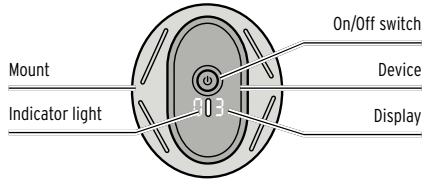
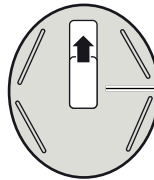
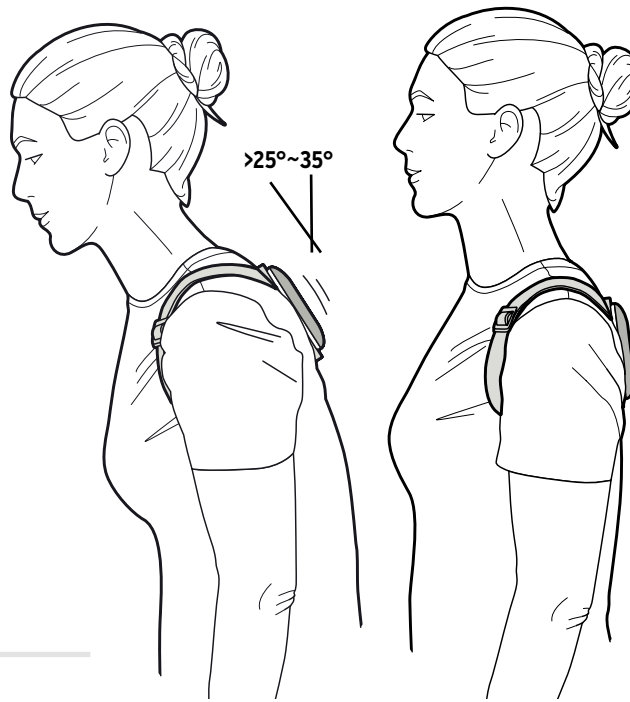


Posture trainer

en Instructions for use

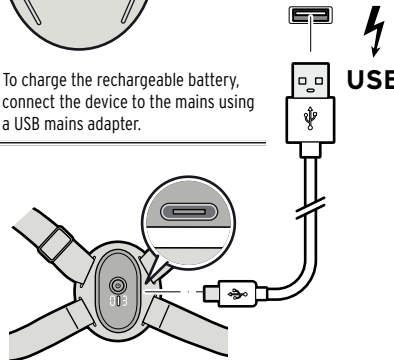


Remove all packaging material before use.



▷ To remove the device from the mount, slide it upwards.

▷ To charge the rechargeable battery, connect the device to the mains using a USB mains adapter.



Dear Customer

Because of our modern lifestyles, which often involve long periods of sitting, many of us develop poor posture. Most of the time, we don't even notice ourselves gradually leaning further forward and have to make a conscious effort to sit and stand upright.

To help you improve your posture, your new posture trainer uses a vibration signal to remind you to straighten up as soon as your back bends more than 25° forwards.

Safety warnings

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

- The posture trainer is designed to indicate poor posture and can be worn either over or under clothing.
- The posture trainer is designed for private use. It is not suitable for use in hospitals, therapy practices, fitness or wellness studios, etc. The posture trainer is not a medical device and is not intended to correct posture for medical purposes.
- If in doubt, consult your doctor before use.


Danger to children and to people with limited ability to operate devices

- This device may be used by children aged between 3 and 8 years, provided they are under continuous adult supervision while using it.
- This device can be used by children aged 8 and over and by people with reduced physical, sensory or mental capabilities or a lack of experience and/or knowledge, provided they are supervised or have been trained in the safe use of the device and understand the potential dangers. Children must not be allowed to play with the device. Children must not be allowed to clean the device unless they are supervised while doing so. This device is maintenance-free.

Danger to life for persons with pacemakers

- If you have a pacemaker, be aware that the electromagnetic fields emitted by this electrical product may, under certain circumstances, interfere with the function of your pacemaker. However, the strength of these fields is well below the applicable limits. Therefore, consult your doctor and the manufacturer of your pacemaker before using this product.

DANGER due to electricity

- The product must only be charged in dry indoor rooms.
- To charge the device, use only a suitable USB mains adapter of protection class II (symbol: ) approved for household products, with a safety extra-low voltage (SELV) output of 5 V/max. 1 A (see also "Technical specifications"), and use only the supplied charging cable. Do not use or attempt to repair a faulty USB mains adapter. Do not use defective charging cables.
- Do not use or charge the product near water. The product must not come into contact with water or other liquids while it is connected to the power supply. Do not submerge the product in water or other liquids while it is charging, as this poses a risk of electric shock.

• Only connect the device to a properly installed power socket with a mains voltage that complies with the technical specifications of the mains adapter used.

• Unplug the mains adapter from the power socket if malfunctions occur while charging, once the device is fully charged, during thunderstorms and before cleaning the device.

WARNING – risk of fire/explosion

• This product contains a rechargeable lithium-polymer battery that, for safety reasons, is firmly built into the device and cannot be removed without destroying the casing. There is a risk of explosion if the rechargeable battery is replaced incorrectly. It should be replaced only with an identical battery or one of the same type. If the rechargeable battery is faulty, contact a specialist workshop.

• Do not charge the product in the vicinity of explosive gases.

• **Warning!** Rechargeable lithium batteries can catch fire or explode, ...

... if they are exposed to extreme heat, such as sunlight, fire, etc., or extremely low air pressure during use, charging, storage or transport. Use the product only in moderate climatic conditions.

... if they are taken apart, thrown into a fire or short-circuited. Do not place any naked flames, such as burning candles, near the product. The product must be kept away from candles and other naked flames at all times to prevent the spread of fire.

• Do not modify, deform, heat or dismantle rechargeable batteries. Do not immerse them in water.

• The device cannot and must not be used while it is charging. Always remove it from your body before charging.

• Do not use the product if it or the charging cable provided show visible signs of damage.

• Do not make any modifications to the device. Have repairs to the product carried out only by a specialist workshop. Improper repairs can result in serious danger to the user.

CAUTION – risk of minor injury and material damage

• Protect the product from dust, moisture, direct sunlight and extreme temperatures.

• Do not sit on the product! Do not place any heavy objects on top of it. This will damage the product.

• Do not use any caustic, aggressive or abrasive products for cleaning.

Charging the rechargeable battery

The rechargeable battery comes in a half-charged state. This is to prevent it from becoming damaged. Charge the battery fully before using the product for the first time.

▷ You can remove the device from the mount to charge it (Fig. 5).

1. Use the charging cable to connect the device's USB-C charging socket to a suitable USB mains adapter, and plug the adapter into a mains socket. The indicator light lights up red.

The rechargeable battery is fully charged when the indicator light turns green.

2. Unplug the mains adapter from the mains socket and disconnect the charging cable.

If the rechargeable battery is flat, the charging time is approx. 1 hour. If the rechargeable battery is fully charged, the operating time is approx. 3 hours.



• If the indicator light flashes red, the battery is almost empty and must be recharged.

• The device cannot and must not be used while it is charging.

• Charge the battery in environments with a temperature of between +10 and +40 °C.


• The battery will best hold its charge at room temperature. The lower the ambient temperature, the shorter the operating time.

• To preserve the rechargeable battery's full capacity for as long as possible, you should fully recharge the battery every 3 months, even if you do not use the product. The battery will best hold its charge at normal room temperature. The lower the temperature, the shorter the battery life.


Using the product

You can wear the posture trainer either under or over your clothing.

1. Adjust the arm straps so that the device fits snugly against your body without constricting your shoulders.

2. To switch on the device, press and hold the On/Off switch  until the device vibrates four times ...
The indicator light will glow bluish white.

As soon as you bend your upper body more than approx. 25° forwards, the device will respond with repeated short vibrations until you straighten up again. The display next to the indicator light counts how many times the device has been activated. When the device is switched off, this count is reset and starts again from zero when it is switched back on.

▷ To switch off the device, press and hold the On/Off switch .

Care

NOTICE – material damage

- Do not immerse the device in water or other liquids.
- Do not use any caustic, aggressive or abrasive products for cleaning.

▷ Disconnect the device from the mains before cleaning.

▷ If necessary, wipe the device with a slightly damp cloth. The straps can be hand-washed in lukewarm water. Then leave them to air-dry. Do not place them on a radiator to dry!

Disposal

The product, its packaging and the built-in rechargeable battery have been manufactured from valuable materials that can be recycled. Recycling reduces the amount of refuse and preserves the environment. Dispose of the **packaging** at a recycling point that sorts materials by type. Make use of the local facilities provided for collecting paper, cardboard and lightweight packaging.






Devices, single-use batteries and rechargeable batteries marked with this symbol must not be disposed of along with normal household waste!

You are legally obliged to dispose of old devices separately from household waste. Electronic devices contain hazardous substances and, if stored or disposed of improperly, may cause harm to health and the environment. Information about collection points where old devices can be disposed of free of charge is available from your local authorities. Flat single-use and rechargeable batteries must be handed in at a local authority collection point or returned to a battery retailer. Tape off the contacts of lithium single-use/rechargeable batteries prior to disposal.

Warning! This device contains a rechargeable battery that, for safety reasons, is firmly built into the device and cannot be removed without destroying the casing. Improper disassembly leads to safety hazards. For this reason, take the device intact to a collection point where the device and battery will be disposed of properly.

Technical specifications

Model:	727 231
Rechargeable battery:	lithium-polymer 3.7 V  150 mAh (the  symbol indicates direct current)
	Watt-hour rating: 0.555 Wh (tested as per UN 38.3)
Charging time:	approx. 1 hour
Max. operating time:	approx. 3 hours
Input power:	DC 5 V / 1.0 A (SELV)
Rated power:	2.5 W
Power consumption in off mode:	0.3 W
Protection class:	III 
Mains adapter (not included):	
Input:	AC 100-240 V 50/60 Hz
Output:	DC 5V 1.0 A
Ambient temperature:	+10 to +40 °C

Information about the rechargeable battery:

Manufacturer:	Dongguan Xintongda Electronic Technology Co., Ltd. No. 31, Renmin Road, Qinghitou Town, Tangxia Town, Dongguan City, Guangdong Province, Room 401, PR China
Email:	2682104208@qq.com
Model:	402030 3.7V 150mAh
Manufacturing date:	2025/10
Made in:	China

Manufactured by:
Commax BV, Wiebachstraat 37, 6466 NG Kerkrade, The Netherlands

Product number: 727 231



www.tchibo.de/instructions