

LYNE UP

THE FIRST UNDERGARMENTS TO EASE BACK PAIN

Lyne UP aims to realign the spine to strengthen your back muscles and restore physiological mobility to your spine.


PRECAUTIONS


WARNING: Lyne products must be washed at 30°C before being used.

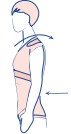
- Do not use the product near high heat or high electrical voltage sources.
- Do not tighten the clips too tightly to avoid a tourniquet effect.
- Position the bottom of the product over your underwear to prevent abrasion due to the anti-slip belt.
- In case of discomfort or irritation, take off the product and consult PERCKO customer service.
- Store the product at room temperature, away from heat sources, preferably in the original packaging.
- For reasons of hygiene and performance, do not lend your product to other persons.

HOW DO I PUT ON MY LYNE UP?

- ① Put on the product like a t-shirt.
- ② Center the t-shirt, the space between the two clips below your belly button to be in the middle of your waist.

- ③  Attach the product to the second notch on each side to ensure an even tension.

- ④  To adjust the tension and action of the t-shirt tighten or loosen the product.

- ⑤  Position the anti-slip strip over your underwear.

Tip: To improve the comfort and effect of the product when you are wearing it, you can pull down the upper part of the t-shirt to position the chest tensors under the chest.

You can secure the bottom of the t-shirt by positioning it under your pants and over your underwear.

It is unnecessary to pull the t-shirt under the buttocks; it will most likely move upwards if you place it too low.

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HOW TO TAKE OFF MY LYNE UP?

- Loosen the clips
- Remove the product like a t-shirt

HOW OFTEN SHOULD I WEAR MY LYNE UP?

Daily use is best. We advise you to wear it at least three times a week to gradually acquire new reflexes and feel a real improvement.

The more you wear Lyne UP, the more you will strengthen your muscles and retrain your posture.

WHAT SHOULD I FEEL?

It's normal to experience slight muscular soreness for the first few days, as you are using and strengthening your back muscles. After prolonged use of your Lyne UP, your habits will start to change and you should feel your posture improve.

DO NOT USE LYNE UP IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- Acute inflammatory diseases
- Pathologies causing joint, tendon or bone weakness
- Osteoporosis
- Pregnancy
- Spinal fractures / vertebral compression collapse fractures
- Degenerative ankylosing spondylitis
- Root canal stenosis
- Spinal instability (degenerative)
- Degenerative discs

MAINTENANCE

Machine wash at 30°C (delicate or synthetic cycle), preferably in a washing bag.

Do not use detergents, softeners or aggressive products (chlorinated products).

Machine spin-dry at maximum 700 rpm.

Do not tumble dry.

Do not dry clean.

Do not iron.

COMPOSITION

Fabric: 80% Polyamide, 20% Elastane

Anti-slip band: 100% water-based, silicone free

Keep this box.

For more information about wearing Lyne UP and its effects, please contact us at **contact@percko.com**