**GUIDELINES FOR USE**

- The MoveMore® Lower Body Trainer (LBT) is designed for use by anyone of any age, ability level, or standard office job.
- MoveMore® can be used both with and without support available.
- Use for the shows, starting at home or here.
- Use your posture, posture on opposite side.
- Position the board as the back, directly in front of your leg.
- Chair height should allow the heel to rest on the foot rest and allow for good posture.
- Raise an office chair, raise the leveler to the board, and from a seated position, the chair may be adjusted up and down. It is important to position the board at the height of the foot rest and allow for good posture.
- Place feet on the footrest, adjust the straps to fit comfortably, and for better posture.
- To align the board, set the board directly in front of your leg and back.
- The board should be aligned with your foot rest and allow for good posture.
- Position the board at the knee, directly in front of your leg.
- Chair height should allow the heel to rest on the foot rest and allow for good posture.
- Raise an office chair, raise the leveler to the board, and from a seated position, the chair may be adjusted up and down.