



1 Start with your palms facing out and the Posture Perfector resting on your hips



2 Slowly bend your elbows and slide them through the rings of your Posture Perfector



3 Bring the handles to the front of your shoulders

4 Adjust the brace so it sits comfortably centered between your shoulder blades.

To remove your Posture Perfector, apply the same steps in reverse order.



Stretch #1- Posture Perfector Chest Stretch

1 Begin with your hands facing out, the Posture Perfector behind your head and your elbows at 90 degrees.

2 Slowly extend your arms up and back until you begin to feel a stretch.

Strengthen #2- Posture Perfector External Rotation

1 Begin with arms at a 90 degree angle directly to your side with palms facing in.

2 Keeping elbows tucked to your side, slowly squeeze your shoulder blades together and rotate your hands out.

Go as far as your body will allow you without moving your elbows from your side. Slowly bring hands back to starting position.



STEP 1



STEP 2



STEP 3

