

# Lumo Lift Posture & Activity coach

Improve and correct your posture – at work, at home or during workout. Small vibrations on your skin give you immediate feedback. Lumo Lift – A posture tracker for everybody (iOS, Android, Windows).



EAN: 853742004030

MSRP: 80,-€

Lumo Lift is our wearable sensor that tracks posture, steps, distance, and calories burned. This small posture device provides gentle vibrational reminders for your posture whenever you slouch, coaching you to sit taller and stand stronger. The Lumo Lift uses sophisticated angle displacement as a measure to tell when you are in and out of good posture. This means that as great as the Lumo Lift is at coaching you on your posture, you have to teach it what good posture looks like on you first so that it has a baseline posture to compare against.



Just as you would before getting on a weight scale, the Lumo Lift needs to be calibrated before use to get accurate feedback on your posture. We call this Aligning, and you can do this on your Lumo Lift by getting into your best posture and then double pressing the Lumo Lift against your body.

## DOWNLOAD THE LUMO LIFT APP TO GET STARTED TODAY!

Download of the Lumo Lift companion app, available for iOS/iPhone, Windows Desktop and select Android devices, to view your posture and activity data, as well as customize settings to best fit your lifestyle. The app connects to the sensor via Bluetooth LTE and guides you through the setup process.

## BENEFITS

- Improve your posture
- Counts steps, distance, and calories

- Get vibrational feedback
- Track your progress
- Lasts up to 5 days on a charge

## FUNCTION

1. Make sure to wear your Lumo Lift about 1/2"–1" below your collarbone, mid-way between the tip of your shoulder and your neck. This is where you'll see best results for accurate posture detection.
2. Wear your Lumo Lift solely with snug-fitting clothes, as loose clothing causes inaccurate readings of your posture (as Lift tracks your garment instead of your body). If this isn't an option, opt to wear your Lumo Lift on undergarments using the white strap clip, or place your Lumo Lift higher above your collarbone where there is less movement of the garment.
3. The Lumo Lift uses angle displacement as the main measure of posture, so it requires re-calibration of the device, similar to a weight scale. Simply get into your best posture, then firmly and rapidly double-click your Lumo Lift against your body. 3 short buzzes – you're aligned.
4. The Lumo Lift tracks your posture, steps, distance, and calories burned with the help of the Lumo App.

## TECHNICAL INFORMATION

### Material & Weight:

- Lumo Lift sensor – Electroplated thermoset plastic. Soft-touch painted back. 11.50g.
- Magnetic clasps – Solid aluminum. Rare Earth magnet. 1g.

### Battery:

- Lithium Polymer. Up to 5 days on single charge. Zero to fully charged in 2–4 hours flat.

### Memory:

- 32MB of flash memory. Up to 4 weeks of local activity data storage. Lifetime activity data storage in the cloud.

### Compatible Devices:

- Compatible with iOS devices, select Android devices, and Windows 7 desktop. See complete list here.

### Apps:

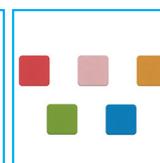


Lumo Lift App

### Accessories:



Classic Clasps  
EAN: 853742004047



Colored Clasps  
EAN: 853742004054



Crystal Jewelry  
Clasp Azure Dot  
EAN: 4260497570073



Dongle for  
Windows PC  
EAN: 853742004061



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