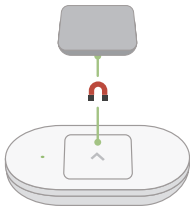


Lumō[^]

L i f t

A QUICK GUIDE

Meet Lumo Lift



Button Functions

Single press:
Check battery status.

Double press:
Snapshot.

Press & hold:
Start/end PowerUp.

Light Status

Pulsing Blue:
Connecting to app.

Green:
Battery above 15%.

Orange:
Battery below 15%.

Buzz Patterns

1 buzz:
PowerUp started.

2 buzzes:
PowerUp ended.

3 buzzes:
Snapshot completed.

Charging Lift

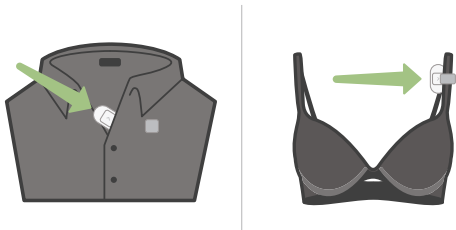


Plug the charger into a USB source.

Line up the charging pins so they make contact.

From 0%, it will take 2 hours to fully charge.

Wearing Lift



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

Attach the magnetic clasp on the outside.

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

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

How *not* to wear Lift



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

If wearing loose clothing, wear as close to the body as possible.

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

Snapshot each time you wear Lift



Get into good posture—shoulders back and head lifted.
Double click the sensor to Snapshot (our way of calibrating).
That posture is what Lift will hold you to.
For best results, Snapshot each time you wear Lift.

Get vibrations



Want Lift to remind you to be in good posture?
Press and hold Lift. Release when you feel a vibration.
You've started a PowerUp session.
Now Lift gently vibrates when it thinks you're not in good posture.

Track your progress with the Lift app.

Compatible with iOS devices and desktop computers.*

To see the entire list of supported devices, visit:

www.lumobodytech.com/devices

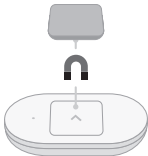


Need more help?

www.lumobodytech.com/support

We like when you like us!

facebook.com/lumobodytech



Pacemaker Warning

The 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 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: 60mA, Max Charging Temperature: 113 deg F or 45 deg C, Max Operating Temperature: 140 deg F or 60 deg C

Lumo BodyTech Limited Warranty

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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