



4. Clip (optional)

Slide the left strap into the center clip to keep your legs together. Pull the center clip towards your body until you feel awesome.

Tips

- Try wearing the back pad higher up on your back until you find just the perfect spot.
- You may need to *literally* sit on the edge of your seat to place both feet flat on the floor.
- You can wear BetterBack cross-legged too!
- Visit us at www.getbetterback.com for videos and FAQs on how to wear your BetterBack.

Warning: It is not safe to wear BetterBack while driving.

Say hi to us! hi@getbetterback.com
Or share a pic [@getBetterBack](https://twitter.com/getBetterBack)



BetterBack

©2015 Better, LLC. All Rights Reserved. Patents Pending.



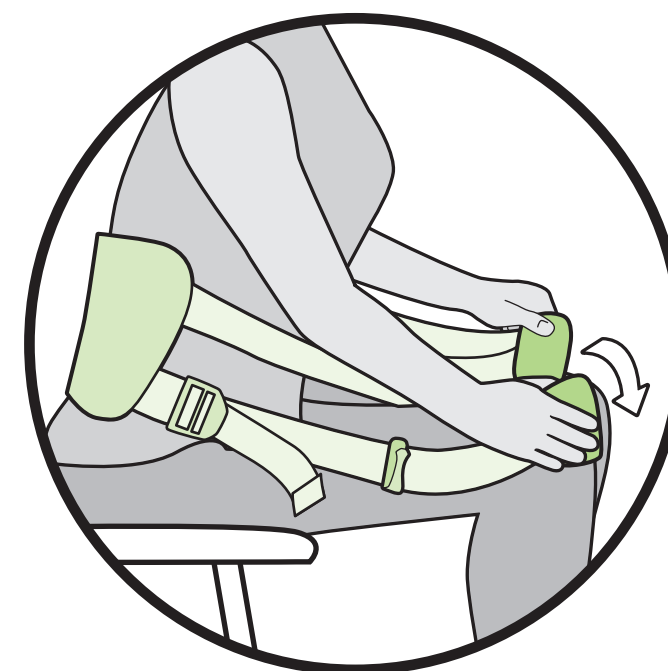
BetterBack

www.getbetterback.com



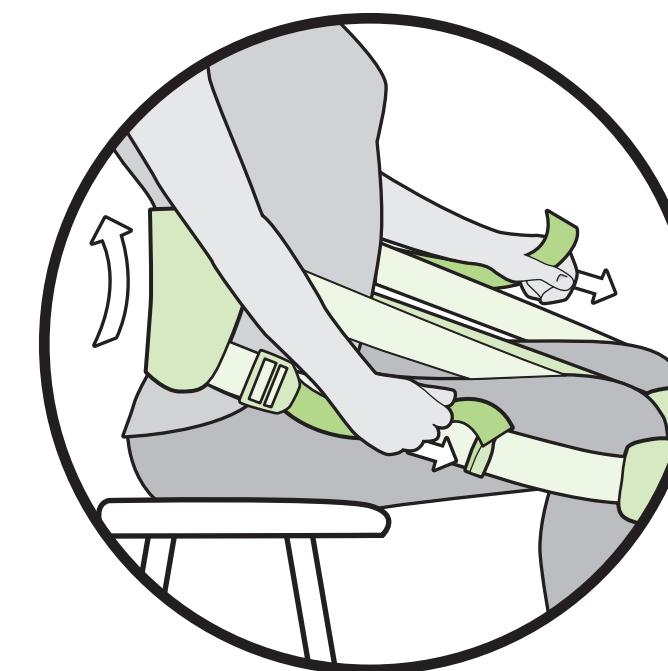
1. Unpack

BetterBack zips itself into a portable case. Throw it in your bag and unpack it when you're ready to sit.



2. Wrap

Place both feet flat on the floor. Wrap the back pad around your body and hook the pads over your knees.



3. Stack

Pull the adjustable leg straps to vertically stack your spine into perfect posture.

6"

4"