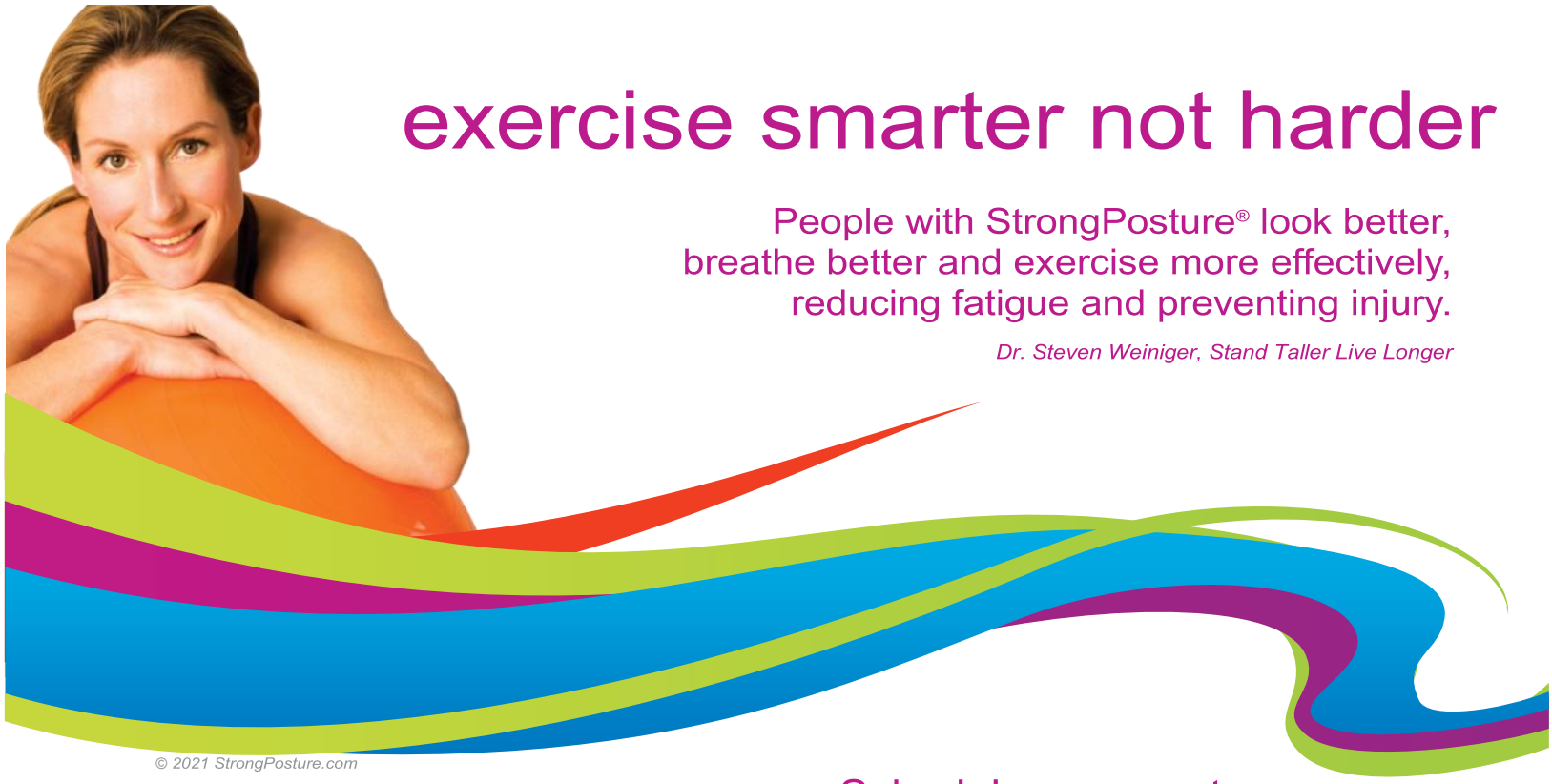

exercise smarter not harder

People with StrongPosture® look better, breathe better and exercise more effectively, reducing fatigue and preventing injury.

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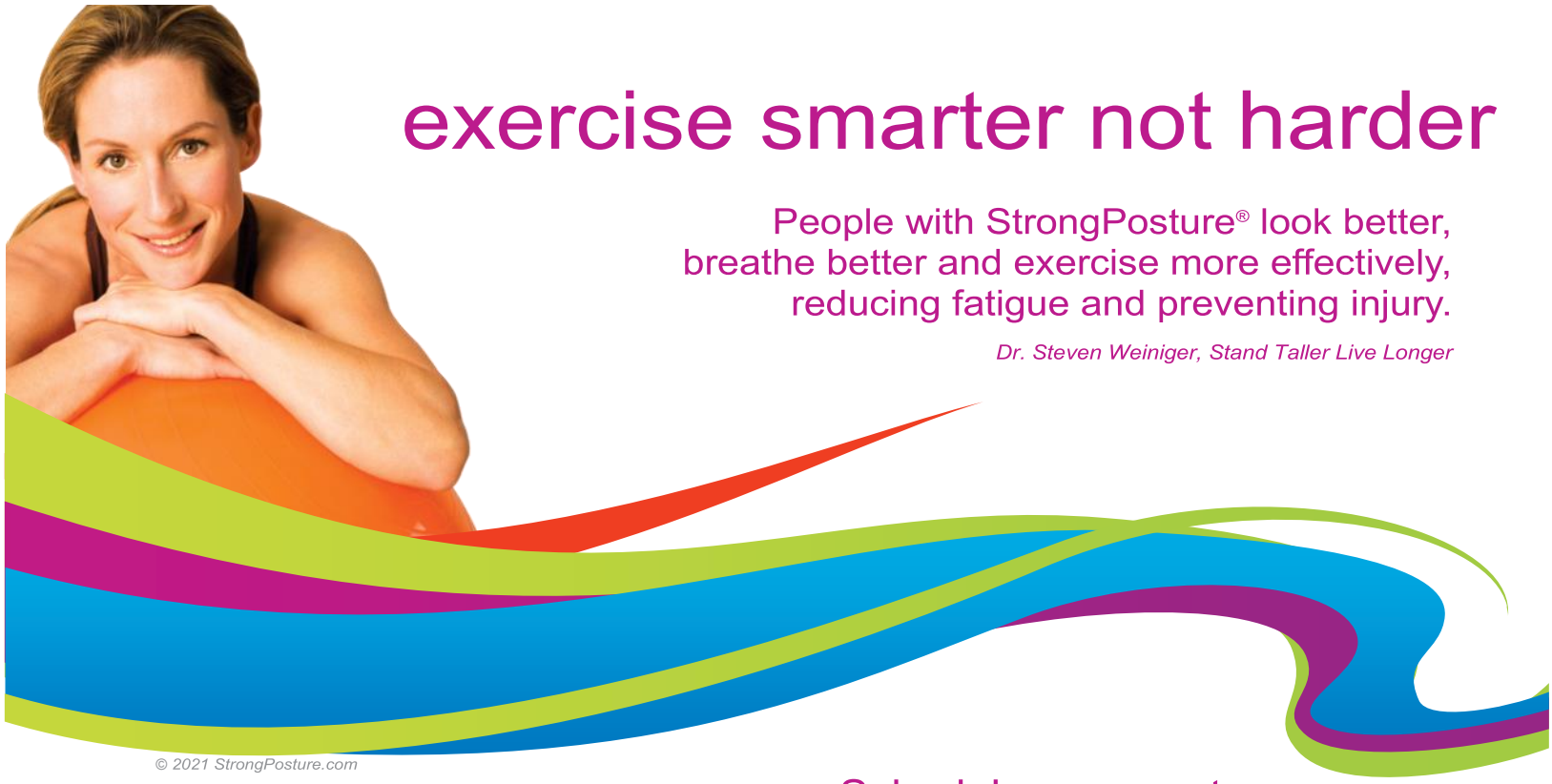

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