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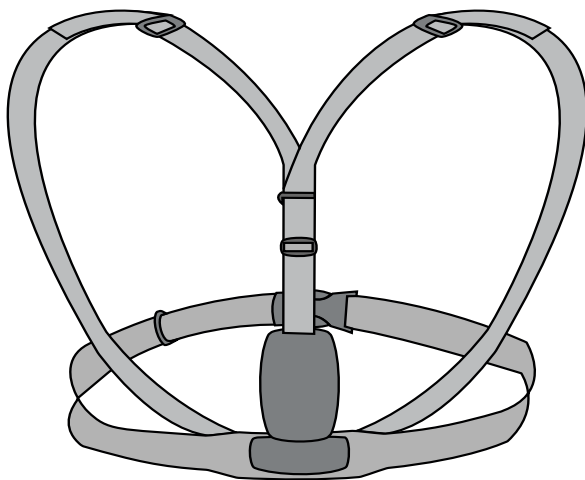


Pro·Idee

The logo features a stylized black arch above the text 'Pro·Idee'. The arch has a small dot at its peak and a small circle at its right end. The text 'Pro·Idee' is in a bold, sans-serif font with a dot between 'Pro' and 'Idee'.

# BackTone™ Posture Corrector

Item-no.: 209-787, 209-786, 209-785



Please read these instructions of use carefully before using the product!

## **The program for achieving a correct body posture**

Do not wear your BackTone® for more than three to five minutes when you put it on for the first time. Take it off and rest for between 10 and 15 minutes. Then try again.

Wear the BackTone® twice a day for no longer than 20 minutes at one time.

Take off your BackTone® whenever you feel tired or uncomfortable. Take it off when you feel tired after five minutes. Give your body time to become accustomed to the new body posture by gradually increasing how long you wear it to a target time of 20 minutes.

Wear the BackTone® while standing or walking. It's good, for instance, to wear it at the desk or when you're walking to achieve a training effect.

Set the BackTone® to issue an acoustic alarm whenever possible. If you can't use the alarm at work, then activate it at home during the first week.

Do not wear the BackTone® in the first few weeks when you have to bend forward, twist or stretch upwards. It's more difficult to maintain a good posture during such activities.

Stick to this program until you have achieved the desired body posture (usually within three to five weeks). Then apply the program for a few days a month in order to maintain your correct posture.

**WARNING: CONSULT A PHYSICIAN ABOUT USING THE BACKTONE IF YOU SUFFER FROM HEALTH ISSUES. DO NOT USE THE BACKTONE WHILE DRIVING OR OPERATING MACHINERY. CHILDREN SHOULD ONLY USE THE BACKTONE UNDER THE SUPERVISION OF ADULTS.**

## **Safety information**

- Please read the safety information about using the product that is contained in these instructions of use carefully.
- Always keep these instructions of use at hand.
- Please check that the product is not damaged and that all individual parts have been supplied and are not damaged.
- Keep children away from packaging materials.

### **Intended use**

- Only use the product in accordance with the description contained in these instructions of use.
- The product is not a toy.
- Protect the product from jolts and from falling from shelves, tables or other items of furniture.
- Protect the product from water and moisture, heat and severe exposure to sunlight.
- Do not immerse the product in water.
- Do not use accessories that have not been expressly designed for this appliance.

### **Points to be observed during use**

- Do not use the product if it is not working properly, if it has been damaged, if it has become wet or if it has been immersed in water.

### **Remark:**

The use of this product is no substitute for any necessary medical consultations.

- The product should not be used by children.
- The product contains a neodymium magnet sized 3 mm x 3 mm.  
The product should not be used by people with pacemakers and not without first procuring consent from a medical expert.

## **Your BackTone posture trainer**

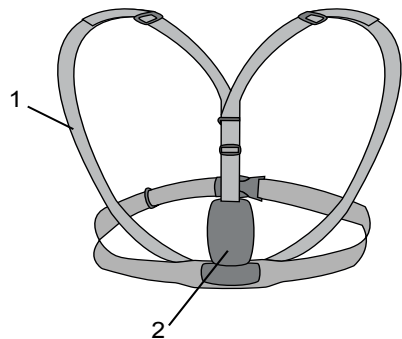
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### **Scope of delivery**

- BackTone posture trainer
- Lithium battery

### **Components**

- 1 Belt
- 2 BackTone housing with battery compartment



## Things worth knowing about your BackTone posture trainer

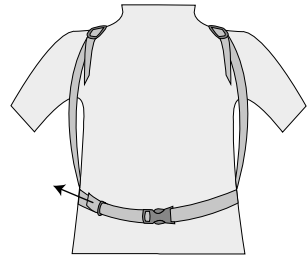
The BackTone posture trainer will help you achieve a good body posture and help you maintain it over the long term. Acoustic warning and vibration signals will inform you when you are not holding yourself straight and will stop as soon as you have assumed an erect posture again.

## Inserting and changing the batteries

- Open the battery compartment's cover.
- Remove the empty batteries and insert new ones (Type CR1225 or BR1225). Make sure when inserting them that the poles are correctly aligned!
- Then close the cover again.

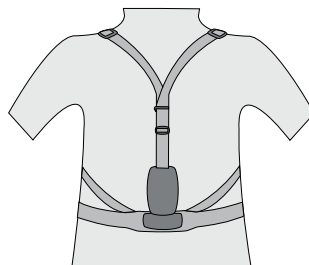
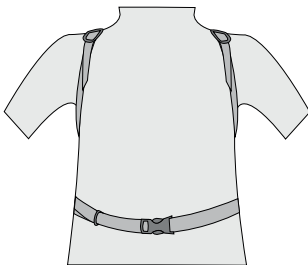
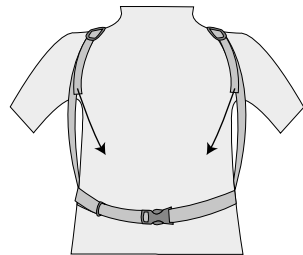
## How to use the BackTone posture trainer

- Put on the BackTone posture trainer over your shoulders as you would a backpack.
- Tighten the hip strap until it is sufficiently taut and doesn't slip when you move.
- Assume your desired erect posture and adjust the shoulder straps accordingly.



The BackTone posture trainer will beep or vibrate when you bend forward or your “back becomes crooked”.

- Please ensure that the shoulder straps fit pleasantly snug but do not restrict your movements.



## Tips for use

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- Test the BackTone posture trainer a few times by bending your back and then lifting your sternum. Keep your shoulders as relaxed as possible while doing so.
- Wear the BackTone posture trainer once or twice a day for around 20 minutes. This will help your body become accustomed to the newly learned posture.

## Storage

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- Remove the batteries from the product if you are not going to use it for a long time.
- Keep the product in a clean and dry place.
- Protect the product from dirt, dust, heat, moisture, water and frost.

## Care and cleaning

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### Caution!

**The product may be damaged if it is not cleaned properly!**

The product is not waterproof or dishwasher safe.

- Do not immerse the product in water.
- Do not clean the BackTone housing in the dishwasher.
- Switch the product off. Remove the batteries.
- Clean the product's surface with a soft and slightly damp cloth. Use a little washing-up liquid if necessary.
- Do not use any chemical cleaning additives.
- Do not use any materials (e.g. abrasive cleaning cloths) which may damage the surface.

## Product features

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Available in three sizes:	Size S: 50 - 91 cm waist circumference (No. 209785) Size M: 92 - 101 cm waist circumference (No. 209786) Size L: 102 - 132 cm waist circumference (No. 209787)
Weight:	40 g
Power supply:	Lithium batteries, Type CR1225 or BR1225, 3 volts

## Disposal

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- Please dispose of the product in accordance with the locally applicable regulations.
- Do not dispose of electrical appliances in household waste.



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