



QUICK GUIDE

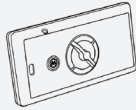
*Thank you for
purchasing Mbody.*

*Before using the Mbody
system, read this document
through thoroughly.*

CONTENTS

<i>What's In The Box</i>	04
<i>Mbody - How It Works</i>	05
Step 1 – On Your Marks	06
Step 2 – Get Set	07
Step 3 – Go!	08
Step 4 – Review & Share	09
<i>Mbody Link</i>	10
<i>Tips & Troubleshooting</i>	11
<i>Specifications & Maintenance</i>	12
<i>Before Using Mbody</i>	13
<i>Customer Information</i>	14

WHAT'S IN THE BOX



1 MCell Smart



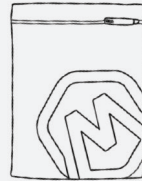
2 MShorts



6 USB data & power cable



3 Spray bottle



4 Washing bag



5 Quick guide

MBODY - HOW IT WORKS

STEP 1
ON YOUR MARKS

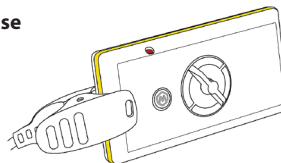
1 Install Mbody Live app

Go for App Store or Google Play for the Mbody Live app. The app is available for iOS 7 or higher, and Android 4.3 or higher.



2 Charge MCell Smart device before first use

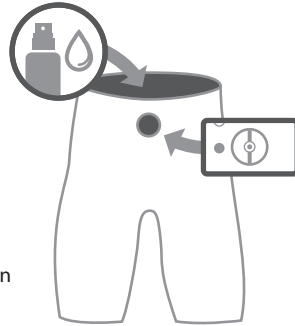
For charging, use the USB data & power cable. The red LED light dims when the battery is full.



STEP 2 GET SET

HOW IT WORKS

- 1** Moisten the exposed sensor areas inside the MShorts with tap water. Put the shorts on.
- 2** Attach the device to the connector of the shorts. Secure the connection by tightening the screw on MCell. While connected to the shorts, MCell wakens up to idle state*.
- 3** Run the Mbody Live app on your mobile. First time usage: follow the app's setup instruction via help.



* Blue LED blinks on MCell in every three seconds. See TIPS AND TROUBLESHOOTING for more info.

HOW IT WORKS

STEP 3 GO!



- 1 Wear the Mbody in your own sport, in training situation and environment you choose.
- 2 Follow the exercise in real-time on your iOS or Android smart phone.
- 3 Monitor your Muscle Load, Balance, Heart Rate, Speed, Cadence and more. Adjust the numerical view according to your preference.

STEP 4
REVIEW & SHARE

HOW IT WORKS

- 1 After the exercise, you are able to review your performance straight on Mbody Live app.
- 2 All the data can be send to online sports services for further analysis*. Compatible services on web, sign up at:



Suunto Movescount
www.movescount.com



** Remember to add required account info on Mbody Live setup page.*

MBODY LINK

You are able to record the exercise on MCell Smart device even without a smart phone.

Requirements: Windows PC, Mbody Link application (download), Mbody compatible sports service on web (see REVIEW AND SHARE).



Note: *When using the Mbody Link application for the first time, you are prompted to make necessary setup; discover the MCell Smart device * and add the account information.*

- 1** Attach the MCell to shorts and start recording by pressing and holding the button of the device for 3 seconds. The recording starts when the blue LED flashes and then starts blinking rapidly.
- 2** Stop recording by pressing the button again for 3 seconds or by detaching the device from the shorts.
- 3** Download and install 'Mbody Link' to your Windows PC, go: www.knowyourmuscles.com
- 4** Connect the device to PC via USB-cable and turn the device on*. Open the Mbody Link and send the exercise data to the online sports service.

* Make sure that the MCell is in idle state: press the push button on MCell shortly or attach the device on shorts.

TIPS & TROUBLESHOOTING

1 What do I do with the push button on MCell?

By pressing the push button shortly you are able to

- wake up the MCell to idle state,
- add lap marks to exercise data, and by pressing 3 continuous sec. you are able to
- start & stop the recording without the smart phone (MCell attached to the shorts).

2 When I try to start the exercise with the Live app, the measurement won't start. While connecting, the LED of the MCell blinks wildly for a moment.

The battery of the MCell is most likely empty. Try to recharge the battery.

3 I am unable to pair the MCell with the Mbody Live app. I cannot find the device by discovering it in the settings.

Make sure that the MCell is charged and that it is in idle state (the LED blinks once in every three seconds) before discovering. Also make sure that your phone supports Bluetooth Smart or 4.0 and that your Bluetooth is switched on in your phone.

4 As I start the exercise, the MA/min values are very high. What is causing this?

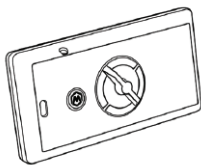
Make sure that you have moistened the sensors in the shorts thoroughly before starting. Poor connection to the skin can cause abnormal values.

5 I recorded an exercise to the memory of the MCell and later transferred it to Movescount with Mbody Link. Now I cannot find the exercise from Movescount even if the transfer was succesful?

The real-time clock resets if the battery of the device is fully exhausted and device is not connected to Mbody Live or Link after recharging.

If the real-time clock of the MCell is reseted before the start of the exercise, the date and time of the exercise is wrong. Try searching the Movescount from date 1.1.2015.

SPECIFICATIONS AND MAINTENANCE



MCell Smart

Operating temperature:+0°C to 40°C (32°F to 104°F)
Water resistance: splash resistant
Wireless connectivity:Bluetooth® v4.0 / Bluetooth®
Battery:Rechargeable Lithium-ion
Battery life:~24 hours in online mode
Memory capacity: ~90 hours in recording mode
Store in cool and dry conditions.



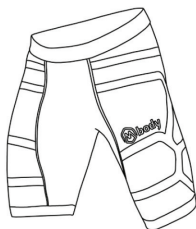
This device and batteries it contains must not be disposed of with your household waste. Instead, hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment.



Avoid shocks.



MCell Smart is not water proof. Detach device before washing textile.



MShorts

Fully machine washable at: 30°C (86°F)
High-tech compression textile by:Carvico Revolutionary®
Hi-performance cycling pad
(Bike&Run model only) by:Elastic Interface®

NOTE: use the Washing bag for washing/laundry.



Avoid exposing electrodes to solvent.

BEFORE USING MBODY

CE FC RoHS

Myontec Ltd hereby declare that the product is in compliance with essential requirements and other relevant provisions of Directive 1999/5/EC.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Contains Transmitter Module FCC ID: QOQBLE112.

This device meets the requirements of the 2011/65/EC, which restricts the use of certain hazardous substances in electrical and electronic equipment.

IMPORTANT WARNINGS REGARDING YOUR HEALTH

Consult your doctor if you have a pacemaker or other implanted device before you measure your heart rate and other physiological functions. Myontec devices may also suffer from interference from external electrical sources. Only your doctor will be able to tell you if you can safely use the Myontec products.

Consult your doctor before starting or modifying your exercise program. As between you and Myontec, you fully assume the risks associated with your health and exercise program. Myontec products are intended to assist you in your fitness and sports activities, and are not intended to replace – but to be used in conjunction with – your overall regimen of exercise, training, diet, coaching, and medical advice from your doctor.

Myontec products are designed to provide you with data from your muscles and suggestions on how to interpret the data, but they are not a replacement of your own judgment and medical advice from your doctor. Your heart rate and other physiological functions are affected by a variety of individual factors that Myontec products are not designed to specifically account for, such as (but not limited to) smoking, alcohol consumption, high blood pressure, asthma, and medication or supplements you may be taking.

Myontec products are not medical devices and cannot be used or relied upon to provide medical diagnoses. Myontec and its staff are not licensed medical professionals. The heart rate

and other physiological readings provided by Myontec products are for reference only and Myontec does not accept responsibility for erroneous readings. It is your responsibility to interpret your readings and decide what action you take as a result.

You may have known or yet undiagnosed medical conditions that may affect your readings and the way your readings should be interpreted. Myontec products have not been designed to account for the effect of known or undiagnosed medical conditions.

Your safety is important. Use caution if you choose to share your Myontec readings and results with others via the social media or otherwise, as it may contain sensitive information you may wish to keep private. Once you've released the information, it may be impossible for you to retract it from the public domain. Similarly, use caution if you choose to compete with others in your training program based on your Myontec readings or otherwise – do not over-do it, please follow all traffic regulations, and do not take any risks that could result to injury or other danger to you, your health or others.

CUSTOMER INFORMATION

LIMITED WARRANTY

LIMITED WARRANTY FOR MSHORTS AND MCELL SMART (THE "HARDWARE"). MYONTEC WARRANTS TO THE ORIGINAL END USER THAT THE HARDWARE IS FREE FROM DEFECTS IN MATERIAL AND WORKMANSHIP FROM THE DATE OF PURCHASE FOR THE FOLLOWING PERIODS: SIX MONTHS FOR MSHORTS AND ONE YEAR FOR MCELL SMART MEASUREMENT DEVICE. If the end user's local law in effect at the time of purchase requires a warranty period longer stated above, this warranty shall be extended to the extent required by such law. Within the warranty period, Myontec retains the exclusive right to repair or replace the Hardware, or offer a full refund, at its sole discretion. Such remedy shall be the end user's sole and exclusive remedy for any breach of warranty. This limited warranty does not apply to (I) normal wear and tear, including scratches and dents; (II) batteries included in the Hardware, (III) damage resulting from end user's failure to use, wash or clean the Hardware in accordance with the instructions provided in Myontec's user manuals and other written instructions, (IV) damage resulting from an accident, flood, fire, misuse, abuse, or water, (V) damage

resulting from service performed, or damage resulting from tampering or alterations to the Hardware, by anyone not authorized by Myontec, (VI) use of the Hardware with any other software than the Mbody Live and Mbody Link, (VII) Hardware from which the serial number or product label has been removed or can no longer be read, or (VIII) Hardware that has been exposed to hazardous chemicals.

LIMITED WARRANTY FOR THE MBODY LINK ONLINE SERVICE AND THE MBODY LIVE MOBILE APP (OTHER THAN THE HARDWARE). THE SERVICE AND THE MOBILE APP ARE SOFTWARE AND LICENSED "AS IS". IN NO EVENT DOES MYONTEC WARRANT THAT THE SERVICE, OR THE SOFTWARE OR THE DOCUMENTATION INCLUDED THEREIN, IS ERROR FREE OR THAT YOU WILL BE ABLE TO OPERATE THE SERVICE WITHOUT PROBLEMS OR INTERRUPTIONS. You are responsible for using the Service and the Mobile App in accordance with the user manuals and instructions provided by Myontec. You are responsible for making sure your mobile device is compatible with the Mobile App. You are responsible for obtaining your own data connections in order to transmit the measuring re-

sults from the Hardware to the Mobile App and Myontec is not responsible for any erroneous data due to interruptions, slowness, or other problems with your data connection. While the Service and the Mobile App may be compatible with hardware other than Myontec's Hardware, use of third party hardware will void any warranty.

TO THE EXTENT ALLOWED BY APPLICABLE LAW AND EXCEPT FOR ANY WARRANTIES EXPRESSLY SET FORTH HEREIN, MYONTEC DISCLAIMS ANY AND ALL WARRANTIES, CONDITIONS, OR REPRESENTATIONS (EXPRESS OR IMPLIED, ORAL OR WRITTEN), WITH RESPECT TO THE SERVICE, THE HARDWARE AND THE MOBILE APP, INCLUDING ANY AND ALL IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS OR SUITABILITY FOR A PARTICULAR PURPOSE (WHETHER OR NOT MYONTEC KNOWS OR IS OTHERWISE AWARE OF ANY SUCH PURPOSE), IMPROVED PHYSICAL FITNESS OR PERFORMANCE, AND NONINFRINGEMENT, WHETHER ALLEGED, ARISING BY OPERATION OF LAW, CUSTOM OR USAGE IN THE TRADE, OR BY COURSE OF DEALING.

LIMITATION OF LIABILITY

Except in respect of any liability which cannot be limited or excluded by mandatory applicable law, Myontec's liability to the end user in respect of each event or series of connected events shall not exceed the price of the products. MYONTEC SHALL NOT BE LIABLE TO THE END USER FOR ANY INCIDENTAL, INDIRECT, COLLATERAL, PUNITIVE, EXEMPLARY, SPECIAL OR

CONSEQUENTIAL DAMAGES, HOWEVER CAUSED AND REGARDLESS OF THEORY OF LIABILITY (WHETHER CONTRACT, TORT, INCLUDING NEGLIGENCE, OR OTHERWISE), INCLUDING LOST PROFITS, LOST DATA, OR BUSINESS OPPORTUNITY, EVEN IF ADVISED OF THE POSSIBILITY FOR SUCH DAMAGES.

Some states do not allow the exclusion of certain damages or the limitation of

certain warranties. Should this be the case with the state of your residence at the time of purchase, the limitation of liabilities and exclusion of warranties set forth above shall be construed to limit Myontec's liability and to limit the warranties Myontec must give to you to the maximum extent Myontec may do so under applicable law.



Further information
www.myontec.com



Community
www.knowyourmuscles.com



Mbody support
support@myontec.com



Twitter
[@knowyourmuscles](https://twitter.com/knowyourmuscles)



Find us on Facebook
Know Your Muscles

© Myontec Ltd 2015. All rights reserved.
Mbody is a registered trademark of Myontec Ltd.



WWW.MYONTEC.COM