



Get started

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Charge Lumo Lift (page 4)

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Download the **Lumo Lift** app from the Apple App Store. Just search for "Lumo Lift" to find us!
Or you can visit www.lumobodytech.com/get-app

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Wear Lumo Lift (page 6)

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Get Coaching Sessions and vibration reminders (page 9)

Additional support at www.lumobodytech.com/category/how-to

Download the app



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Alternatively, you can visit www.lumobodytech.com/get-app from your iPhone, iPod, or iPad to get the app.

What's in the box



Your Lumo Lift



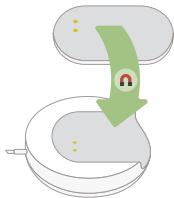
A silver & black magnetic clasp



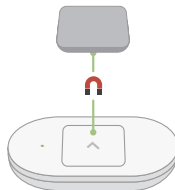
A strap clip (also magnetic)



A charging dock



Plug the charger into a USB power source.
Line up the charging pins so they make contact.
From 0%, it will take 2 hours to fully charge.
A full charge lasts about four days.

**Button Functions**

Single press:
Battery status

Double press:
Align

Press & hold:
Start/end Coach

Light Status

Pulsing Blue:
Connecting to app

Green:
Battery above 20%

Orange:
Battery below 20%

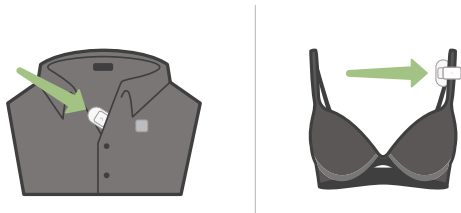
Buzz Patterns

1 buzz:
Coach started

2 buzzes:
Coach ended

3 buzzes:
Align completed

Wearing Lumo Lift



Slide the sensor behind your clothes, close to the body.

Attach the magnetic clasp on the outside.

For best results, wear it directly below your collar bone.

To wear on a strap, use the included white strap clip.

Double press to Align (pg 6) each time you wear Lumo Lift.

How *not* to wear Lumo Lift



Lumo Lift isn't optimized to be placed on loose clothing.

If wearing loose clothes, wear Lumo Lift close to the body.

For example, place Lumo Lift on an undershirt
or a bra strap using the included clip accessory (pg 4).

Align each time you wear Lumo Lift

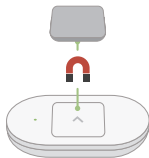


Get into good posture—shoulders back and head lifted. Double click the sensor to Align (our way of calibrating). This teaches Lumo Lift what your best posture looks like. Align every time you wear Lumo Lift, reposition the sensor, or before/during a Coaching Session.

Get vibrations with Coaching Sessions



Want Lumo Lift to remind you to be in good posture? Tap the Coach button in the app to start a Coaching Session. Lumo Lift gently vibrates when you're not in good posture. You can also start and end Coaching Sessions from your Lumo Lift sensor by pressing and holding the button.



Pacemaker Warning

The Lumo Lift sensor incorporates magnets in its design and may cause electromagnetic interference when used in proximity to sensitive devices such as pacemakers. Please consult your physician prior to using the Lumo Lift sensor in close proximity to any such device.

FCC Warning: Federal Communications Commission (FCC) Statement

15.21 – You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b) – 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.

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 of the device.

BT product FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Rated Voltage: 5V DC, Rated Current: 30mA, Max Charging Temperature: 113 deg F or 45 deg C, Max Operating Temperature: 140 deg F or 60 deg C

Lumo BodyTech, Inc. warrants the Lumo Lift product to be free of defects in material and workmanship when used as intended for a period of ninety (90) days from the original date of purchase.

This limited warranty is extended to the original purchaser only, and excludes coverage of any damage resulting from improper use or handling, accidental damage, modifications or unauthorized repairs, normal wear & tear during use as intended, or other causes that are not defects in material and workmanship.

In case of a covered defect, you must return the product and purchase receipt to the point of sale to obtain warranty coverage. Lumo BodyTech, Inc. will repair or replace the defective product, or issue a refund, at its sole discretion. This limited warranty extends only to authentic Lumo Lift products manufactured by Lumo BodyTech, Inc.

This product is otherwise sold AS IS WITH ALL FAULTS. Lumo BodyTech, Inc. specifically disclaims all other warranties, conditions, representations and the provision of or failure to provide any support or other service, information, software, or related content through the product. This limited warranty excludes all other express or implied warranties of any type, all of which are specifically disclaimed.

Any warranty imposed by operation of law, or course of trade or dealing, shall be limited to the ninety (90) day term of this limited warranty. Lumo BodyTech, Inc.'s liability for any direct or indirect, incidental or consequential damages arising out of the use of the product, or the failure or inability to use the product shall be limited to the original purchase price of the product. No person may change or expand the terms of this limited warranty.

Some jurisdictions do not allow a limitation on implied warranties or the amount or type of damages, so these limitations may not apply to you. This limited warranty gives you specific legal rights, and you may have additional rights that may vary.

To view regulatory and compliance statements, please visit:
www.lumobodytech.com/compliance

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Track your progress with the Lumo Lift App.

Download it from the App Store by searching for "Lumo Lift"

Compatible with iOS devices.

To see the entire list of supported devices, visit:

www.lumobodytech.com/compatibility



Need more help?

lumobodytech.com/support

We like when you like us!

facebook.com/lumobodytech