Are you also sitting 13.7 hours a day?

WHEN YOU EAT, COMMUTE, WORK, WATCH TELEVISION OR VISIT FRIENDS
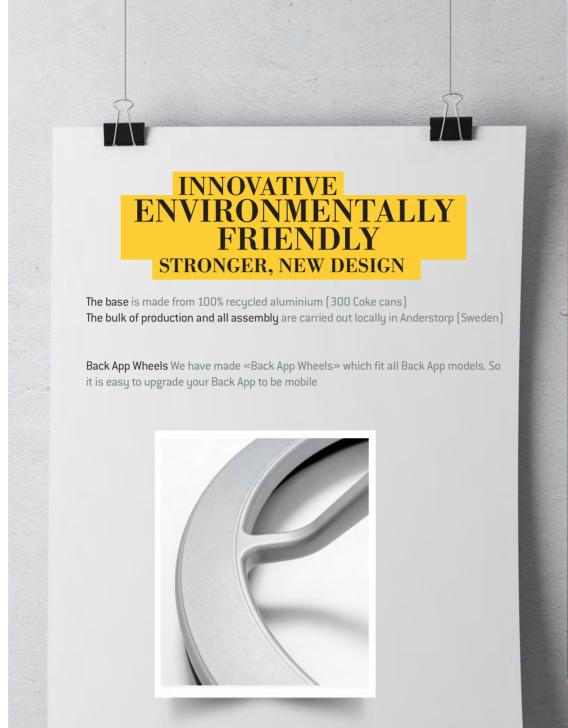
How to use Back App
Back App is the only chair you need! When you are not sitting on Back App – you should stand!

On Back App, you tend to sit in a higher position. This creates an open hip angle (125 degrees). Your desk should be adjusted to this new position so that the angle at your elbow is 90 degrees.

See the video on our WEB page:
http://backapp.eu/en/use-back-app

The upright sitting position makes it easy to change from sitting to standing and vice versa. Your lower back regains the same natural position as when standing. The unique intermittent movements exercise your back when you sit – balance training

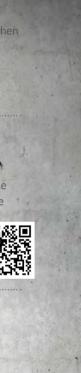Back App together with a sit/stand desk is a perfect combination.

INNOVATIVE
ENVIRONMENTALLY FRIENDLY
STRONGER, NEW DESIGN

The base is made from 100% recycled aluminium (300 Coke cans)
The bulk of production and all assembly are carried out locally in Anderstorp (Sweden)

Back App Wheels We have made «Back App Wheels» which fit all Back App models. So it is easy to upgrade your Back App to be mobile

NEW BACK APP

2.0

EXCERCISE
NO MORE BACK PAIN
AVOID SITTING DISEASE

backApp

PUBLISHED SCIENTIFIC STUDIES SHOW THAT:

- You exercise while sitting; continuous movements - balance training
- No more back pain! Scientific studies of people suffering from low back pain when they sit, show that sitting on Back App reduced pains significantly compared with when sitting on an ordinary office chair
- You avoid "Sitting Disease" because you are moving all the time! When you are not sitting on Back App – you should stand!

BACK APP WORKS BECAUSE:

- Your lower back is in the same position as when standing.
- You are moving all the time
- Back App challenges your balance in a smooth, controlled manner. You exercise in the same way as when you walk in the forest, paddle a kayak or ride a horse
  You´ll find the scientific studies here:
  http://backapp.eu/en/documented-effects

364 PHYSIOTHERAPISTS AND CHIROPRACTORS FROM THE NORDIC COUNTRIES HAVE TESTED BACK APP.

98,1% SAID THAT SITTING ON BACK APP IS GOOD FOR YOUR BACK!

Back App is tested by 364 specialists and has documented effects

AVOID SITTING DISEASE – IS IT POSSIBLE?

- Sitting Disease arises from sitting still. The main symptoms are:
- Musculoskeletal disorders – back pain
- Obesity
- Diabetes
- Cardio Vascular disease
- Early death

CONSTANT MOVEMENT WITH BACK APP

Helps you avoid Sitting Disease
- Back App is a training apparatus - and a chair. You exercise while sitting. When you are not sitting on Back App – you should stand
- With your feet on the footplate you start the balance training - movement all the time!
- The challenge is adjustable; if you want more training - adjust the ball downward!

Try a Back App
Contact us for a free, one week Back App trial. Fill in a simple contact form at http://backapp.eu/en/ and a Back App chair will be delivered to you for testing.