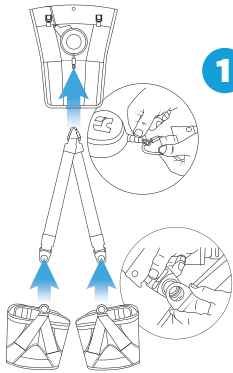
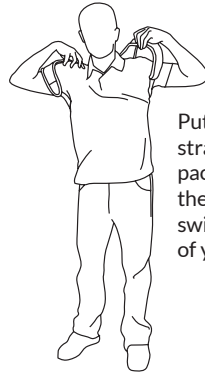


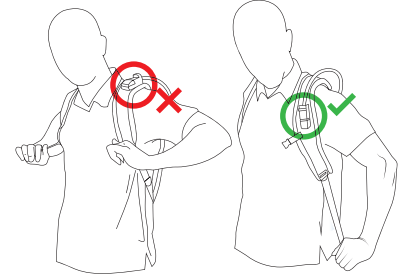
# WEARING THE APEX™ EXOSUIT



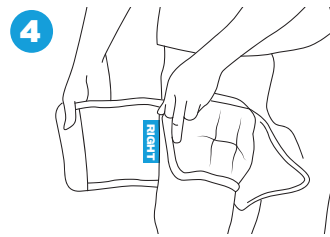
**1** Assemble the Apex by hooking the metal carabiner on the bands through the loop on the back. Lay the Back and the Bands flat so that the writing on the Bands faces up. Then snap the bands in to the clips on the Thigh Sleeves. Make sure to snap the right Thigh Sleeve into the Band on the right, and left into the left.



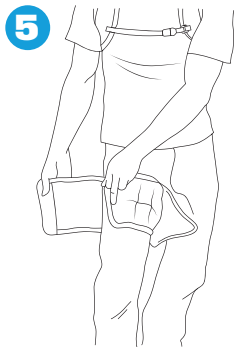
**2** Put the shoulder straps on like a backpack, then tighten the straps until the switch is on the front of your shoulder.



**3** Fasten the small chest strap and tighten until comfortable.



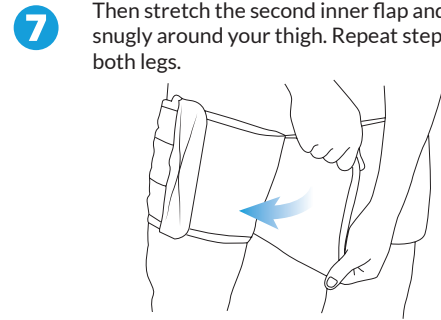
**4** Check for the "right" and "left" tags and grab the appropriate thigh sleeve.



**5** Put on the thigh sleeves by holding the clip in the bottom-middle of your buttock, then wrap the flap around the inner thigh first.



**6** Fasten the outer flap over the inner flap.



**7** Then stretch the second inner flap and fasten snugly around your thigh. Repeat steps 4-7 for both legs.

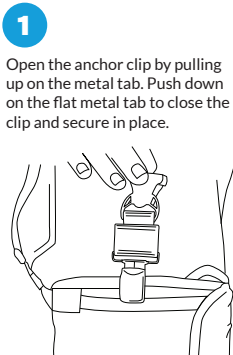
After adjusting the suit, use the included webbing keepers to tie up any loose webbing.



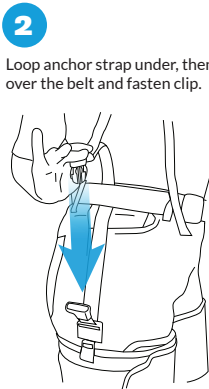
For More Fitting Tips Visit:  
[HeroWearExo.com/fitting](http://HeroWearExo.com/fitting)

## PUT ON THE ANCHORS

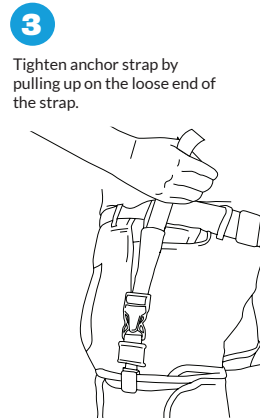
If you haven't already, assemble and put on your Apex exosuit, and wear a sturdy belt (we have provided a belt with the anchors). You do not have to have pants with belt loops to use the thigh sleeve anchors.



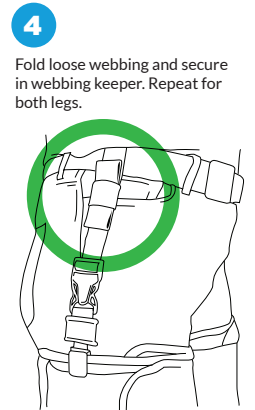
**1** Open the anchor clip by pulling up on the metal tab. Push down on the flat metal tab to close the clip and secure in place.



**2** Loop anchor strap under, then over the belt and fasten clip.



**3** Tighten anchor strap by pulling up on the loose end of the strap.

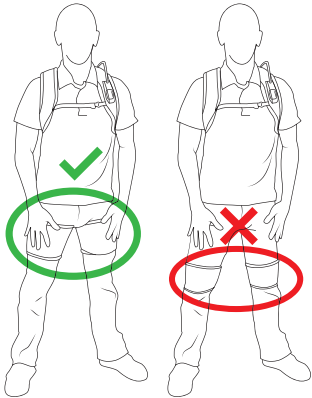


**4** Fold loose webbing and secure in webbing keeper. Repeat for both legs.

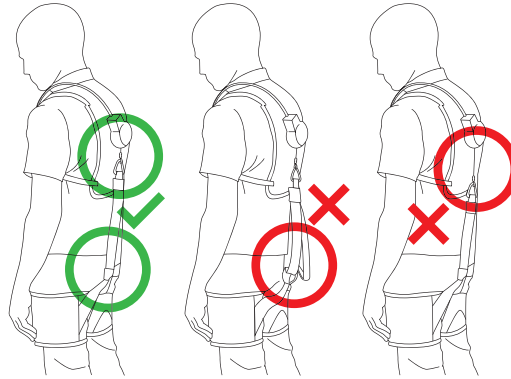
# USING THE APEX<sup>TM</sup>

E X O S U I T

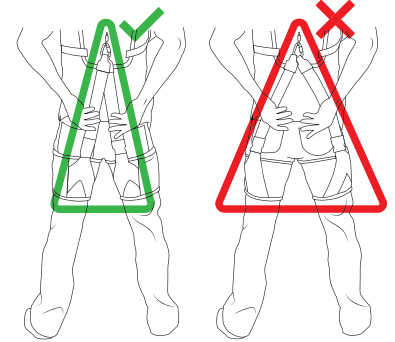
## FIT CHECK



Thigh sleeves should be just below the groin, not too low.



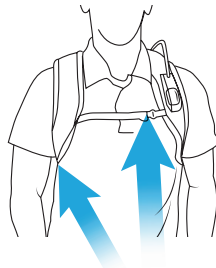
When standing upright with the suit 'off', the bands should not be slack or loose, and there should not be more than 2 inches of rope extending from the clutch.



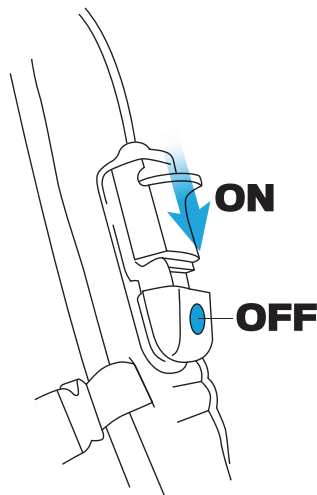
Adjust thigh sleeves so the bands pass over the middle of each buttock. Bands should not be rotated too far to the outside of the hips.



You should be able to comfortably take a deep breath while the suit is engaged and you are in a fully bent position. If you feel too restricted while fully bent or experience soreness in your shoulders, try adjusting the shoulder straps and/or chest strap until they are comfortable.



If any parts are too large or too small for you, contact whoever gave you the suit, or contact HeroWear for new sizes at: [HeroWearExo.com/Contact](https://www.herowear.com/contact)



Engage the system by pulling down on the upper portion of the Switch until it clicks.

Disengage the system by pressing the button at the bottom of the Switch. Never disengage the suit while it is under tension.

Make sure to choose the Band strength that provides the correct amount of support and assistance for the job without causing any movement restrictions.

**The Apex exosuit does not increase strength or allow users to lift loads that are heavier than they can typically lift. Always use good body mechanics and safe lifting techniques when using the Apex.**

The Apex exosuit is designed to be engaged while performing tasks and activities, such as but not limited to, the following: Lifting, bending, leaning forward, stooping, squatting, extended reaching involving bending or leaning.



**FOR MORE FITTING TIPS:**  
[HeroWearExo.com/Use](https://www.herowear.com/use)