

QUICK START GUIDE

1. Download APP

from Google Play store with the search term "Physioplux Go";

2. Turn on MuscleBANs

and apply sensors using pre gelled electrodes to target muscles;
you should see the sensor **Blink Green** when on.



3. Launch APP

go to **SETTINGS**
& click **CONNECT DEVICES**.

- Bluetooth pairing outside the app is not required
- Select your role between *Physiotherapist*, *Personal Trainer* or *Athlete*. The role setting defines the rules for repetition counting and report text
- Click **DONE**



4. Press CALIBRATE

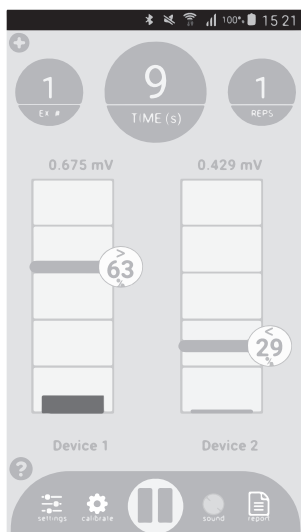
and collect maximum voluntary contraction (MVC) values by applying resistance to each muscle & press **STOP** when complete.



5. Set Objectives

(% of the MVC) by dragging horizontal bars & press **PLAY** to start biofeedback training.

- Define goal to promote activation ($>$) or to promote relaxation ($<$) by clicking in the circles
- Press the **SOUND BUTTON** to provide audio feedback - can be played to offer feedback either when the bars are green or red



6. When Session Finishes

press **EXPORT** button to see the report with assessment and training data.
Press "export report" to save as PDF on your phone files.

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muscleBAN LED state	Meaning
Blinking Green - Slow (once per second)	Device is on, good battery, connected to phone and is being worn
Blinking Green - Fast (twice per second)	Device is on, good battery, connected to phone and is being worn
Solid Green	Charging (until it is fully charged and the light will turn-off)
Orange	Device is on, connected the the phone app, but is off the body. Check that both electrodes are connected.
Blinking red (continuous)	The device has a low battery, but is still functional
Blinking green (twice) and then off (no lights)	The device is very low battery, and will not function