LiftSuit Quickstart Guide

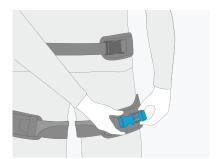
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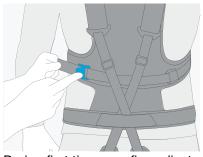
Put on the LiftSuit like a backpack.



Close the hip belt and chest strap.



Close the leg cuffs.



During first time use, fine adjust the chest circumference.



Tighten the hip belt and chest strap.



Tighten the leg cuffs.



During first time use, shorten the back strap length to receive maximal support.



Rotate the leg cuffs, so that the back of the cuff sits comfortable at the back of the leg.



To activate the back support pull on the looped activation straps.



To deactivate the support lift the deactivation buckles and simultaneously lift the left and then right leg.



Adjust the support to your work task by slightly deactivating or more activating the support.



Watch the video tutorial for detailed instructions.