

# GOOD POSTURE STARTS HERE

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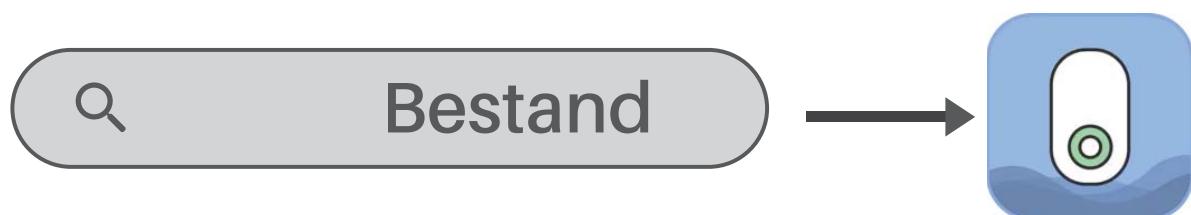
Bestand Posture Trainer & Corrector pro  
**USER MANUAL**

# HOW TO GET STARTED

1. Download the Bestand app. Search "Bestand" or simply scan the QR code
2. Follow the tutorial in the app for a step-by-step guide on how to get started.

# How to connect cellphones with Bestand Posture Trainer & Corrector Pro?

1. Download Bestand APP.



Download on the  
**App Store**



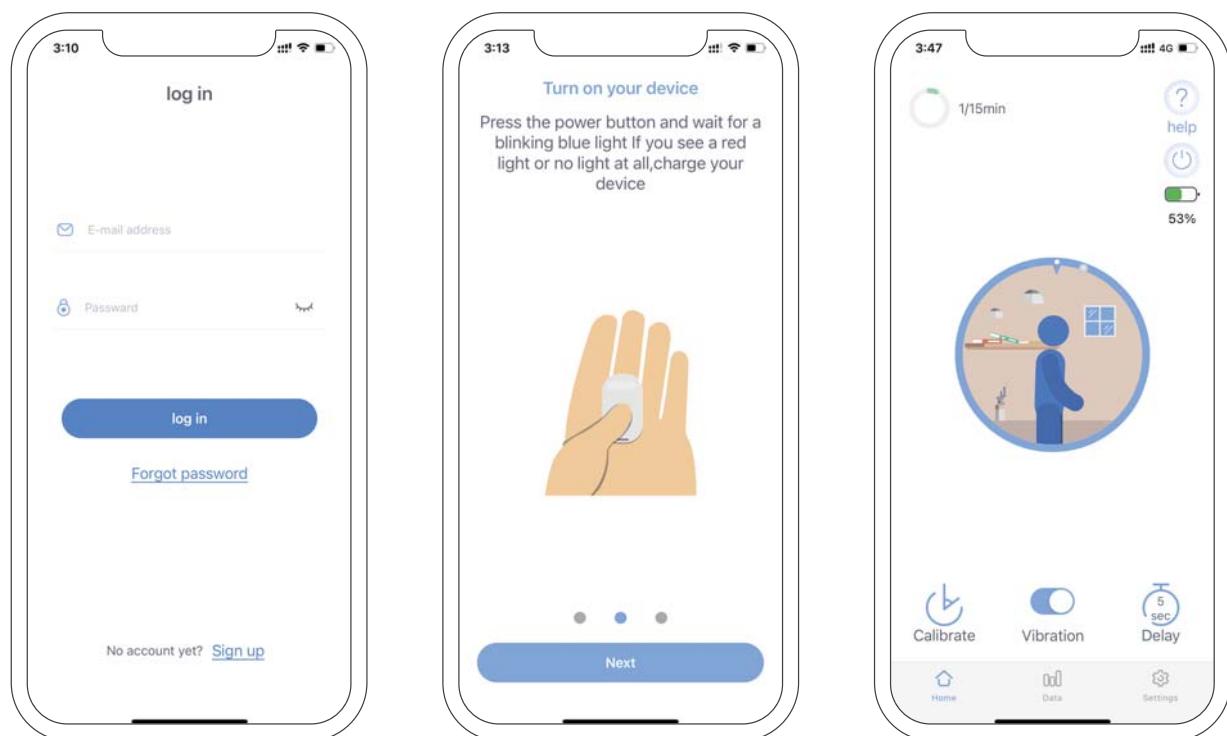
Get in on  
**Google Play**

2. Log in on Bestand APP. If you do not have an account, click on “sign up” to register.

Note: Please register with your e-mail.

3. Turn on Bestand Posture Trainer & Corrector Pro: Press the switch button of Bestand Posture Trainer & Corrector Pro.

4. Bluetooth connection: Turn on the Bluetooth of your cellphone and allow it to connect to Bestand.



# WHAT TO EXPECT IN THE APP TUTORIAL

Setting up your Bestand Posture Trainer & Corrector Pro

Your personal training plan

How to find your upright posture

How to train with your Bestand Posture Trainer & Corrector Pro

And more...

## TIPS FOR SUCCESS

- In order to get the best results within 2 weeks, we strongly recommend that you use Bestand Posture Trainer & Corrector Pro daily.
- Use your Bestand Posture Trainer & Corrector Pro in a cool indoor environment.
- Put Bestand Posture Trainer & Corrector Pro on the table to remind you to train.
- Finally, don't forget to charge your Bestand Posture Trainer & Corrector Pro.

# HOW TO USE BESTAND POSTURE TRAINER & CORRECTOR PRO?

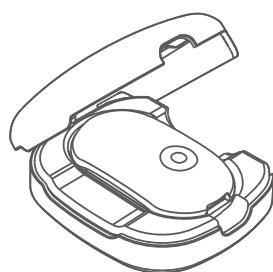
## 1. Set your training program with Bestand APP.



Blue icon indicates proper standing or sitting postures.



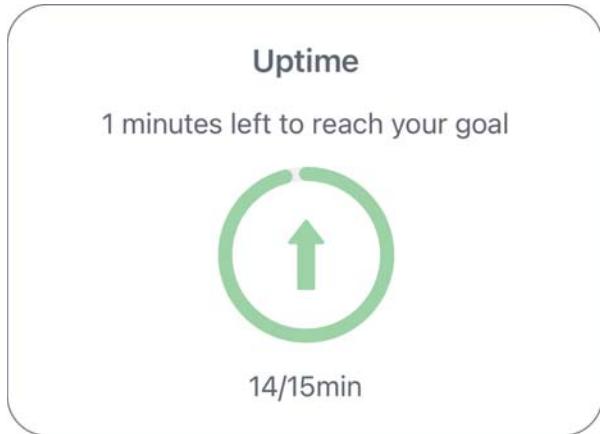
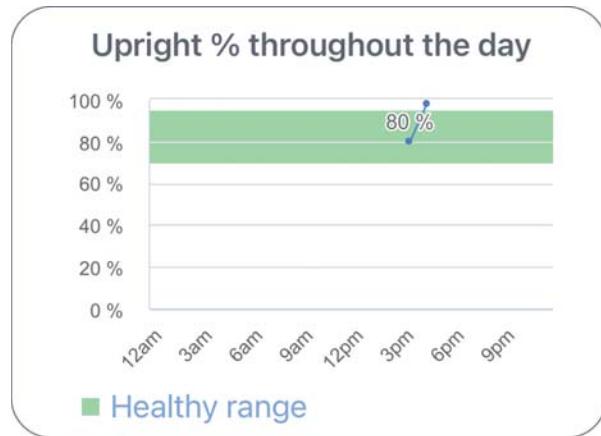
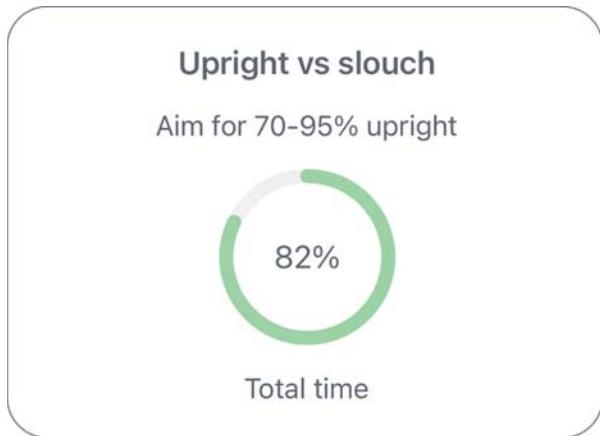
Red icon indicates improper standing or sitting postures.



Note: Laying down the Bestand Posture Trainer & Corrector Pro flat on the desk for 10 minutes, and the device will shut off automatically if nothing changes.

APP Home	Function
 1/15min	The duration of the training is 15 minutes. 1 indicates the time of keeping proper posture during the 15 minutes (find "Upright target" in settings to adjust training time and range).
	Click on it to shut off the device.
 100%	Power
 Vibration	Turn device vibration on or off(Find "Vibration" in the settings to adjust the vibration pattern and strength).
 Calibrate	Before each use, please place the product perpendicular to the desktop, and then click the calibration button in the APP to calibrate.
 Delay	Bestand Posture Trainer & Corrector Pro will vibrate to issue a warning if standing or sitting postures remain improper for over 5S (Click on time to change the setting as 5S/15S/30S/60S).

## 2. View training data for the week (Find data in Bestand APP).



# WHAT'S IN THE BOX



## Bestand Posture Trainer & Corrector Pro

Your personal posture trainer, which measures your posture 100 times a second.



## Case

Store your Bestand Posture Trainer & Corrector Pro in the case while charging it on your desk or when you're on the go.



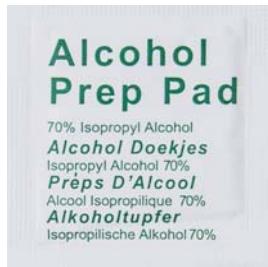
## Adhesives

Attach Bestand Posture Trainer & Corrector Pro to your upper back using the reusable silicone adhesives.



## Charging Cable

Type-c cable for charging Your Bestand Posture Trainer & Corrector Pro.



## Alcohol Pads

Use the alcohol pads to clean the adhesives and your skin before use.



## Adhesive Removal Tool

Use it to peel off your old adhesive when replacing it with a new one.

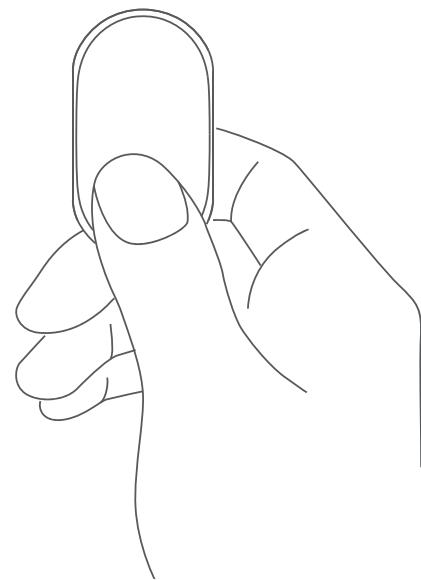
# DEVICE SHORTCUTS

Turn On, Short Click.

Turn Off, Long Click.

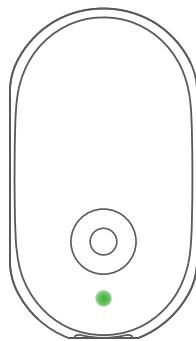
Set Posture (Calibration),  
Double Click.

The device within 10 meters  
automatically connects to  
the mobile phone and enters  
training mode.



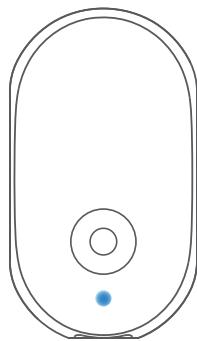
\*Learn more about Set Posture, Training & Tracking  
in the Bestand app.

# LED INDICATORS



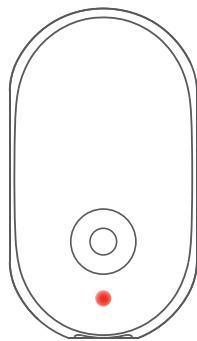
**Green**

Connected  
to the app



**Blue**

Not connected



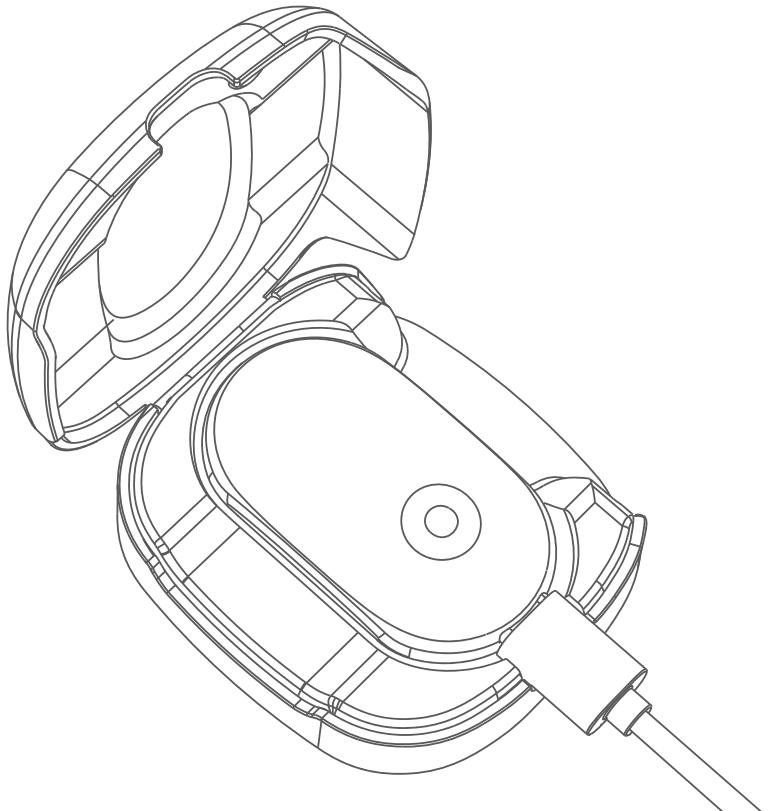
**Red**

Battery is in low

# HOW TO CHARGE YOUR BESTAND POSTURE TRAINER & CORRECTOR PRO

Charging your battery regularly will allow you to use your Bestand Posture Trainer & Corrector Pro as often as you can.

1. Place your Bestand Posture Trainer & Corrector Pro in its case for safekeeping and plug the charging cable into the USB port.
2. It takes about 1-2 hours to fully charge.
3. Once your battery is fully charged the LED light will turn green.



# ADHESIVES CARE & MAINTENANCE

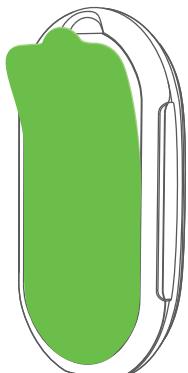
- With proper maintenance, each adhesive can be used about 3-10 times, depending on skin type.
- Make sure your skin is clean and dry before using the Bestand Posture Trainer & Corrector Pro.

Use the alcohol pads provided to clean skin.

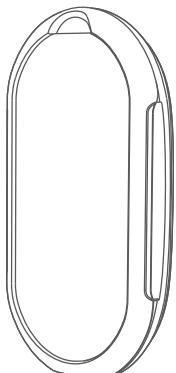
- The adhesive doesn't attach well to sweaty skin. Therefore, we recommend training indoors.
- When you're not using Bestand Posture Trainer & Corrector Pro, store it in its case to keep the adhesive clean.

# REPLACING THE ADHESIVE

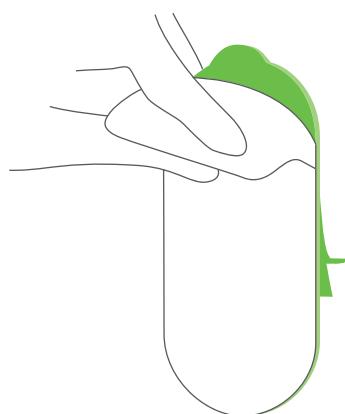
1. Remove the old adhesive from the Bestand Posture Trainer & Corrector Pro. We recommend using the removal tool provided.



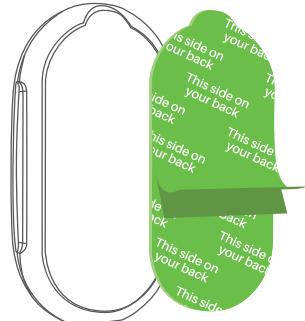
2. Important: Make sure you remove ALL parts off the old adhesive completely, so there's nothing green left on your Bestand Posture Trainer & Corrector.



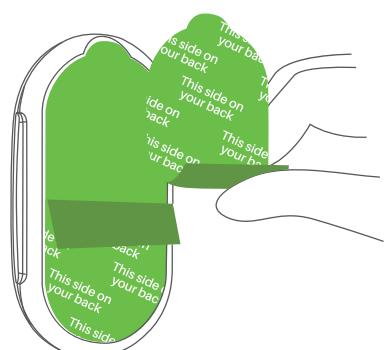
3. Take a new adhesive and just peel off the white cover from one side.



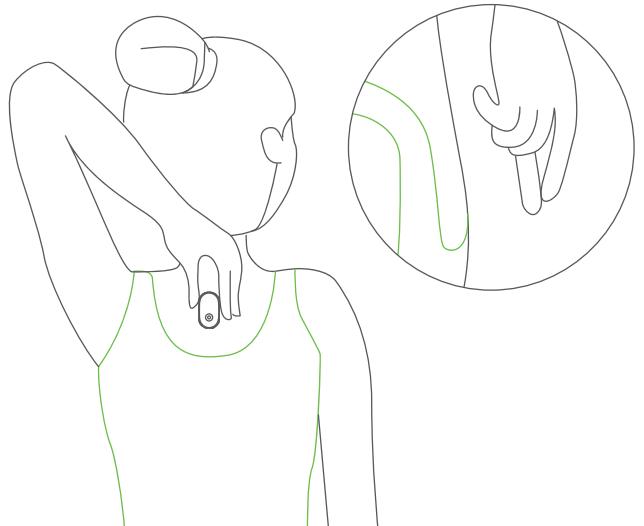
4. Attach the sticky part to the gray sunk part of Bestand Posture Trainer & Corrector Pro.



5. When you want to start using your Bestand Posture Trainer & Corrector Pro, peel off the green cover which says "This side on your back".



6. Attach the Bestand Posture Trainer & Corrector Pro to your back.



Note: You could buy the adhesive from Bestand APP (Bestand APP-Settings-Purchase adhesives).

# PRODUCT SPECS

Dimensions	50×28×12mm
weight	11g
Bluetooth	BLE-Bluetooth Low Energy 5.0
Battery	Single Cell, Lithium-Polymer, 3.7V, 200mAh, 0.55Wh
Battery life	45 hours
Charging cable	USB Type C
Input voltage Input current	5V, 100mA(max)
Mobile compatibility	iOS9.0 & up, Android 5.0 & up

# FCC WARNING

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

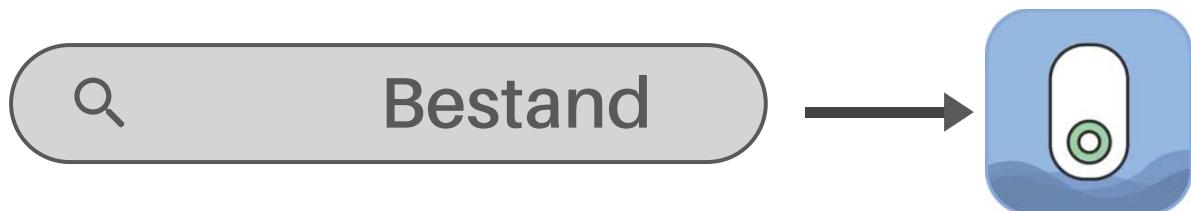
FCC ID: 2A4J8-BESTANDPRO

## 如何开始?

1. 搜索“Bestand”应用程序，并下载到您的电子设备。
2. 按照应用程序中的教程，获取有关如何入门的指南。

## 手机与Bestand Pro如何连接?

1. 下载Bestand APP。



2. 登录Bestand应用程序。如果您还没有帐户，请点击“注册”进行注册(注:请使用您的电子邮箱注册)。
3. 打开Bestand Pro:按下Bestand Pro开关按键。
4. 蓝牙连接:打开手机蓝牙, 允许Bestand应用程序连接到设备。



## 在APP教程中期待什么？

设置您的Bestand Pro;  
您的个人培训计划;  
如何找到您的直立姿势;  
如何使用Bestand Pro进行训练;  
更多...

# 成功秘诀

- 为了在2周内获得最佳效果, 我们强烈建议您每天使用Bestand Pro。
- 在凉爽的室内环境中使用Bestand Pro。
- 将Bestand Pro放在桌子上, 以提醒您进行培训。
- 最后, 别忘了为Bestand Pro充电。

## 如何使用Bestand Pro?

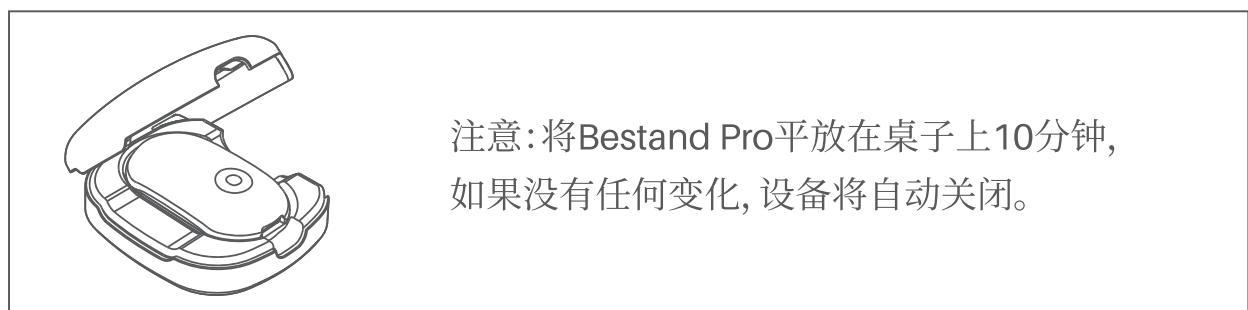
1. 使用Bestand APP设置您的训练计划。

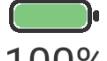


蓝色图标表示站立  
或坐姿正确

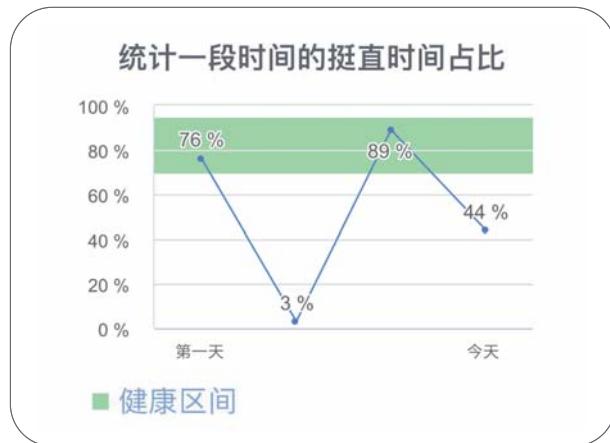
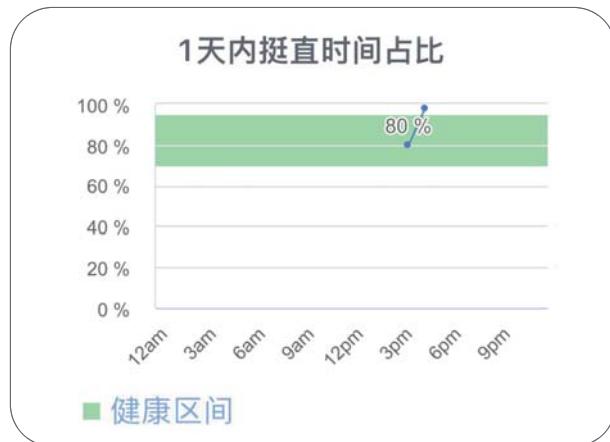


红色图标表示站立  
或坐姿错误



应用首页	功能
 1/15min	培训时间为15分钟, 1表示15分钟内保持正确姿势的时间 (在设置中找到“挺直目标”来调整训练时间和范围)。
	单击此按键, 可关闭设备Bestand Pro。
 100%	电量显示。
 振动	打开或关闭设备振动(在设置中找到“振动”来调整振动模式和强度)。
 校准	每次使用前, 请将产品垂直于桌面放置, 然后点击APP中的校准按钮进行校准。
 延迟	如果站姿或坐姿持续错误超过 5秒(时间可更改设置为 5S/15S/30S/60S), Bestand Pro将发出振动警告。

## 2. 查看一周的训练数据(在Bestand应用程序中查找数据)。



# 产品清单



## Bestand Pro

您的私人姿势训练器, 每秒可检测您的姿势100次。



## 充电盒

给您的Bestand Pro储存或充电使用, 并且方便外带。



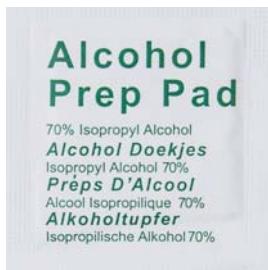
## 粘合剂

可重复使用的硅胶粘合剂, 将Bestand Pro贴在您的背部。



## 充电线

Type-c接口充电线, 为您的Beastand Pro  
充电。



## 酒精垫

使用前, 使用酒精垫清洁粘合剂和皮肤。



## 去胶工具

更换新粘合剂时, 用它撕掉旧粘合剂。

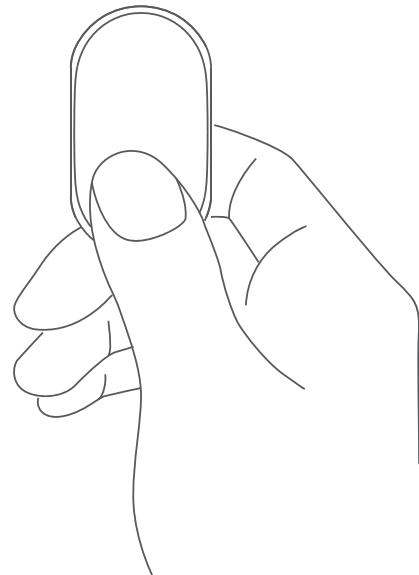
# 设备快捷方式

打开设备, 短按开关键。

关掉设备, 长按开关键。

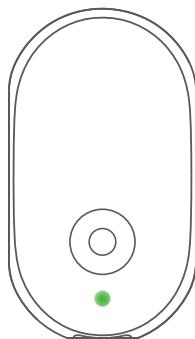
设置姿势(校准), 双击开关键。

10米以内设备自动连接手机, 进入训练模式。

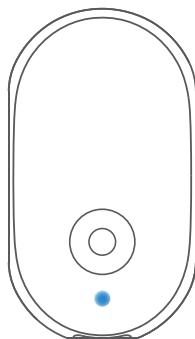


更多有关设置姿势、训练和跟踪信息请在Bestand 应用程序中了解。

## LED指示灯

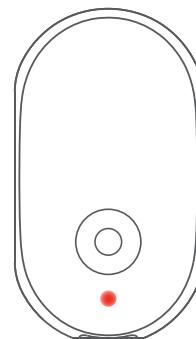


绿灯



蓝灯

连接到应用程序



红灯

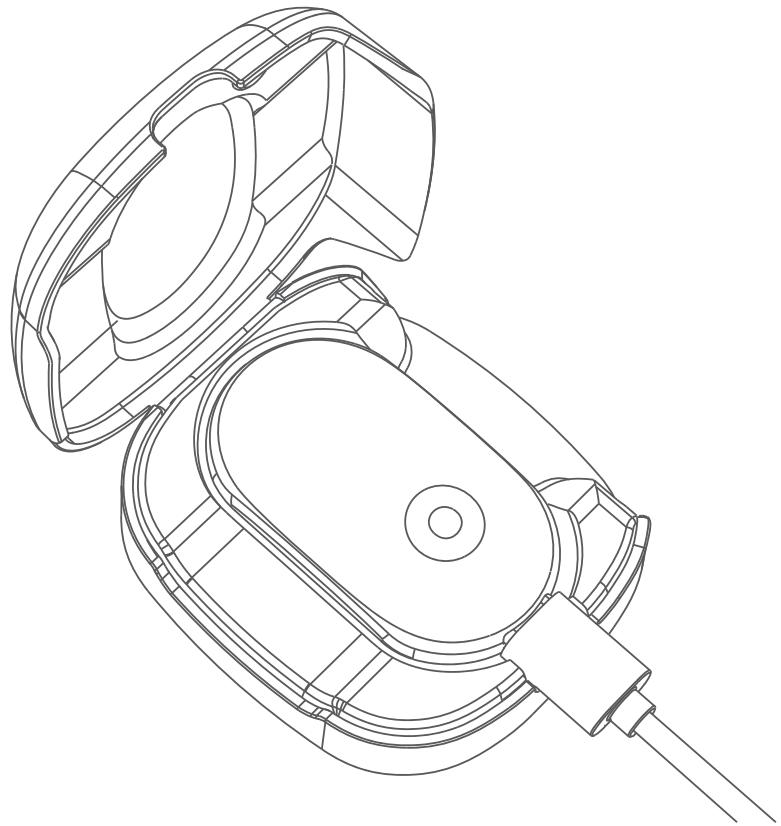
未连接

电池电量低

# 如何为您的 Bestand Pro 充电

定期为电池充电,可以让您尽可能多地使用Bestand Pro。

1. 将您的Bestand Pro放入充电盒中以妥善保管,然后将充电线插入USB端口。
2. 充满电大约需要1-2小时。
3. 电池充满电后,LED 灯将变为绿色。



## 粘合剂的保养与维护

如果保养得当,每片粘合剂可使用约3-10次,具体取决于皮肤类型。在使用Bestand Pro之前,请确保您的皮肤的清洁和干燥。

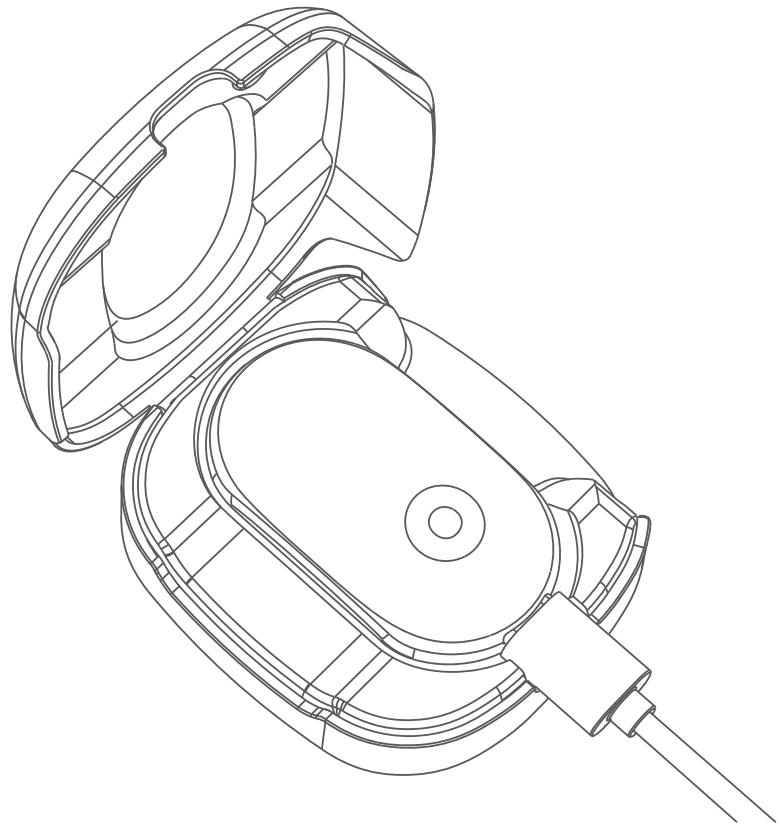
请使用提供的酒精棉清洁皮肤。

粘合剂不能很好地粘附在出汗的皮肤上,所有我们建议在室内训练。不使用Bestand Pro时,请将其存放在盒子中以保持粘合剂清洁。

# 如何为您的 Bestand Pro 充电

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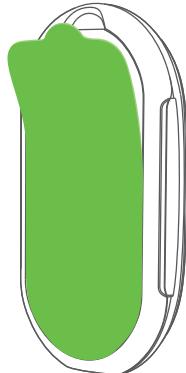


## 粘合剂的保养与维护

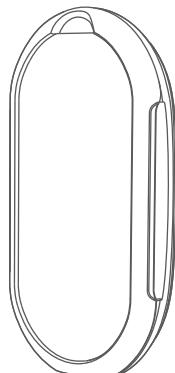
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# 更换粘合剂

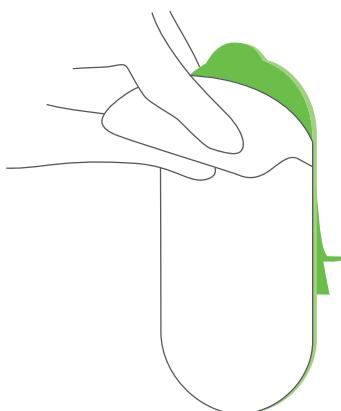
1. 去除Bestand Pro上的旧粘合剂。我们建议使用提供的去胶工具。



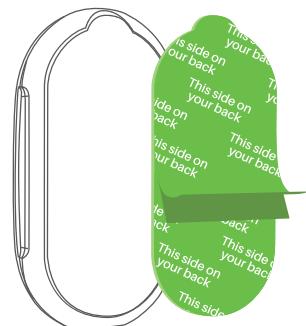
2. 重要提示: 确保旧粘合剂完全取下, 以便Bestand Pro上没有任何绿色残留。



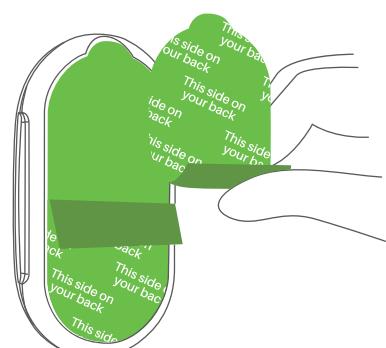
3. 取一片新的粘合剂, 从一侧撕下白色的贴纸。



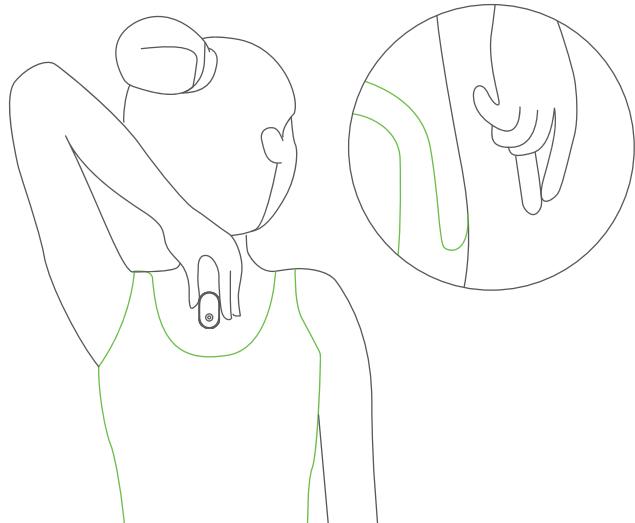
4. 将粘性部分贴在Bestand Pro的背部凹面。



5. 当您开始使用Bestand Pro时，请撕下标有“This side on your back”的绿色贴纸。



6. 将Bestand Pro贴在背上。



注：胶粘剂可在Bestand应用程序购买(Bestand应用程序-设置-购买粘合剂)。

## 产品规格

尺寸	50×28×12mm
重量	11g
蓝牙	BLE-蓝牙低功耗5.0
电池	单节电池, 锂聚合物, 3.7V, 200mAh, 0.55Wh
电池寿命	约45小时
充电线	USB Type C
输入电压 输入电流	5V, 100mA(最大)
兼容系统	iOS9.0 及以上, Android 5.0 及以上

## NEED MORE INFO?

Visit our Official website at  
[www.bestand.com](http://www.bestand.com)

You can contact us by email  
[globalbiz@bestand.com](mailto:globalbiz@bestand.com)