



Maintain your posture with backgym!

The backgym is a form of posture correction that has been demonstrated to strengthen the muscles. In addition, the backgym gives you the optimum position for sitting and walking, which in addition to offering health benefits, also creates an aesthetically pleasing posture.

Ailments like tension or back and neck pain can be prevented with the backgym.

Material

The material of the backgym is very high quality.

The vest is lightweight, breathable, and prevents trapped heat and moisture thanks to perfect air circulation. This makes it considerably more comfortable to wear.

How to clean:

Air out, wash by hand if necessary or machine wash at 30°C. Do not wash too often!

Available in sizes*:



*Determine your size based on your clothing size for t-shirts.



Correct, strengthen, and relax

your posture with backgym



Reasons for spinal curvature

- Poor posture
- Ligament weakness
- Poor sitting habits in the workplace
- Poor sitting habits during free time
- Neck problems due to constantly using mobile phones and tablets
- Scoliosis
- Large breasts
- Muscle weakness
- etc.

Postural problems will be even more important in the future. 20% of sick leave and 50% of all early retirements are due to spinal damage.

The effects of muscle shortening, overweight, and increasingly sedentary activities in our society have adverse effects on the musculoskeletal system.

Postural problems are structural impairments and bring about changes in the bony parts of the spine. This leads to postural deformities.

If you have any medical conditions, consult your doctor or therapist.



Train your posture



It is very hard to change your posture through heightened awareness. Despite strong discipline, whether old or young, you fall back into the old postural patterns.

Misalignments of the spine are among the most frequent causes of back pain. The backgym is a training vest that, if used regularly, counteracts these very causes.

The backgym trains you to keep an upright posture without supporting you. It exerts a preset tensile force on the shoulder girdle. The shoulder girdle is pulled slightly backwards by this tensile force so that the user adopts a natural, upright body posture, without being supported.

backgym for every area of life

Whether in everyday life, during sports activities, or specifically for children, backgym offers individual support in every situation.

The backgym prevents a hunched-back posture by exerting a slight pull in the shoulders area (backpack). This makes it more difficult for the user to let themselves "droop".

How to use



1. Attach the waist belt (not too tight).

2. Now you can pull on the straps to determine how tightly it pulls.

Tips on wearing the backgym

1. Important: wear the backgym over a t-shirt
2. Your muscles need time to get used to it
3. Initially, 30 min. per day, then as long as desired
4. If you feel tension in your back, take off the backgym
5. It can be worn for any activity
6. It should sit tightly without digging in
7. It can be comfortably worn under any garment