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*:

| XS | S |

*Size XS corresponds to 152-164 and size S corresponds to 164-176

A strong posture for the future

thanks to backgym
Reasons for spinal curvature

- Playing games on a computer, tablet, mobile phone, etc.
- Sitting for hours at a time (school, homework)
- One-sided load
- Heavy schoolbags
- Watching television for a long time
- Not getting much exercise

Postural problems in children

Many adults today struggle with back problems, tension, and postural problems. If you analyse these cases, you find that a large part of their current problems originated in childhood and the teenage years.

More and more children and teenagers have serious postural problems. Over 50% of all pupils aged between 7 and 14 are affected.

It is precisely during this time when the spine is in an important stage of development that postural problems can have a dramatic impact on future health. This is why it is important to draw attention to correct posture for children and adolescents in this phase of life. They can only poorly estimate the consequences of bad posture. We adults have the opportunity to act with prudence and responsibility to do something good for young people’s future.

backgym for every area of life

Whether in everyday life, in sports activities, or specifically for children, the 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

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