

# Instructions for wearing the Muscle Suit

## Innophys Co., Ltd.

# Important points (Muscle suit Every)

## 1. How to fasten the chest belt

**[BAD]**

The chest belt is too tight.



**[Good]**

Loosen the chest belt.



## 2. Do not let the suit fit tightly against the body

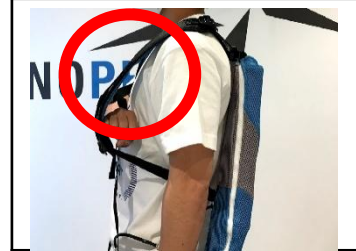
**[BAD]**

The suit is in close contact with the body.



**[Good]**

Leave about a fist-sized gap.



## 3. Waist belt position

**[BAD]**

The waist belt is positioned above the trouser belt.



**[Good]**

The waist belt is positioned below the trouser belt.



## 4. Thigh pad position

**[BAD]**

The thigh pad touches the knee.



**[Good]** The

thigh pad touches the knee.



# Instructions for Wearing the Muscle Suit GS-BACK



## STEP 1

Wear it like a backpack.  
Adjust the shoulder straps so that  
the waist belt aligns with the height  
of your hip bones.



## STEP 2

After fastening the waist belt,  
tighten it snugly.



## STEP 3

Bring the thigh pads around to the  
front.

# Instructions for Wearing the Muscle Suit Soft-Power



The guideline for the lumbar pad position is around the same height as the navel.

STEP 01

Adjust the belt on the back to your height

※アジャスタの下端に数字を合わせます



STEP 02

Wear it like a backpack



STEP 03

Fasten the chest belt.

**\*Fasten the chest buckle loosely.**



STEP 04

Detach the left and right shoulder buckles.

**\*After detaching the buckles, loosen the shoulder straps.**



STEP 05

Fasten the thigh belt below the knee

**\*Wear it below the knees!**



STEP 06

Connect the left and right shoulder strap buckles.



STEP 07

Pull and tighten the shoulder straps, ensuring they are not too tight..



STEP 08

Adjust the lumbar cushion so that it is at the height of the navel on the back side. Adjust by fastening the shoulder straps and thigh belts.



# Important points

## ① Preparation Before Wearing

Adjust the size to fit your height



装着前、身長に合わせて背中ベルトを調節してください

## ② Points to Remember When Wearing

POINT 1. Adjusting the Shoulder Straps



**\*Adjust the belt length according to your working posture.**

Over-tightening will hinder movement. Adjust the lumbar pad to be at the height of your navel. Be careful not to over-tighten the chest belt, as it will also restrict movement.



## ② Points to Remember When Wearing

POINT 2. How to fasten the thigh belt



When bending your knees, the belt becomes difficult to reach due to the tension of the muscle suit. Try wearing it by bending your upper body and keeping your knees straight. .

**\*It may be easier to put on if you place one foot on a higher surface.**

POINT 3 Support ON/OFF



Support is turned off by detaching the shoulder buckles. Please remove the suit when sitting in a chair or driving a vehicle.



POINT 4. Lumbar Pad Removal



It is recommended to remove the lumbar pad if it becomes obstructive, such as when sitting in a chair.

**\*The lumbar pad can be easily removed with Velcro.  
\*The burden reduction rate is the same even without the lumbar pad.**

# Instructions for Wearing the Muscle Suit Soft-Power EASY-LIFT



## STEP 1

Adjust the belt on the back to your height



## STEP 2

Wear it like a backpack



## STEP 3

Loosen the shoulder straps



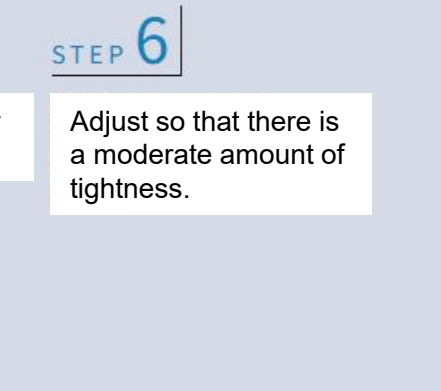
## STEP 4

Fasten the thigh belt below the knee



## STEP 5

Fasten the shoulder belt.



## STEP 6

Adjust so that there is a moderate amount of tightness.