



USER MANUAL

NEUROBODYGYM - APP

Status 07.11.2023



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You can find the NeuroBodyGym App User Manual under Profile in your app.
Click on the icon "User Manual NBG" to open the PDF.

1. Installation of the App

Step-by-Step

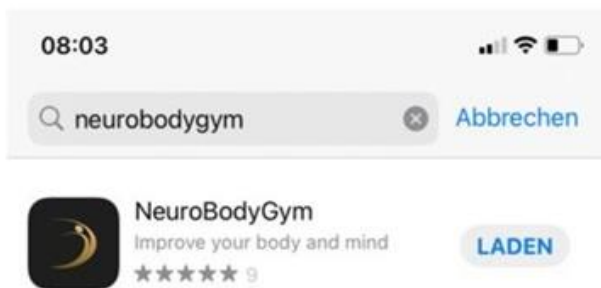
We are pleased to provide you to our App.

Attached for you the step-by-step guide for the usage of our NeuroBodyGym App.

1.1. App Store

Open the App-Store on your cell phone.

Enter in the search bar - NeuroBodyGym.



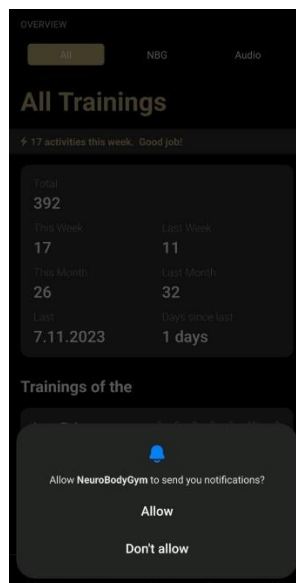
Click to load.

1.2. Installation

For the successful installation of the App, we will send you a quick guide with your personalized access data via email.

Please check the correctness of your email before installation.

After the app has been loaded, a window appears with the query: Allow messages. Please click on:

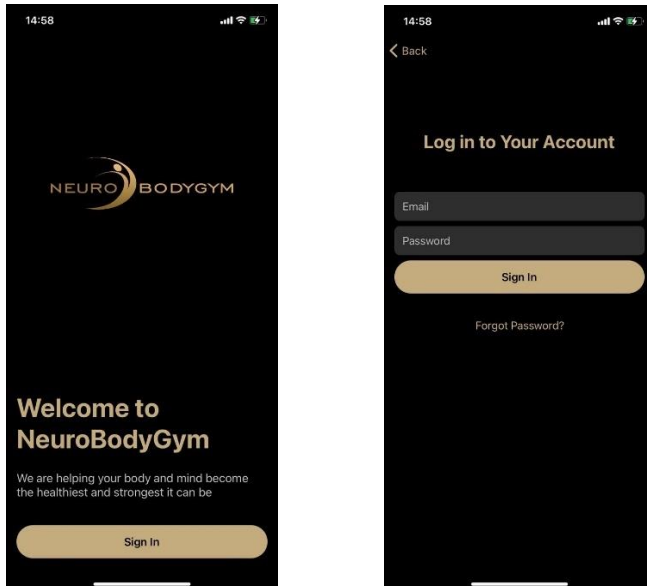


Allow messages.



1.3. Registration

In the following step please click - Log In.



To do this, enter your email-address and enter your personalized password from the access data sent to you into the field "password". Then click on - Log In.

After the consent box appears, please set both checkmarks and click on "agree".



This completes your registration successfully.

The NeuroBodyGym App with all functions is now available for you for free use.

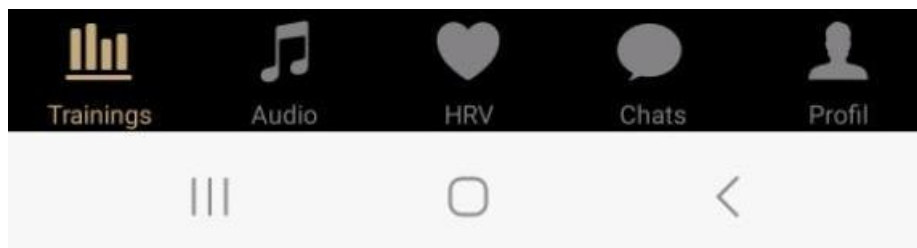


2. App structure

Below you find the explanation of the structure of the NeuroBodyGym App.

2.1. Menu bar in general

In the bottom panel of the App, you will find the individual menu fields as follows:
Trainings - Audio - HRV - Chats - Profile



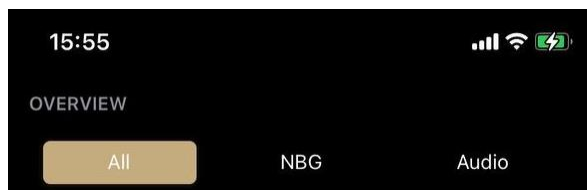
You can tell which menu field you are in by the colored marking.

By clicking on the respective menu field, you select the desired menu item and switch to the other area.

2.2. Menu bar filter functions

In the upper field of the menu, you will see the filter functions menu bar.
This menu bar shows you the fields:

- All
- NBG
- Audio



When you are in the training menu, you can use the filter functions menu bar to vary the view of your workouts.

To do this, click on the desired function in the upper field of the menu.

The colored marking shows you in which menu field you are at the moment.

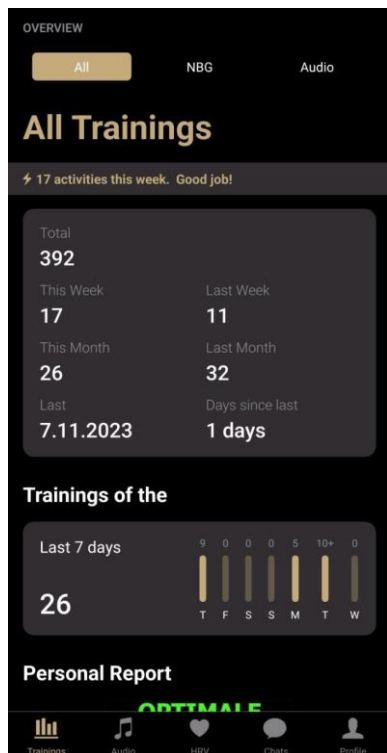
If you select "All", you will see all trainings, which means both - NeuroBodyGym Trainings and Audio Trainings. The "All" function gives you a complete overview.

If you select "NBG", you will see all NeuroBodyGym Trainings.

If you choose the function "Audio", you will see all Audio Trainings.

2.3. Trainings

On the page “Trainings” you find several menu items. Enclosed for you the individual menu items with explanations.



To see all menu items, scroll down the menu with your finger.

Activities of the week:

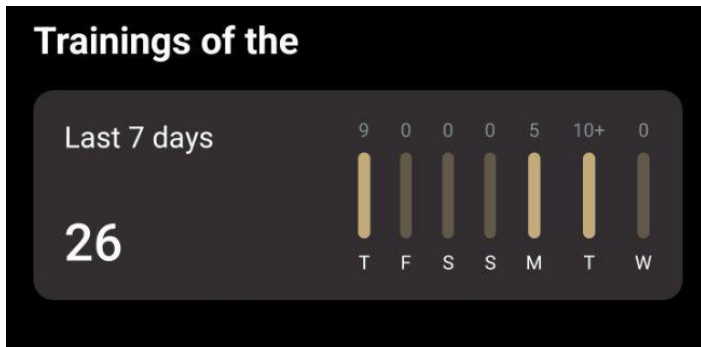
The first field shows activities of this week. Here you can find a quick overview of the number of weekly activities.

Total:

The field “Total” shows you a detailed overview of

- the total number of trainings. This number appears in the upper field of the menu bar “Total”.
- the trainings of this week.
- the trainings of the last week. This allows you to check your training progress and continuity.
- the number of trainings of this month.
- the number of trainings of the last month. This allows you to check your training progress and continuity.
- the date of the last training.
- the number of days passed since the last training.

Trainings of the last 7 days:



In this field, the trainings of the last 7 days are shown.

On the left part of the display you can see the number of trainings during the last 7 days.

On the right side of the display appears an overview by days of the week, starting from the current weekday.

The colored bars visualize, on which weekday you have trained. The numbers on the top of every weekday shows the number of trainings on the respective weekday.

Personal report:

Your personal report shows, if the number of the absolved trainings is enough.



Red means: !!!Far too few trainings!!! (please train more often)

Dark yellow means: too few trainings (please train more often)

Yellow means: sufficient number of trainings

Light green means: optimal number of trainings

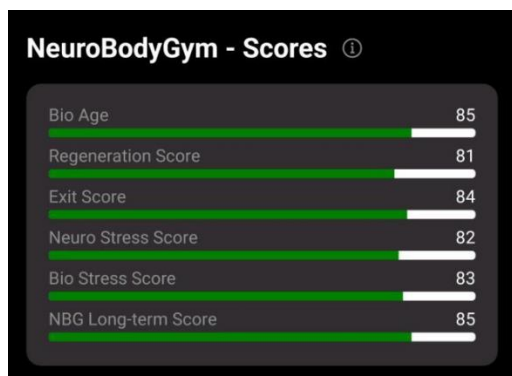
Green means: !!!Genius!!! Number of trainings

Bright green means: !!!Genius!!! Number of trainings with medal



NeuroBodyGym Scores

In this field, you can find all NeuroBodyGym Trainings Scores.



The Scores are:

- Bio Age
- Regeneration Score
- Exit Score
- Neuro Stress Score
- Bio Stress Score
- NBG Long Term Score

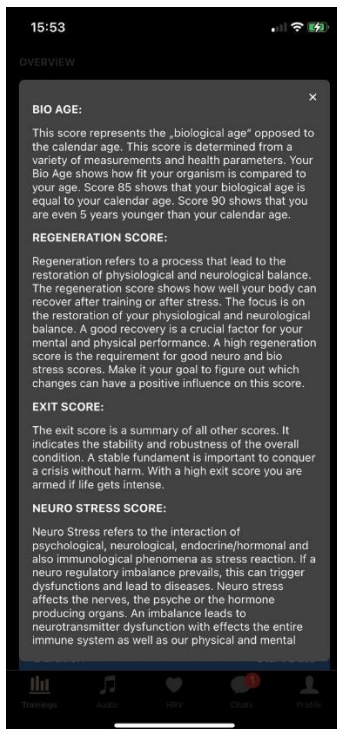
After each training, the measurement data of your training is transmitted to us. The colored bars of each score turn green according to your training session and your measurement data. Behind the respective colored bars of the scores, the value of the individual score is displayed.

The scores are calculated averages from the last 5 trainings. They are an evaluation of the NeuroBodyGym trainings. The scores are not only the values in which we map how a person is doing, but the scores are the basis of the training sessions. The better the trainings are completed, the better the scores.

ⓘ:

By clicking on the field ⓘ next to the NeuroBodyGym - Scores line, the description of the scores and the score value can be opened.

To be able to read all descriptions, scroll down with your finger.



Through clicking on the x you close the information window for the scores.

Activities:

In the field “Activities” you will see the last trainings with time, duration and date.



This is also marked by the respective symbols behind the trainings:

- NeuroBodyGym Training ⇨ Brain Icon
- Audio Training ⇨ Headset Icon

2.4. Audio

To access your audios, click the Audio function in the app footer.
All the Audios that are available for you will appear here.



Displayed are:

- Audio titles
- Number of times, the audio was played
- Audio expiration date

By scrolling, you can move down the Audio field.

Downloading of the Audios:

Next to the Audio, you will see the icon of a cloud with an arrow.



To download the respective Audio, click on the cloud.

Once an Audio is downloaded, an arrow appears next to the Audio.



The Audio is now ready to play.

Ideally, no Internet connection is required to listen to the Audio. Once an Audio is downloaded, you can listen to it in offline mode/flight mode on your tablet or phone.



Recommendation and note:

The effectiveness of the Audio-Training behaves the same way as the effectiveness of the NeuroBodyGym Training. To achieve the full and optimal effect, the Audio must be heard in its entirety.

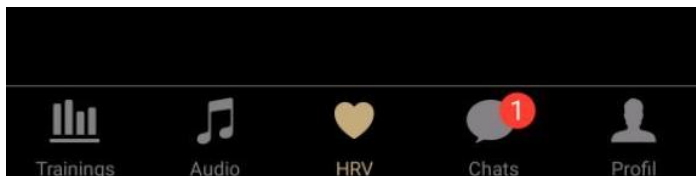
For this reason, there is no option in the App to fast-forward or reward the Audio.

In order to achieve the optimal effect of the audio, it is necessary, to wear headphones during each training. For optimal training results, please do not change headphones, but choose a headset that is comfortable for you to wear to use for all Audio Trainings.

You are welcome to purchase special headphones for your audio training. Please do not hesitate to contact us.

2.5. HRV

HRV means heart rate variability. You can find the HRV function in the footer with the "Heart" icon. To use the function, click on the icon.



The Polar H10 chest strap is required for HRV measurement.

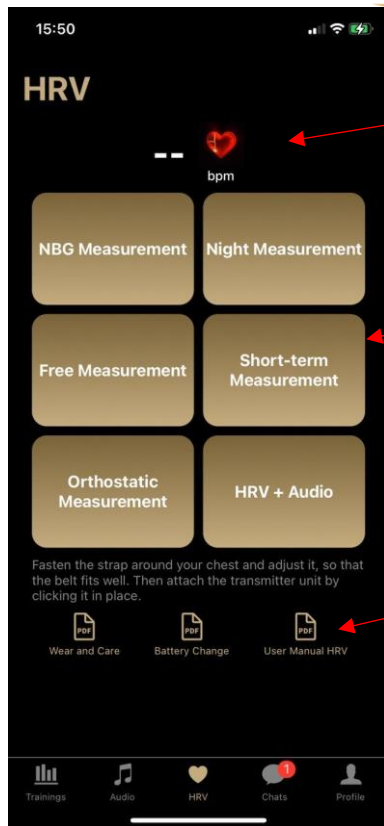
Please read the instructions for use "Wear and care of the Polar H10 heart rate sensor" as well as the instructions "Battery change".

You will also find a video tutorial in the instructions for use, which will guide you safely through the use of the chest strap. You can open the instructions via a QR code.

Selection of the HRV measurements

After you select the HRV function, a new page will open showing you the different HRV measurements.

1. NBG measurement
2. Night measurement
3. Free measurement
4. Short-term measurement
5. Orthostatic measurement
6. HRV + Audio measurement

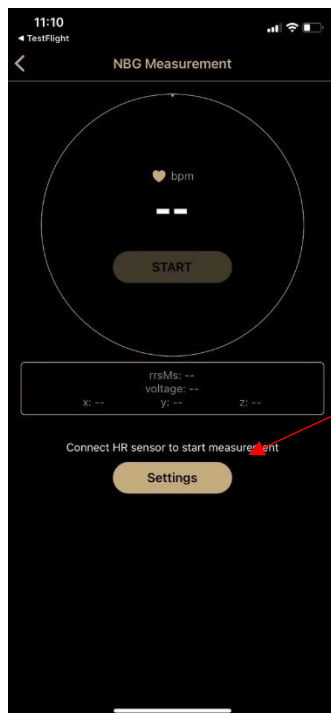


Here you can tell if your heart rate sensor is not yet connected. The display shows - - bpm.

Here you can find the different measurements. Click on the desired measurement so that you can connect the heart rate sensor.

Here you can find our user manual.
 1x Wear and Care
 1x Battery change
 1x User Manual HRV
 The instructions for use include a video tutorial.

After you have selected a measurement, a new window opens.



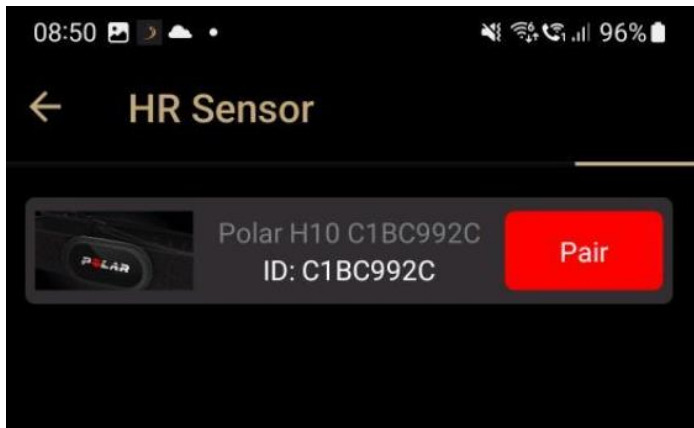
You see the field „Settings“ grayed out. This shows, that your heart rate sensor is not connected yet. Click here on „Settings“.



Measurements with the HRV chest strap

A new window will open. Here you can connect the heart rate sensor.

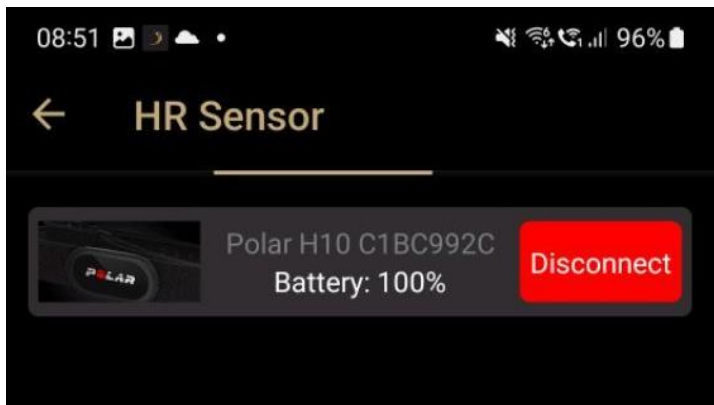
Put on the chest strap and adjust it so that it fits well. Then attach the transmitter unit by clicking it on. Then click on "Pair".



It takes a short moment to establish the connection.

After your heart rate sensor is connected, you can start the measurement. Please refer to the individual instructions below.

Please note: the connected sensor shows the "Disconnect" field after the connection is established. After a measurement, the connection should be disconnected again.



If you click on "Disconnect", the connection will be terminated.

If you are using an IOS device, such as an iPhone or iPad, it may not be possible to reconnect the app to the device after the measurement. Please turn off your IOS device completely and restart it.

Here is the explanation of the individual measurements.

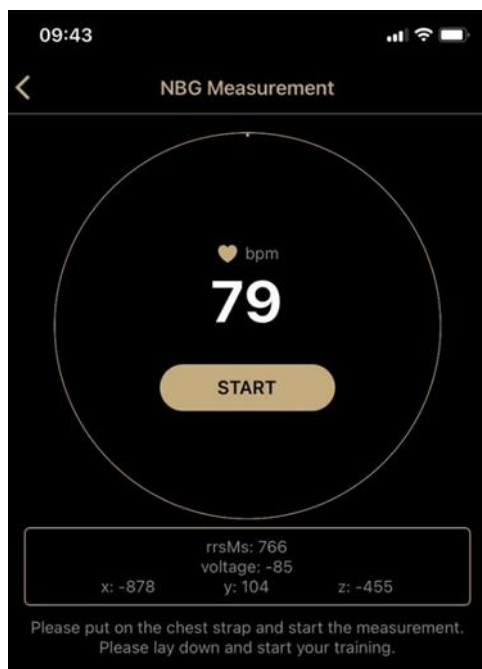


NeuroBodyGym Measurement

The NeuroBodyGym measurement takes as long as your selected NeuroBodyGym training. The measurement must be started and stopped manually.

Lie down comfortably. After your NeuroBodyGym training has started, please also start the measurement via the chest strap.

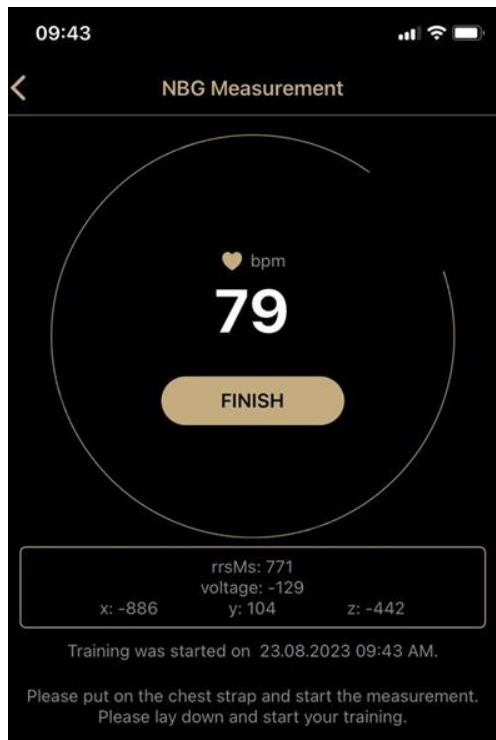
Therefore click on "Start" in the app. Now perform your NeuroBodyGym training as usual.



The start time and the date are displayed automatically, as soon as your measurement is started. After your NeuroBodyGym training is finished, exit the NeuroBodyGym training as usual via the screen.

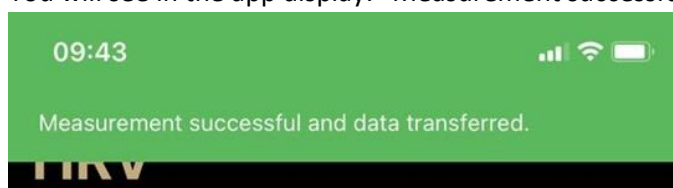


To end the measurement, click on the "Finish" field in the app.



Your data will be transferred automatically.

You will see in the app display: "Measurement successful and data transferred".



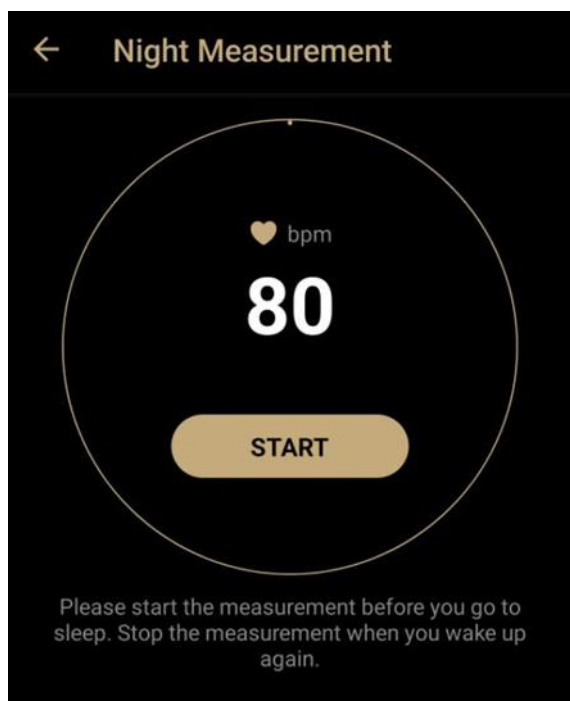
You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

You can now close the app as usual or switch to the chat function.

Night Measurement

The Night Measurement takes place during your sleeping time.
Start the measurement when you go to bed and stop the measurement when you wake up.

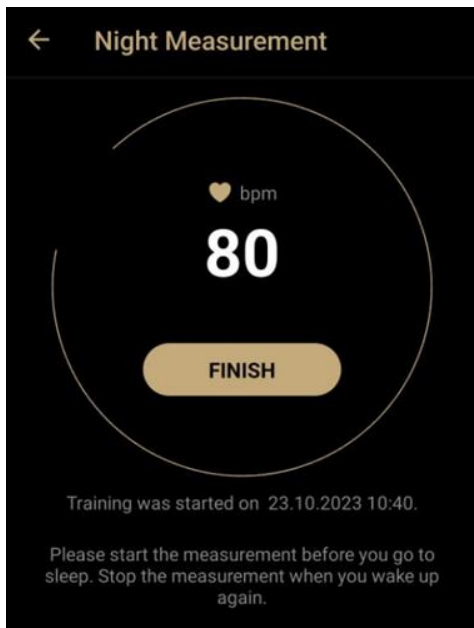
Start the measurement by clicking on "START".



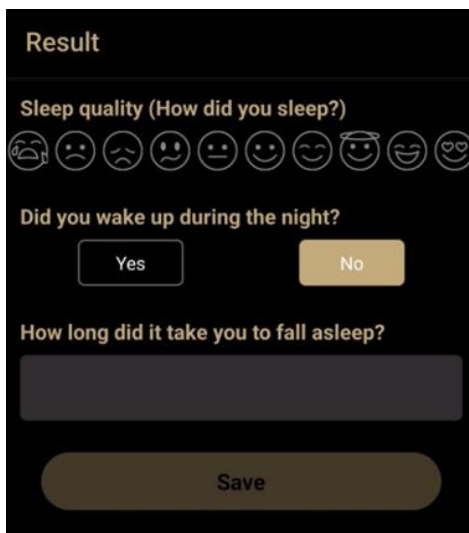
By clicking on the arrow in the upper left corner you can leave the menu item "Night measurement".

If you have to end the measurement earlier for an urgent, unforeseen reason, you can also do this after the start via the "FINISH" function.

To do this, click on "FINISH".



Please click on "FINISH" after waking up to end the measurement. A new window will then open.



The function "Save" is still greyed out here. Please answer the questions first so that your data can be saved. You can select your sleep quality by clicking on the emojis. Then indicate whether you woke up during the night. Select a duration for falling asleep. Then click on "Save" to send your data.

The more precise the data you enter, the more meaningful your evaluation can be.

Result

Sleep quality (How did you sleep?)

Did you wake up during the night?

Yes No

How often?

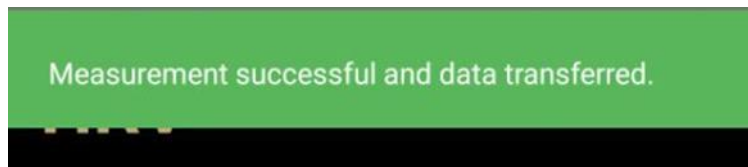
3 times

How long did it take you to fall asleep?

About 25 minutes

Save

Click on "Save" after entering the results.
The data will then be saved automatically.



You will see the message "Measurement successful and data transferred" in the upper display field.

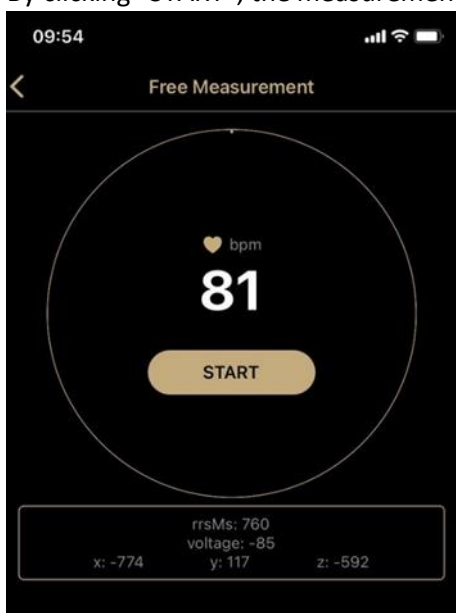
You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit apart. This deactivates the chest strap and no battery is used.

You can now close the app as usual or switch to the chat function.

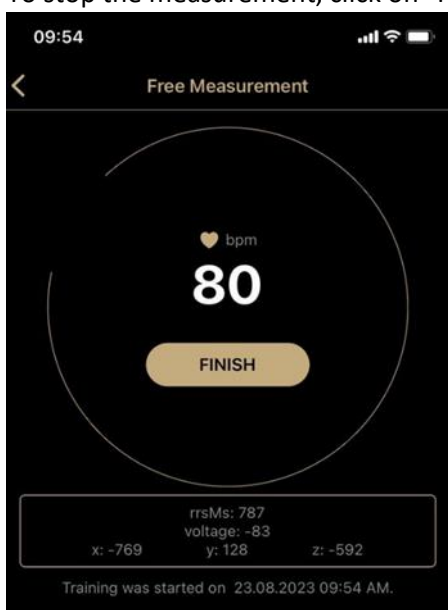
Free measurement

The free measurement lasts as long as you wish. You can choose the time frame freely. The measurement must be started and ended manually.

Lie down comfortably before starting the training. Then click on the "START" field when you are ready to start the training. By clicking "START", the measurement will begin.



The start time and date are displayed automatically, as soon as your measurement is started. To stop the measurement, click on "FINISH". The measurement stops hereby.



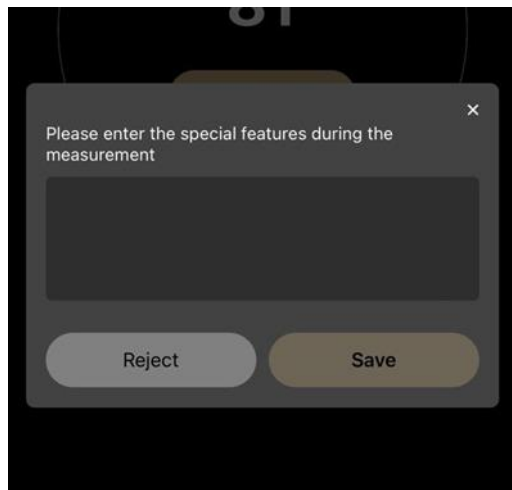


After your measurement is finished, a field will appear:

"Please enter the special features during the measurement."

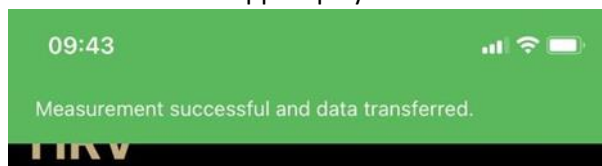
You can click "Reject" here - so you jump immediately to the transmission of the data.

However, you can also enter special features during the training, for example fell asleep, car ride, etc. and by clicking on "SAVE" this entry will be saved.



Your data will be transferred automatically.

You will see in the app display: " Measurement successful and data transferred."



You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

You can now close the app as usual or switch to the chat function.

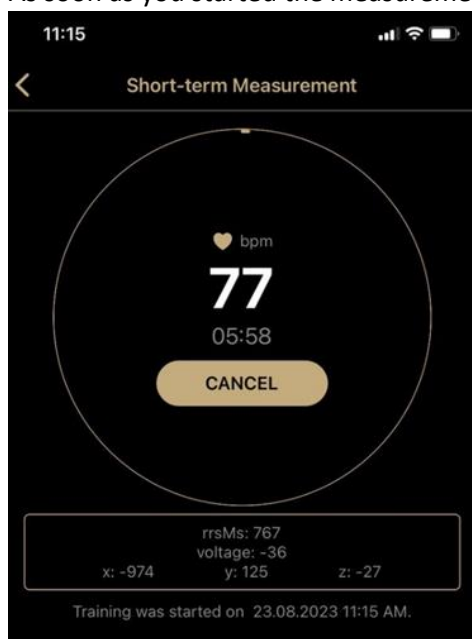
Short-term measurement

Lie down comfortably before the measurement starts.

The short-term measurement starts as soon as you click on the “START” icon.



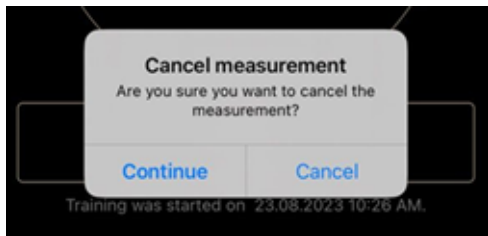
As soon as you started the measurement, the start time and the date are displayed automatically.



You see in the circle your heart rate and the remaining time. The color gradient of the circle serves as an additional timer.

This measurement stops automatically.

You can stop the measurement through clicking on „CANCEL“ .



When you click on "CANCEL", a field will appear:

"Cancel measurement. Are you sure you want to cancel the measurement?" You can confirm the cancellation here by clicking "Cancel".

Your measurement data will then not be transmitted.

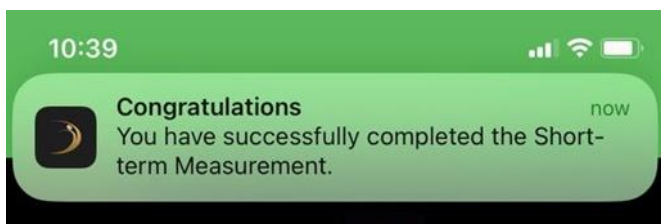
You will then automatically return to "START". You can switch back to the main menu by pressing the back button.

However, you can also click on "Continue", which will continue the measurement.

This measurement stops automatically after 6 minutes.

You will receive an acoustic notification that the training is finished.

You will see in the app display: " Congratulations. You have successfully completed the short-term measurement."



You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

You can now close the app as usual or switch to the chat function.

Orthostatic Measurement

Explanation

The orthostatic test is a test to measure the balance between exercise and recovery. It measures changes in autonomic nervous system function caused by training. The results of this test will help you optimize your training and avoid overtraining.

During the test, resting heart rate, standing heart rate, and peak heart rate are measured. These are good indicators that show autonomic nervous system disorders such as exhaustion or overtraining.

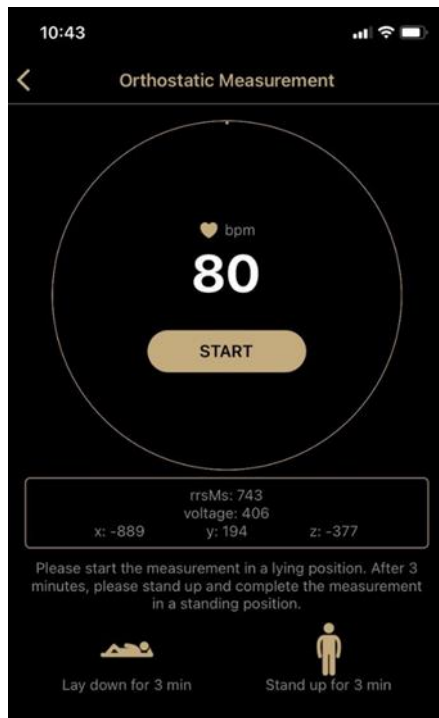
We recommend taking the test in the morning before breakfast. You should not eat a meal, drink or smoke 2-3 hours before the test.

Procedure

Please note that the orthostatic measurement is a measurement in which you exercise lying down for exactly 3 minutes and standing up for exactly 3 minutes. This change from lying to standing is crucial for the evaluation of the measurement data.

Mark the start time of the measurement in the app before starting the training.

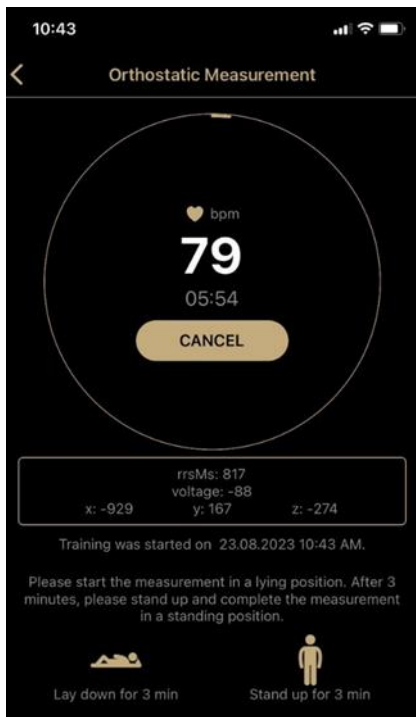
The measurement must be started manually.



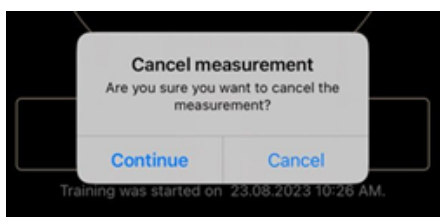
Therefore, click on "START". The measurement starts with this.

You can see the icons below: lying person and standing person.

If you have to end the measurement earlier for an urgent, unforeseen reason, you can do this using the "CANCEL" function. To do this, click on "CANCEL".



When you click on "CANCEL", a field will appear: "Cancel measurement. Are you sure you want to cancel the measurement?" You can confirm the cancellation here by clicking "Cancel". Your measurement data will then not be transmitted.

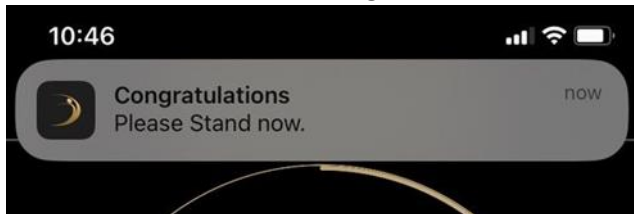


You will then automatically return to "START". You can switch back to the main menu by pressing the back button.

However, you can also click on "Continue", which will continue the measurement.



After 3 minutes, an acoustic signal will sound via the app.

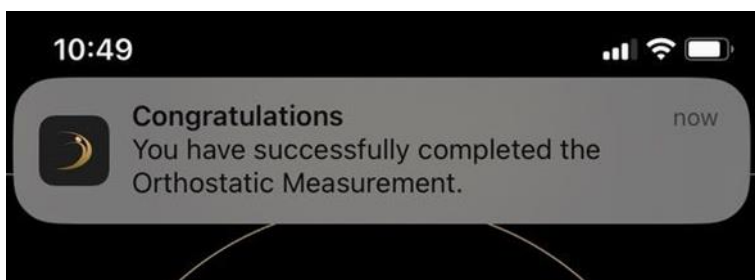


You see in the App the message: „Congratulations. Please stand up now!“

Please stand up now and remain in a free standing position for the remaining 3 minutes of the measurement.

The measurement ends automatically. Here, an acoustic signal sounds via the app.

You will see in the app display: "Congratulations. You have successfully completed the orthostatic measurement."



You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

You can now close the app as usual or switch to the chat function.

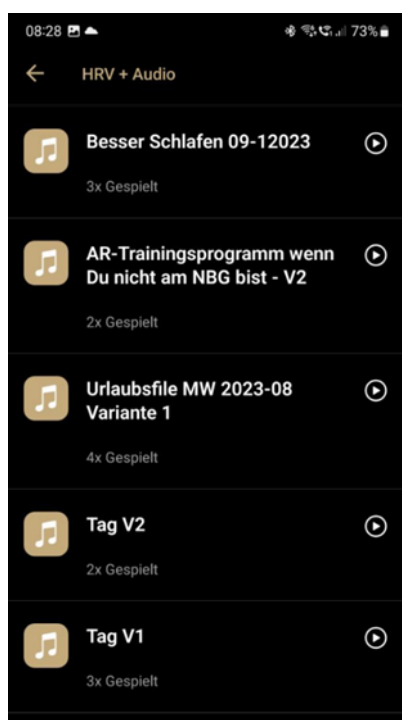
HRV + Audio Measurement

The HRV + audio measurement takes as long as your selected audio.

The measurement must be started manually and ends automatically when the audio ends.

Lie down comfortably before starting your training.

After you have clicked on HRV + Audio, the window with the view of your audios opens.



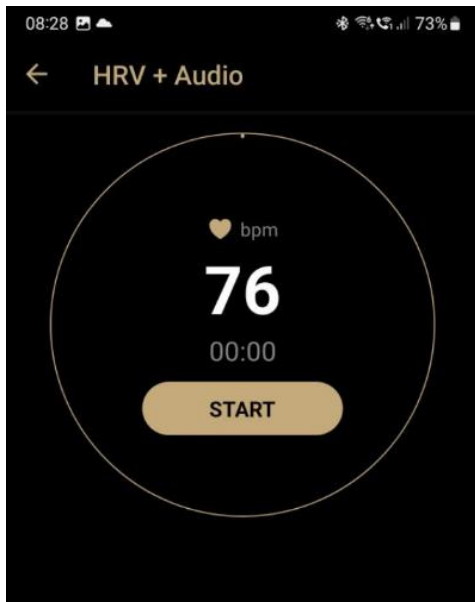
You will see the "arrow" symbol next to your audio if your audio has already been downloaded.

If the "cloud" symbol is displayed next to your audio, you must first download the audio by clicking on the cloud.

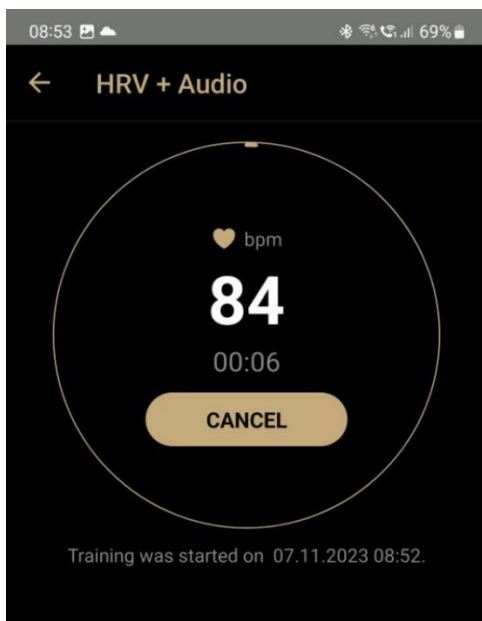
You can also find the description for downloading the audio under 2.4.

Now select your desired audio and click on the audio title.

A new window will then open with the HRV view.



Click on "START" to start your measurement.
The view in the app now shows you the following image.

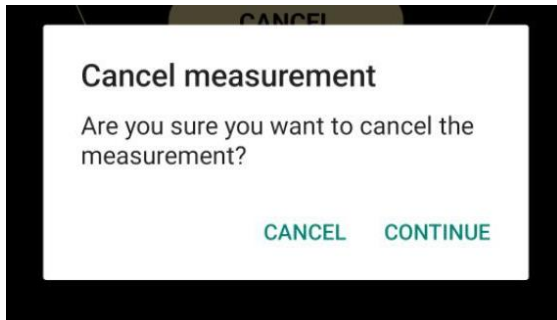


If you have to end the measurement earlier for an urgent, unforeseen reason, you can do this using the "CANCEL" function. To do this, click on "CANCEL" .

If you click on "CANCEL", your measurement will be cancelled completely and the measurement data will not be transferred.

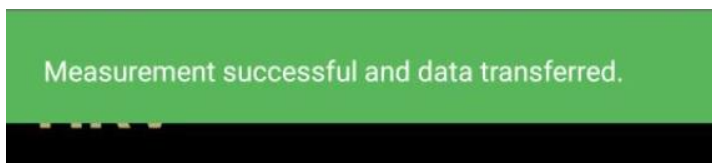


After clicking on "CANCEL" a window opens up with the question: "Are you sure you want to cancel the measurement?"



Click on "CANCEL" to confirm this and your measurement will be cancelled completely. Clicking on "CONTINUE" will continue your measurement and the data will continue to be transferred.

The measurement ends automatically. An acoustic signal sounds via the app. You will see the message "Measurement successful and data transferred" in the upper display field.



You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

You can now close the app as usual or switch to the chat function.



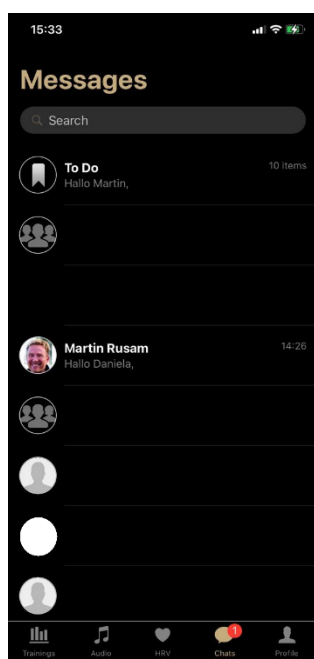
2.6. Chat

The App has a Chat function that allows you to get in contact with other App members. In particular, you can use this Chat function to contact the service team.

Overview of the Chats

To use the Chat function, click on Chat.

You can see which menu item you are in by the colored marking.



Overview of the Chats

In the upper field of the Chat function, there is a search field.

Here you can enter the name of the person you are looking for, for example Martin Rusam.

By scrolling, you move down in the chat field.

Here you can see all the chats you have made.

Chat groups

You can not only communicate with a single person in the App, you can also use the possibility to communicate in a group.

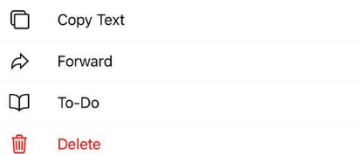
A Chat group can be for example the support team.

Chat functions

You can use different chat functions.

Copy - Forward - To-Do

To use one of these functions, hold your finger longer on a message. Through holding the finger on a message, another field opens up.



Select the function you wish to perform.

Copy:

Click on the field “Copy text”.

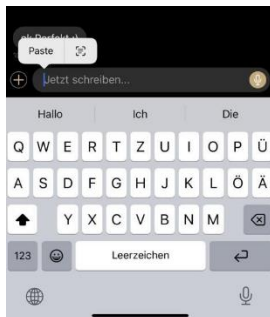
After that, select the chat, in which you want to add in the text.

Therefore, open the selected chat.

Click in the text field on the bottom line of the chat, in which “Type now...” appears.

Click with your finger in the text field and hold your finger for a moment in the field.

An additional field “Paste” appears.



Click on “Paste” and the text will be inserted.

Through clicking on the sending arrow, the message will be sent then.

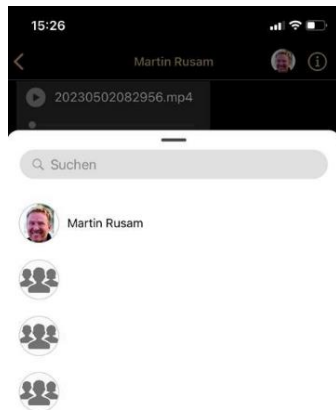
Forward:

If you want to forward a message, therefore click longer on the respective message.

A field opens up:



Now click on "Forward".



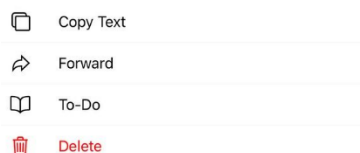
A field with your chat people opens up.

Click then on the person and the respective chat, you want to forward the message to.

The message will be forwarded automatically.

To-Do

If you want to place a message on your personal To-Do list, open up the selection field through holding your finger on the respective message.



Click now on To-Do.

The message will be automatically saved on your To-Do list.

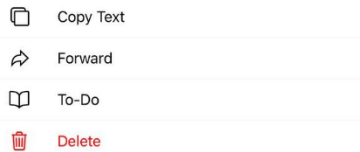
To check the list, you can click on the page with the Chat overview on To-Do.

Here you find your saved message.

Delete

To delete a message from your chat history or from your To-Do list, click on the respective message and hold your finger for a moment on the message.

A new text field opens up.



Here you can select the function “Delete”.

This function is highlighted in red.

If you confirm the delete function, the message will be deleted in your chat history and can not be restored.

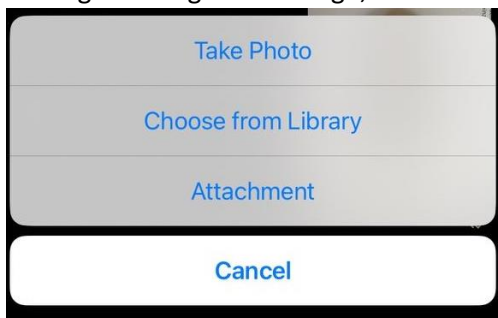
Sending pictures and files

You can also share pictures or files with your Chat partner.

Therefore, you open as usual the selected chat with the requested person.

Next to the field “Type now” you will see on the left side of the bottom line of the chat a + sign.

Through clicking on the + sign, another window opens up.



Select now the requested function.

Through clicking on “Take Photo” the camera of your phone opens up.

You can make a picture and send the picture through clicking on the arrow sign to the respective chat partner.

Click on "Choose from Library" to open your picture gallery. Here you can select the desired photo and send it to the desired chat partner by clicking on "Add" and then on the arrow button.

Through clicking on “Attachment” your files open up. Select then the requested file and send the file to the selected chat partner.

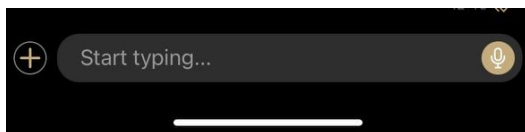
Through clicking on “Cancel” the operation is cancelled.

Sending a voice mail

You can also send a voice mail in your chats.

Therefore, open the requested chat.

Next to the field "Start typing..." on the right side, you can see the microphone icon.



If you click with your finger on the microphone icon and hold this function pressed for a moment, a new field opens up.



As soon as this field did open, the recording starts, and you can take your finger off the function field.

The recording of the voice message starts with the opening of the window.

Speak now your voice message. To send the message, click on the check mark in the right field below.

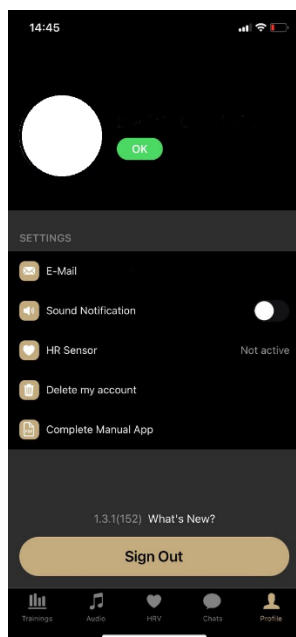
To delete the voice message, click on the x in the left field below.

After that, the window closes automatically, and you are back in the chat history with the selected chat partner.



2.7. Profile

To get to your profile, click in the bottom menu field on profile.
You can recognize which menu item you are in by the colored marking.



Your name and the photo deposited by us is displayed in the upper field.
If you would like to have a special photo, please contact our Team.

E-Mail

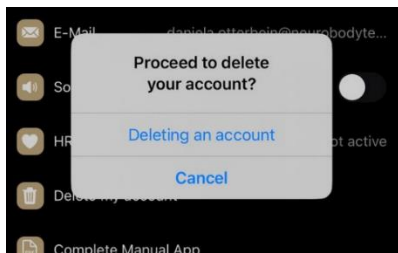
In the field settings appears your Email address behind the field Email, which has been filed for your registration.

Sound notification

Under Sound notification, you can specify whether you want to hear a sound signal when you receive a message in the App. Therefore, you can activate or deactivate the slider through clicking. If the Sound notification is activated, the slider is set to the right and is green. If the Sound notification is deactivated, the slider is set to the left and is gray.

Delete account

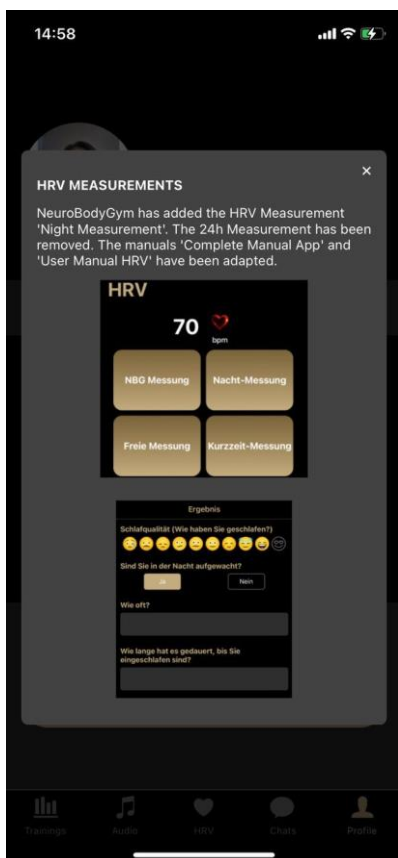
Under the point delete my account, you can make a deletion of your account with NeuroBodyGym. If you click on "Delete account", another field opens up. This will prompt "Proceed to delete your account?". You can select "Deleting an account" or "Cancel" here.



If you select OK, your account and all your data will be deleted.
If you select Cancel, you will return to the menu item profile.

What's new?

In the bottom field of your profile appears the question: "What's new?"
If you click on this question, another window opens up.

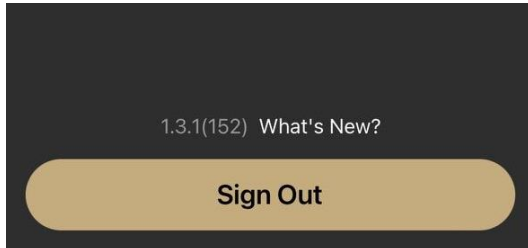


This window provides detailed informations about changes to the functions in the App. Clicking on the x closes the information field again.



Version

Next to the question “What’s new?” you will see the identifier of the current version of the App.

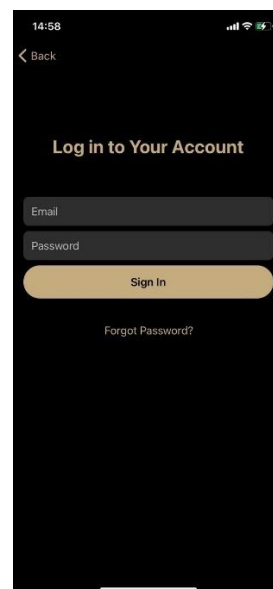
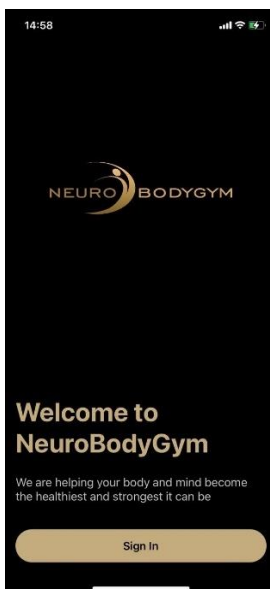


Log In/Log Out

You can use the “Sign out” field to sign out of the App. After signing out, the main screen of the NeuroBodyGym App appears with the writing:

Welcome to NeuroBodyGym. We will help you to get the very best out of yourself.

The “Sign in” field appears below it.



If you click on the “Sign in” field, you can reopen the App by entering your email address and your password.

After that, you can use the functions of the App as usual.