



WELCOME

## Dear UPRIGHTER

I want to personally welcome you to the Upright family! Now that you've received your UPRIGHT, it's time to start improving your posture. UPRIGHT is a first generation product, therefore, I want to invite you to share your ideas and give us your honest feedback so we can continue to grow and improve together. I hope your experience with UPRIGHT will be meaningful, and I can't wait to hear your stories!

Get training!

Sincerely,  
Oded Cohen

A handwritten signature in black ink, appearing to be 'Oded Cohen', with a long horizontal flourish extending to the right.

## QUICK-START GUIDE

DOWNLOAD APP: "UPRIGHT TRAINER"

## WHAT'S IN THE BOX

UPRIGHT DEVICE  
CHARGING DOCK  
USB CABLE  
60 ADHESIVES  
USER MANUAL

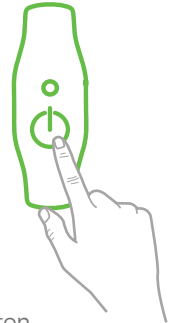
## 1. LET'S GET STARTED

Download the app:



- Search for "UPRIGHT Trainer" in the App Store or Google Play.
- UPRIGHT is compatible with iOS 8.0 (iPhone 4S) and Android 4.4 (KitKat) or later.

## 2. SYNC UPRIGHT WITH THE APP



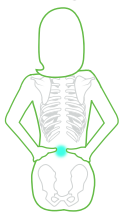
- Press the UPRIGHT power button.
- UPRIGHT will flash a blue light.
- Press NEXT to connect your phone to the UPRIGHT.



- Make sure your bluetooth is turned on.
- Make sure UPRIGHT is charged.

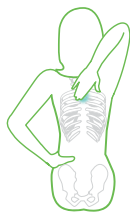
### 3. WHERE TO ATTACH UPRIGHT

We recommend starting with the lower back and building a strong core foundation first.



#### LOWER BACK

Place both hands on your waist, below your lowest rib and above your hip-bone trace your hands backwards along the line, until they meet in the center of your spine.



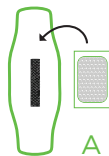
#### UPPER BACK

Reach your hand over your head and find the point between your shoulder blades on the center of your spine.

#### BENEFITS

LOWER BACK	UPPER BACK
Trains and strengthens core and back muscles.	Trains and strengthens your shoulder & upper back muscles.
Suitable for sitting.	Suitable for sitting, standing, and walking.

### 4. ATTACHING UPRIGHT



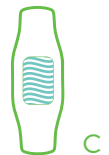
A

- Grab an adhesive, but **DO NOT** remove the paper liner yet.
- Attach the soft scotch side of the adhesive to the black hooks on the back of UPRIGHT.
- Press firmly.



B

- Remove the paper liner from the adhesive without touching the sticky side.



C

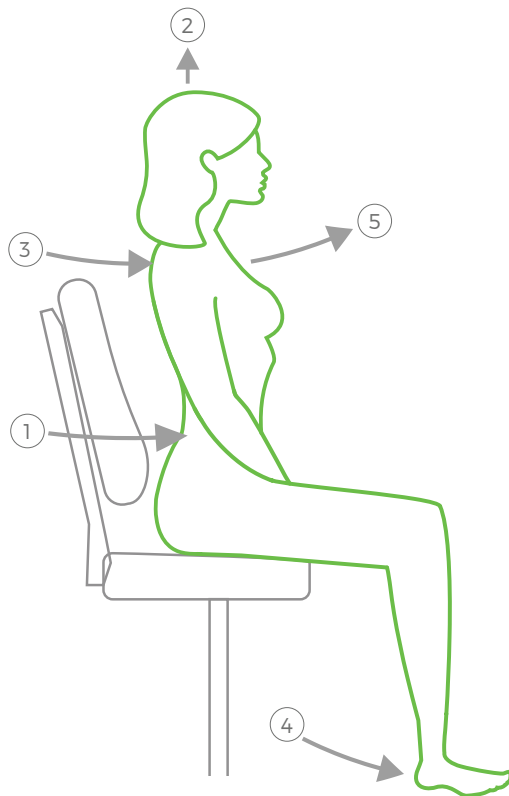
- Vertically position UPRIGHT along your spine over the point you found earlier.
- Secure UPRIGHT in place by pressing firmly.



- Your back should be dry and clean: Grab an alcohol pad from the UPRIGHT package and clean the area on your back.
- Make sure your pant or bra line do not interfere with UPRIGHT.

## 4. HOW TO SIT WITH GOOD POSTURE

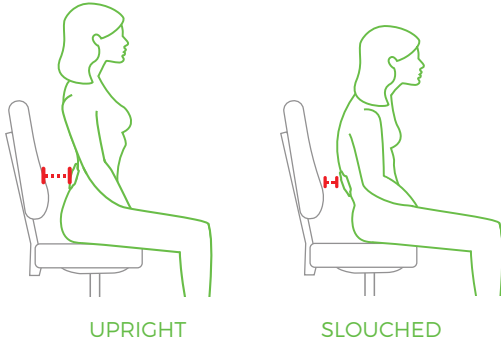
1. Fully arch your back, then slouch forward, arch once more, and release to your neutral upright posture.
2. Imagine there is a string pulling you up from your crown, lengthening your spine.
3. Roll your shoulders back, and drop.
4. Plant your feet on the ground at a 90 degree angle.
5. Breathe deeply and stay relaxed.



The common mistake is to hyperextend and think you are straight. Always remember, your neutral spine should feel comfortable and natural.

## 5. CALIBRATION

Calibration is necessary for UPRIGHT to learn your unique back. An accurate calibration is crucial for successfully training with UPRIGHT.



To begin calibration, make sure your back is not touching the backrest, and both feet are planted on the ground.

1. Sit naturally **upright**
2. Press "I'M UPRIGHT" in the app
3. Upon feeling a short vibration, **sit slouched**
4. Sit slouched until you feel the device vibrating

Calibration is complete, now you're ready to begin your training.

## TRAINING TIPS

- Train at least 4 times a week.
- The first few sessions are dedicated for UPRIGHT to learn your back. Use this time to play around with UPRIGHT's positioning and calibration techniques until you and the device are fully synchronized.
- The first few sessions tend to be the hardest, training will become easier as you progress.
- An accurate calibration is crucial for successfully training with UPRIGHT.  
For more information, go to page (\*)
- While training, make sure your back is not touching the back-rest and try to wear a loose shirt.
- If at any point you feel pain or discomfort, discontinue your training and contact our support team for further consultation.

## FEATURES

### SENSITIVITY SLIDER

Adjust the sensitivity in the app to a level that feels right for you.

MY DASHBOARD > SENSITIVITY

### RECALIBRATION

Recalibrate UPRIGHT for your back to reset the device and ensure you and your UPRIGHT are synchronized.

MY DASHBOARD > RECALIBRATION

### UPRIGHT VIBRATION STRENGTH & PATTERN

You can customize UPRIGHT's vibration strength and pattern in the settings of the app.

SETTINGS > VIBRATION STRENGTH & PATTERN

### REMEMBER CALIBRATION

To avoid recalibrating before the beginning of each training session, you can choose 'Remember Calibration' in the settings of the app, and the UPRIGHT will remember your initial calibration.

SETTINGS > REMEMBER CALIBRATION

### UPDATE FIRMWARE

- Keep your UPRIGHT and your phone close together.
- Make sure your UPRIGHT is charged and you are connected to the Internet.
- Do not to turn off your UPRIGHT during the update.
- The update may take up to 15 minutes with iOS and an hour with Android. We recommend updating your firmware overnight.

SETTINGS > UPDATE FRIMWARE

## LIGHT INDICATORS

UPRIGHT has a number of different light sequences which indicate different actions.

### ON THE CHARGING DOCK:



When the device is charging correctly on the dock, you will see a **SOLID RED LIGHT**.



When UPRIGHT is fully charged, you will see a **SOLID GREEN LIGHT**.

### IN USE:



When UPRIGHT is trying to connect to the mobile app, UPRIGHT will **FLASH a BLUE LIGHT**.



Once the device successfully connects to the app, UPRIGHT will **FLASH a GREEN LIGHT**.

Malfunction/  
empty battery



FLASHING **RED**

Need to  
update firmware



SOLID **BLUE**

Updating  
firmware




SOLID **GREEN**

## FAQ


 *What happens if I run out of adhesives?*

 You can purchase more adhesives at [store.uprightpose.com](https://store.uprightpose.com)


 *My UPRIGHT is constantly vibrating, what do I do?*


-  · Make sure that UPRIGHT is secured to the adhesive and the adhesive is secured to your back by firmly pressing UPRIGHT in place.
- Make sure your back is clean and dry. Use an alcohol pad to clean the area on your back and reattach UPRIGHT using a new adhesive.
- Reposition slightly higher or lower on your back.
- Flip UPRIGHT upside down, with the logo facing downward.
- After making any change, recalibrate.


 *My adhesive keeps falling off, what do I do?*

 Your back must be dry and clean for the adhesive to firmly attach. Use an alcohol pad to clean the area around the back, and reattach UPRIGHT using a new adhesive. Press firmly. Remember, the adhesives are one time use only. Use a new adhesive before each training session.


 *How do I update my Upright app?*


 Update app can be updated manually or automatically from the iOS App Store or Google Play.


 *I'm having trouble connecting Upright to my phone.*

 Make sure that Upright is turned on and has a flashing blue light. You can turn the Bluetooth off & on from your phone, then reconnect between the app and Upright. If the problem persists, try connecting to another phone or contacting customer support.

 *I can't get Upright to complete the calibration, what should I do?*

 You can log out of the Upright app and log back in, then continue from the start with the calibration process.

 *When will I start seeing results after training with Upright?*

 Training programs are comprised of 15 to 30 daily goals. Within a week, your awareness of your posture will increase, and by the end of your training program you will be able to maintain an upright posture almost entirely on your own. After three weeks, you will see the most significant results.



## SPECS

### Physical Characteristics

Dimensions	108 x 37.1 x 22.92mm
Weight	25gr

### Technical Specs

Bluetooth	4.0
Battery	Lithium-Ion, 3.7V, 115mAh, 0.42Wh
Battery Life	Up to 10 days (depending on operation mode)
Water Resistant	Resistance against sweat and moisture only
Adhesives	Fully hypoallergenic, rubber based, no latex

### App Requirements

iOS	8.0 and above
Android	4.4 and above

## WARRANTY

The 2-year Consumer Limited Warranty & Disclaimer can be found online at:  
<http://www.uprightpose.com/warranty/>

## 30-DAY MONEY BACK GUARANTEE

The UPRIGHT return policy can be found online at:  
<http://www.uprightpose.com/return-policy/>

## PRIVACY POLICY

UPRIGHT's website and app privacy policy can be found online at:  
<http://www.uprightpose.com/privacy-policy/>

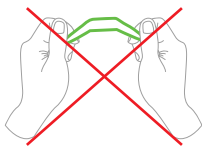
## ATTENTION

### BATTERY LIFE AND CHARGING

- With regular use, UPRIGHT's battery life lasts for 10 days.
- To charge your UPRIGHT, make sure the charging dock is connected to the USB cable, and plug the USB cable into your computer or an AC/DC adapter.
- Magnetically secure UPRIGHT to the charging dock.

### HANDLE WITH CARE

- UPRIGHT is a flexible yet sensitive device. When touching the edges, be careful as to not tamper with UPRIGHT's sensors - **DO NOT BEND THE EDGES.**



### DIAGNOSED BACK PROBLEMS

- If you have a diagnosed back problem, we recommend consulting with your physician before beginning to train with UPRIGHT.

## Welcome to our community!

Join 'The Upright Expert Users Group' on Facebook and stay up to date on all things Upright. If you love your UPRIGHT, share your story! Be sure to use [#beupright](#).



## We've got your back.

We're here to make sure you have the best possible experience with UPRIGHT. Please reach out to us with any questions or concerns you may have.

 [uprightpose.com/support](https://uprightpose.com/support)

 [hello@uprightpose.com](mailto:hello@uprightpose.com)

 Upright.Pose

## REGULATORY INFORMATION

### Safety

This equipment has been tested to comply with IEC standard IEC60950-1.

### Wear and Care:

UPRIGHT very effectively measures and trains your posture, though it is not a medical device.

When caring for your UPRIGHT, keep the following tips in mind:

- Do not use abrasive cleaners to clean your UPRIGHT, such as bleach.
- Do not expose your UPRIGHT to any chemicals such as flammable liquid, etc.
- If you experience any kind of discomfort or notice signs of skin irritation where UPRIGHT touches your back, please discontinue use and contact our support team.
- Do not attempt to disassemble or service your UPRIGHT.
- Protect your UPRIGHT from impact shocks.
- Do not expose your UPRIGHT to extremely high temperatures above 40°C or low temperatures below -20°C.
- Do not expose your UPRIGHT to direct sunlight for extended periods of time.
- Do not leave your UPRIGHT near open flames.

## SAFETY NOTICES

Take the time to read, understand, and follow all safety information that is contained in this user manual before using UPRIGHT. Please save these instructions for future reference.

**⚠ WARNING:** Indicates a potentially hazardous situation, which could result in death or serious injury and/or property damage if not avoided.

**⚠ CAUTION:** Indicates a potentially hazardous situation, which could result in minor or moderate injury and/or property damage if not avoided.

### ⚠ CAUTION:

- Contains small parts. Keep out of reach of children.
- Use this appliance only for its intended use as described in this manual. Do not operate this appliance if it has a damaged cord, plug, cable or housing.
- Only set on dry surfaces. Do not place on a surface that is wet from water or cleaning solvents.
- Do not enter areas where the use of transmitters if prohibited.

### ⚠ WARNING: Hazardous Voltage

To reduce the risk of electric shock and to avoid possible risks associated with hazardous voltage, which if not avoided could result in death or serious injuries, read, understand and follow the following safety instructions:

- UPRIGHT requires a USB connector for charging.
- Make sure that you are using certified USB power supply.
- Power supply should be Limited Power Supply (LPS).
- Do not attempt to charge the device using an outdoor outlet. Only use indoor AC/DC adapters.
- Do not expose the AC/DC adapter to rain, steam or wet conditions.
- Handle the AC/DC adapter by the plug, not the cord.
- Keep the device away from liquid, heat sources, and steam.
- Do not connect the AC/DC USB power connector to the device while in or near water.
- Do not submerge the device under running water during charging.
- Do not place or store an appliance where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.

### Built-in Battery Precautions

#### ⚠ CAUTION:

This product contains a lithium-ion rechargeable battery. There is a risk of explosion if batteries are not handled appropriately.

- The batteries are not designed to be replaced.
- Do not expose the device to temperatures exceeding 55°C when the device is in use.
- Damage inflicted on the battery could cause an explosion and/or fire.
- Do not dismantle, open or shred the battery.
- Do not expose the battery to heat or fire. Avoid storage in direct sunlight.
- Do not short-circuit the battery.

### Disposal and Recycling Information

For disposal and recycling of UPRIGHT, please contact your local recycling authority, and if you have any questions on the matter, please contact our support team at: [hello@uprightpose.com](mailto:hello@uprightpose.com).

**USA: Federal Communications Commission (FCC) Statement**

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation."

**FCC Caution:**

"Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment."

**FCC Statement:**

"This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help."

**CEC**

**BC** This device have been tested for compliance with California Code Of Regulations Title 20, Sections 1601-1608, 10 CFR Section 430.23(aa)(Appendix Y to Subpart B of Part 430)

**CANADA: INDUSTRY CANADA (IC) STATEMENT**

IC ID:20607-UR01

"This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this

device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

**RSS-102 Statement:**

"This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment. Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé."

**EU (EUROPEAN UNION)**

**CE** This product has been confirmed to comply with R&TTE directive 1999/5/EC. EMC: EN301-489 Radio: EN300-328



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

