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› Saneo Posture Pro - Instant Posture Corrector User Manual

SWZEC Saneo Posture Pro (S Noir-1)

Saneo Posture Pro - Instant Posture Corrector User Manual

Brand: SWZEC

Model: Saneo Posture Pro (S Noir-1)

1. INTRODUCTION

The Saneo Posture Pro is an instant posture corrector designed to provide support and encourage proper spinal alignment. This manual provides essential information on how to correctly use, maintain, and troubleshoot your posture corrector to achieve optimal results and comfort.



Image: The Saneo Posture Pro posture corrector, viewed from the back, highlighting its ergonomic design and adjustable straps.

2. SAFETY INFORMATION

- Consult a healthcare professional before using this product if you have pre-existing medical conditions, especially related to your spine, back, or circulatory system.
- Do not overtighten the corrector, as this may restrict circulation or cause discomfort.
- Discontinue use immediately if you experience pain, numbness, tingling, or any adverse reactions.
- This product is not a substitute for medical treatment or physical therapy.
- Keep out of reach of children.

3. PRODUCT COMPONENTS

The Saneo Posture Pro consists of a main back support panel and adjustable shoulder straps. The design incorporates breathable materials for comfort during extended wear.



Image: A user demonstrating the adjustable straps of the Saneo Posture Pro, emphasizing customization for a perfect fit.

4. SETUP AND FITTING

Proper fitting is crucial for the effectiveness and comfort of your posture corrector. Please refer to the size chart below to select the appropriate size based on your height, waistline, and weight.

4.1 Size Guide

SIZE	HEIGHT (CM) (INCH)	WAISTLINE (CM) (NCH)	WEIGHT (KG)
S	130-160 51.18"-62.99"	56-63 24.40" - 29.13"	27-45
M	150-165 59.05"-64.96"	63-71 24.80"-27.95"	42-60
L	160-175 62.99"-68.89"	70-78 27.55"-30.70"	57-67
XL	170-185 66.92"-72.83"	77-85 30.70"-30.70"	65-80
XXL	175-190 68.89"-74.80"	84-92 33.07"-36.22"	77-92
XXXL	185-200 72.83"-74.80"	91-100 36.22"-39.37"	87-100

Image: Detailed size chart providing height, waistline, and weight recommendations for each Saneo Posture Pro size (S, M, L, XL, XXL, XXXL).

FR ORTHOPÉDIQUE_guide de tailles

Taille de la marque	Taille du corps (cm)	Tour de taille (cm)
S	130 - 160	56 - 63
M	150 - 165	63 - 71
L	160 - 175	70 - 78
XL	170 - 185	77 - 85
2XL	175 - 190	84 - 92
3XL	185 - 200	91 - 100

4.2 How to Wear

1. Put on the posture corrector like a backpack, with the main support panel centered on your upper back.
2. Adjust the shoulder straps to gently pull your shoulders back. Ensure the straps are snug but not uncomfortably tight.
3. Secure the waist strap around your midsection, ensuring it provides firm but comfortable support.

4. The Saneo Posture Pro is designed to be discreet and can be worn under clothes for everyday use.



Image: The Saneo Posture Pro shown worn discreetly under clothing, emphasizing its ease of application.

5. OPERATING AND USAGE

Begin by wearing the posture corrector for short periods, such as 15-30 minutes per day, and gradually increase the duration as your body adapts. Consistent use over time can help retrain your muscles and improve your posture.

- **Relieves Pain:** Helps alleviate discomfort caused by poor posture by supporting the back and shoulders.
- **Fixes Posture:** Gently pulls shoulders back and aligns the spine, promoting a healthier posture.
- **Supports Scoliosis:** Can provide supportive benefits for individuals with mild scoliosis by encouraging spinal alignment.
- **Natural Tummy Tuck:** The design can offer a subtle abdominal compression for a smoother silhouette.
- **Breathable Design:** Made with materials that allow air circulation, ensuring comfort during wear.



Image: Visual representation of the Saneo Posture Pro's key benefits, including pain relief, posture correction, and support for scoliosis.



Image: A side-by-side comparison illustrating the positive impact of the Saneo Posture Pro on a user's posture.

6. MAINTENANCE AND CARE

- **Cleaning:** Hand wash with mild soap and cold water. Do not bleach.
- **Drying:** Air dry completely in a well-ventilated area. Do not tumble dry or iron.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Longevity:** Regular cleaning and proper storage will help extend the life of your posture corrector.

7. TROUBLESHOOTING

Q: The corrector feels uncomfortable or too tight.

A: Ensure you have selected the correct size according to the size chart. Loosen the adjustable straps slightly until you achieve a comfortable fit. The corrector should provide gentle support, not restrictive pressure.

Q: I don't feel any difference in my posture.

A: Consistent use is key. Start with short durations and gradually increase. The corrector is a tool to retrain muscles; active engagement in maintaining good posture is also necessary. If discomfort persists or no improvement is noted, consult a healthcare professional.

Q: The material causes skin irritation.

A: Ensure the corrector is clean. Wear a thin layer of clothing underneath the corrector to create a barrier between the skin and the material. If irritation persists, discontinue use and consult a doctor.

8. SPECIFICATIONS

Feature	Detail
Brand	SWZEC
Model	Saneo Posture Pro (S Noir-1)
ASIN	B0D7M74TQ2
Color	Noir-1 (Black)
Size	S (Small)
Number of Items	1
Manufacturer	SWZEC
Country of Origin	China
First Available Date	October 7, 2024

9. WARRANTY AND SUPPORT

Specific warranty information for the Saneo Posture Pro is not provided in this manual. For any product-related inquiries, support, or warranty claims, please contact the seller directly through your purchase platform. Ensure you have your order details readily available for faster assistance.

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