

ERGOMAX

TOTAL BODY SUPPORT

Instruction Manual



FEATURES

Wearable progressive resistance support strengthens the body.

Foam shoulder pads ribbed for a contoured fit. Molds to your body

Movable thermoplastic rubber buckles that slide on the tube for perfect positioning

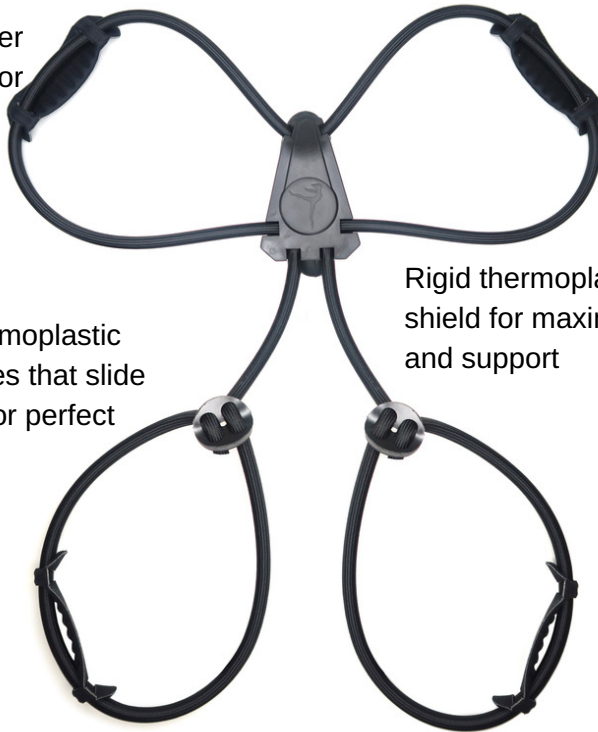
Rigid thermoplastic rubber shield for maximum flexibility and support

Therapeutic grade elastic resistance tube provides wearable ergonomic flexible strength

Ribbed cushion grips and holds the spine in structural support

One size fits all design fully adjustable to your perfect comfort level

Foam hip pads displace pressure and hold hip joints in place



SYSTEM PARTS

1.



2.



3.



- 1. Shield
- 2. Cushion
- 3. Pads
- 4. Tube
- 5. Buckles
- 6. Carry Case

4.



5.



6.



Watch the sizing video at:
www.youtube.com/c/perfectore

Pivot Point
Design lifts
your body



Arm loops encircle and guide your
shoulder carriage into proper position

Shield and cushion together are
firmly centered between the shoulder
blades supporting the upper body

Cushion presses against your mid
back comfortably

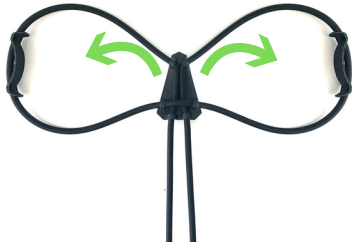
Adjust the size of the arm loops pulling the tubes from the center of the shield first, pull up above the top of the shield to increase the size or pull the tubes down below the bottom of the shield to make smaller.



Small



Medium



Large

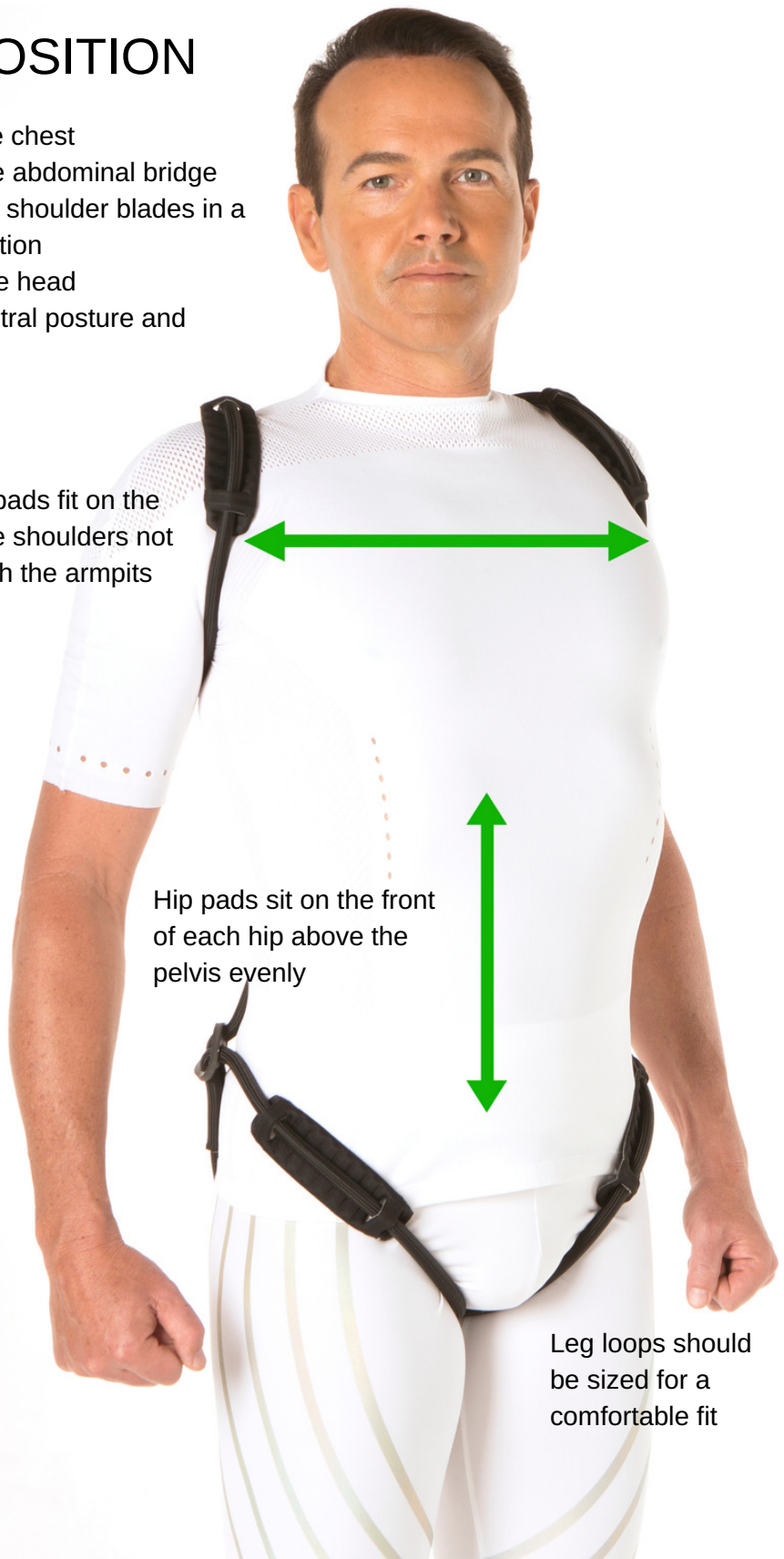
Front POSITION

- Expands the chest
- Engages the abdominal bridge
- Retracts the shoulder blades in a relaxed position
- Balances the head
- Creates neutral posture and equilibrium

Shoulder pads fit on the front of the shoulders not underneath the armpits

Hip pads sit on the front of each hip above the pelvis evenly

Leg loops should be sized for a comfortable fit



Back POSITION

- Retracts the shoulder blades in a relaxed position
- Optimizes spinal alignment
- Supports the lower back

Thoracic support cushion gives structure to the mid back vertebra lifting posture into optimum alignment

Buckles sit on hip bones evenly

Lifted and supported glutes relieve pressure on the lower back



An engaged powerful core unleashes stored energy

ASSEMBLY

Slowly push and twist the tube carefully and gradually through the contours and buckle holes during assembly. The tube is cut on a 45% angle to assist in easy insertion. Be careful not to peel the braid back. This will happen if you go too fast.



STEP 1

Gradually push and twist the tube through the bottom horizontal contours. Center the tube evenly.



STEP 2

Thread the shoulder pads onto the left and right side of the tube. The ridges face upwards.



STEP 3

Gradually push and twist in short spurts with power insert the tube through the top vertical contours.



STEP 4

Pull the tube underneath the horizontal tube and push and twist the tube through the 2 bottom vertical contours. Make sure your arm loops are even.



STEP 5

Thread the buckle onto the tube using the two inner holes. Make sure that the shield is facing you with the logo showing.



STEP 6

Thread on the thigh pads the left and right side of the tube. The ridges face upwards.



STEP 7

Refer to sizing instructions to properly size the arm loops. Make a space by spreading the tubes at the center of the shield. Insert the cushion.



STEP 8

Thread the tube through the remaining holes in the buckle to make the leg loop. Excess tube can be cut once sizing is complete. Leave at least 3 inches.



Wear Time

Wear you ERGOMAX during any activity from 15 minutes up to 3 hours. Gradually increase the duration so your body has time to adapt, creating more endurance, stamina and strength. Do not sit in the ERGOMAX for long periods of time. Wear over clothing.

Warnings

- Do not sleep in the device
- Do not wear the device tight
- Remove or loosen if uncomfortable
- Keep away from small children
- Maximum use 3 hours a day
- Do not use if you are weak, ill or pregnant

Care

Remove cushion, wipe with damp cloth. Hand wash the ERGOMAX with gentle soap. Rinse thoroughly. Air dry. Insert the cushion when dry.

Warranty

We replace damaged parts free of charge. Please send us the damaged part and we will send you a replacement. Inappropriate or improper use of the ERGOMAX product shall void the warranty.

Disclaimer

The device is an exercise system and should be followed exactly as instructed. Consult your physician or health care professional before performing this or any new exercise or exercise program, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any exercise program may result in injury. By voluntarily undertaking any exercise suggested in this booklet, you assume the risk of any resulting injury. Any application of the techniques, ideas and suggestions in this document is at the user's sole discretion and risk.