

THE SIMPLE SOLUTION TO SLOUCHING AND STRESS.
The posture corrector that is gentle, easy, effective and stylish to wear.

Great for "tech-neck" sufferers.

RETRAIN, REALIGN & RELAX YOUR MUSCLES.

Str8-n-Up™ is designed based on muscle memory. Wear for only 30-minutes a day to retrain, realign and relax muscles so that user will be conditioned to be more aware of what proper form should be and feel like. Start being mindful of your form through Str8-n-Up™ to help prevent future health issues due to slouching and/or hunching.

What Slouching Can Cause:

- Back pain
- Tension Headaches
- Reduced lung capacity
- Gastrointestinal problems

issues should seek medical advice from a physician or a qualified health care professional before using Str8-n-Up. Should NEVER be worn while driving a moving vehicle.

PROPER FORM IS KEY TO A HEALTHY FUTURE

How It's Worn Properly

Str8-n-Up™ is best worn over sleeveless or short sleeved clothing. It is not recommended to wear it over long- sleeved shirts that are bulky—this will cause a tight tension from the straps and could cause injury to user.

When wearing Str8-n-Up™ you may feel muscle soreness or discomfort the first few days. This is common and is due to years of improper shoulder form now being realigned and retrained. Should discomfort continue for more then 1 week DISCONTINUE use of Str8-n-Up™. Anyone with medical or health

When Str8-n-Up Should Be Worn

- During your lunch or coffee breaks at the office
- 30-minutes prior to any physical activity (yoga, workouts, pilates, walking/running, etc.). Can be worn during these activities but not recommended. Rigorous and/or continuous shoulder movements during these activities will cause straps to slip off of shoulders.
- After or during video gaming sessions
- After driving or travelling long hours
- Or anytime you want to destress and stretch out your neck and shoulder muscles
- After breast feeding
- Before golfing

FEELS LIKE GETTING A PERSONAL MASSAGE...RELAX

A LIFE CHANGING ACCESSORY

For the Office

Sitting or standing for long hours at work can be a strain to your posture. Str8-n-Up is a much needed office accessory that will remind and retrain you of what proper form is. Stretch out your shoulder muscles and realign your form during lunch or coffee breaks.

For Video Gaming

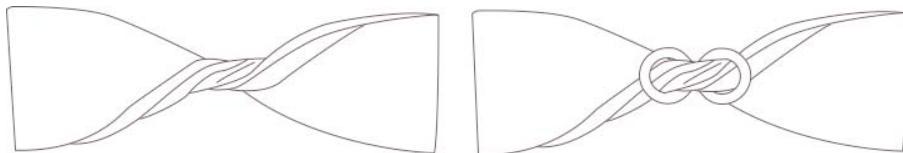
Str8-n-Up is THE video gaming accessory that every family should have. Give your child the perfect video gaming accessory to go with their gaming system. Str8-n-Up will train their muscles and mind of what proper form is so you won't need to be worried over their slouching on the couch.

For Nursing Mothers

There are true benefits that come from breast feeding for both baby and mom. But there is a drawback...bad nursing posture. Do you find yourself consistently hunched over, neck strained, and far from ideal posture? Using Str8-n-Up in between feedings can help stretch the tight muscles that keep you hunched over.

ADJUSTING SIZE AND TENSION OF BAND

The tension and size of the band can be adjusted by twisting the band once, twice or three times, depending on how tight you want it to be. To adjust the tension you'll need to first put one arm through an arm hole. Make sure the buckle is on the band prior to inserting your arm through. The user will then twist the band as many times needed, but only up to 3 times. Once this twist(s) has been made you will then need to put the other arm through the other arm hole. Then lift your arms and let the band slide down to your shoulders but making sure that the band is behind your head when sliding down your arms. You might have to pull down the band into place if band does not freely slide down by itself. Continue Step 2 thru Step 3.



For Workouts

Str8-n-Up is the perfect workout buddy. Before, during or after workouts, yoga and Pilates, Str8-n-Up can help stretch out shoulder muscles and opens up the diaphragm to get full breaths of air. It properly aligns shoulders to keep injuries to a minimum while working out.

For Destressing

Need de-stressing after long hours in traffic or traveling? Str8-n-Up is the perfect de-stresser. It helps to gently pull your shoulders back and downward after being in a vehicle for long hours. It's like getting a personal massage.

For Golfing

Good posture and relaxed muscles is important, as it will determine the shape of your swing. An important part of the golf swing is getting in the correct form. Using Str8-n-Up before you go on the course can help you remember what proper form is and to keep it consistent and to relax your shoulders, chest and back muscles.

STEP BY STEP INSTRUCTIONS

(Watch our instructional video online at www.str8-n-up.com/noslouch/Instructions.html)

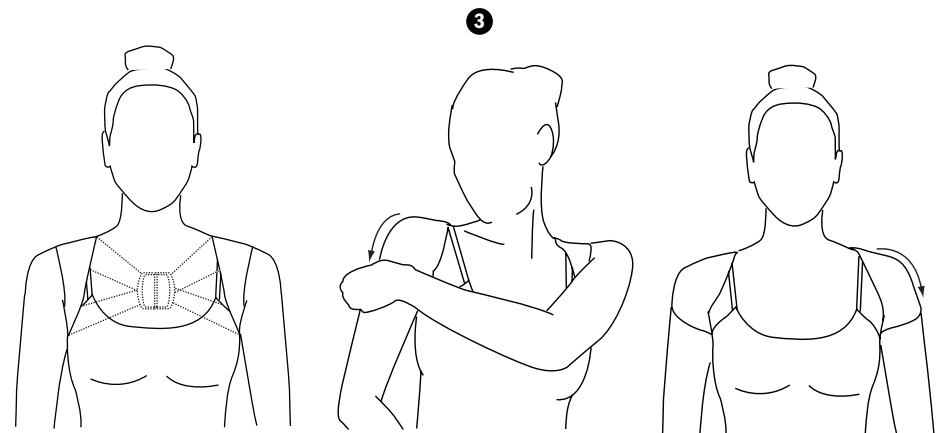
Raise both arms straight up and insert them through the arm holes of the band. Let the band slide down to your shoulders. The buckle should be behind your head when the band is sliding down your arms

Pull the bands from the front and rotate the band upwards till the buckle moves down and is properly located between the shoulder blades and away from the nape of the neck.



Step 3.

Once the buckle is in position, take the left side edge of the band and pull it downwards over the shoulder so that it holds and cups the shoulder then do the same on the right side of the band. Adjust the bands underneath your arms as well till you've straightened up most of the bulkiness of the straps. The tension of the band should feel natural with a gentle pull back of the shoulders. The band should still allow for natural movement of your shoulders but should not allow for the hunched or slouching forward of the shoulders. The tension should not be so tight that proper form is hindered. During some shoulder movements, band adjustment may be necessary.



CARE INSTRUCTIONS

Remove buckle from band before washing. Machine washable in cold. Do not bleach. Tumble dry low and remove promptly or hang dry.

PRODUCT CONTENT Band:

88% Polyester, 12% Spandex

Buckle: Polymer Plastic

www.str8-n-up.com

DISCLAIMER: Str8-n-Up™ is not intended to provide self-diagnosis, treatment or cure for any diseases or medical problems. Anyone with health issues should seek medical advice from a physician or a qualified health care professional before using Str8-n-Up. Our product should not be worn while driving or operating a moving vehicle. Neither Str8-n-Up nor any of its employees, our third parties or other representatives accept liability nor responsibility to any person or entity with respect to injury, loss or damage as a result of using our product. We further disclaim any liability caused by intentional or unintentional negligence. Str8-n-Up has not been evaluated by the Food and Drug Administration or the medical community. Use our product at your own risk. The makers/owners of Str8-n-Up are not doctors/physicians and have no medical background or training.

A LIFE CHANGING ACCESSORY

For the Office

Sitting or standing for long hours at work can be a strain to your posture. Str8-n-Up is a much needed office accessory that will remind and retrain you of what proper form is. Stretch out your shoulder muscles and realign your form during lunch or coffee breaks.

For Video Gaming

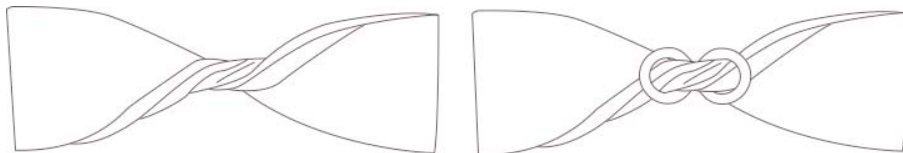
Str8-n-Up is THE video gaming accessory that every family should have. Give your child the perfect video gaming accessory to go with their gaming system. Str8-n-Up will train their muscles and mind of what proper form is so you won't need to be worried over their slouching on the couch.

For Nursing Mothers

There are true benefits that come from breast feeding for both baby and mom. But there is a drawback...bad nursing posture. Do you find yourself consistently hunched over, neck strained, and far from ideal posture? Using Str8-n-Up in between feedings can help stretch the tight muscles that keep you hunched over.

ADJUSTING SIZE AND TENSION OF BAND

The tension and size of the band can be adjusted by twisting the band once, twice or three times, depending on how tight you want it to be. To adjust the tension you'll need to first put one arm through an arm hole. Make sure the buckle is on the band prior to inserting your arm through. The user will then twist the band as many times needed, but only up to 3 times. Once this twist(s) has been made you will then need to put the other arm through the other arm hole. Then lift your arms and let the band slide down to your shoulders but making sure that the band is behind your head when sliding down your arms. You might have to pull down the band into place if band does not freely slide down by itself. Continue Step 2 thru Step 3.



For Workouts

Str8-n-Up is the perfect workout buddy. Before, during or after workouts, yoga and Pilates, Str8-n-Up can help stretch out shoulder muscles and opens up the diaphragm to get full breaths of air. It properly aligns shoulders to keep injuries to a minimum while working out.

For Destressing

Need de-stressing after long hours in traffic or traveling? Str8-n-Up is the perfect de-stresser. It helps to gently pull your shoulders back and downward after being in a vehicle for long hours. It's like getting a personal massage.

For Golfing

Good posture and relaxed muscles is important, as it will determine the shape of your swing. An important part of the golf swing is getting in the correct form. Using Str8-n-Up before you go on the course can help you remember what proper form is and to keep it consistent and to relax your shoulders, chest and back muscles.

STEP BY STEP INSTRUCTIONS

(Watch our instructional video online at www.str8-n-up.com/noslouch/Instructions.html)

Raise both arms straight up and insert them through the arm holes of the band. Let the band slide down to your shoulders. The buckle should be behind your head when the band is sliding down your arms

Pull the bands from the front and rotate the band upwards till the buckle moves down and is properly located between the shoulder blades and away from the nape of the neck.



Step 3.

Once the buckle is in position, take the left side edge of the band and pull it downwards over the shoulder so that it holds and cups the shoulder then do the same on the right side of the band. Adjust the bands underneath your arms as well till you've straightened up most of the bulkiness of the straps. The tension of the band should feel natural with a gentle pull back of the shoulders. The band should still allow for natural movement of your shoulders but should not allow for the hunched or slouching forward of the shoulders. The tension should not be so tight that proper form is hindered. During some shoulder movements, band adjustment may be necessary.

