WARRANTY & SUPPORT

7.1 Warranty Information

For detailed warranty information regarding your Strack Smart Wearable Posture Corrector & Trainer, please refer to the official STRACK website or the documentation included with your purchase. Warranty terms typically cover manufacturing defects for a specified period from the date of purchase.

7.2 Customer Support

If you require technical assistance, have questions about the product, or need to initiate a warranty claim,

please contact STRACK customer support. Contact details can usually be found on the official STRACK website or in your product packaging.

Online Support: Visit the official STRACK website for FAQs, user guides, and contact forms.

Email Support: Refer to your product documentation for the customer support email address.