



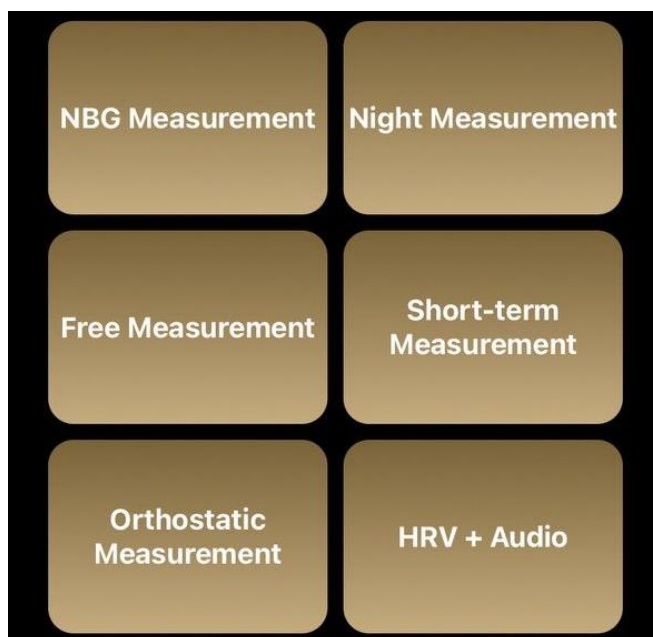
USER MANUAL

NEUROBODYGYM APP

HRV Measurement

HRV Measurements

We offer 5 different HRV measurements in our App.



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

Please note the following explanations of the individual measurements as well as the instructions for the wear and care for the heart rate sensor.

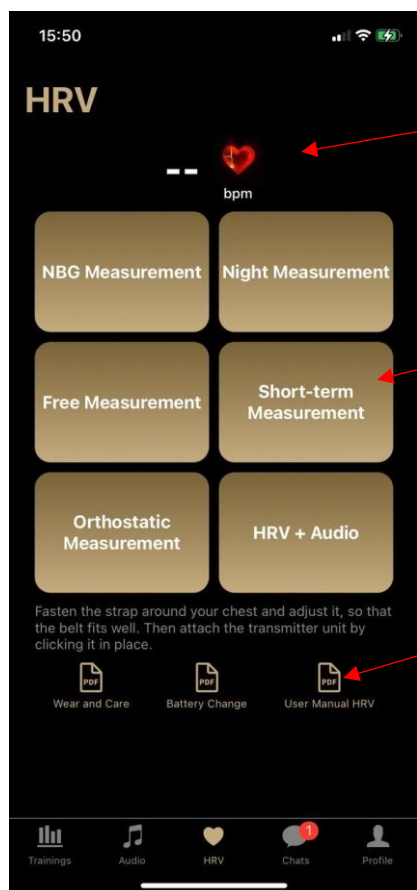
Connecting the heart rate sensor to the app

To perform the measurements, your Polar H10 heart rate sensor must be connected to the app. This is only possible after you have selected a measurement.

Please click therefore on the heart icon in the footnote.



Now a window opens with the display of the different HRV measurements.



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

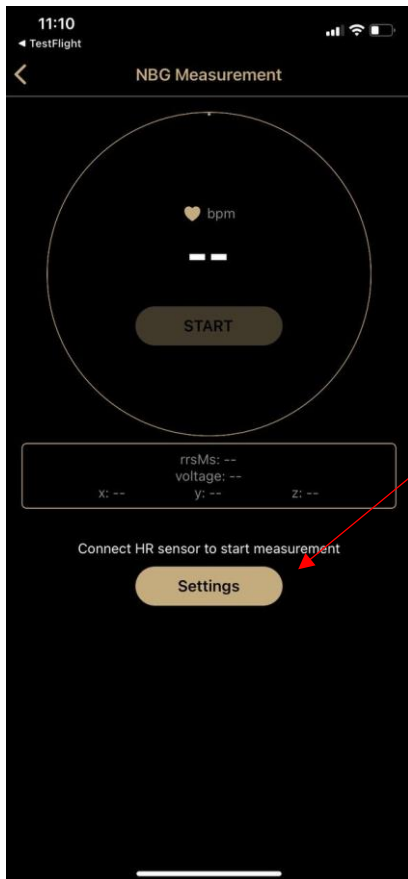
Here you can find the different measurements. Click on the desired measurement so that you can connect the heart rate sensor.

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.

Please activate Bluetooth on your cell phone to use the HRV measurements.



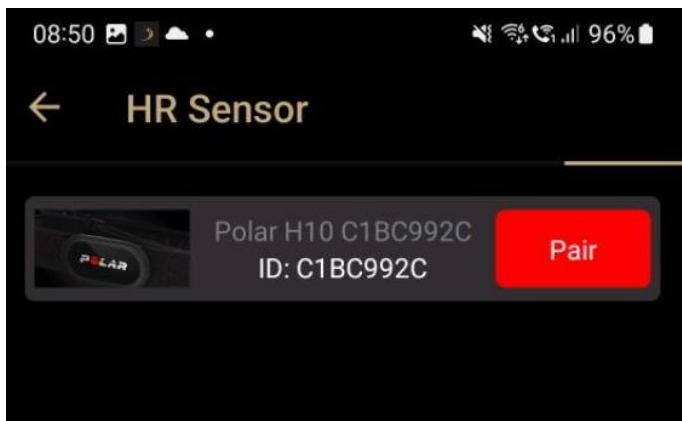
After you have selected a measurement, you will see the following window.



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

Another window opens up. Here you can connect the heart rate sensor.

Put on the chest strap around your chest and adjust it, so that the belt fits well. Then attach the transmitter unit by clicking it in place. Then click on "Pair".



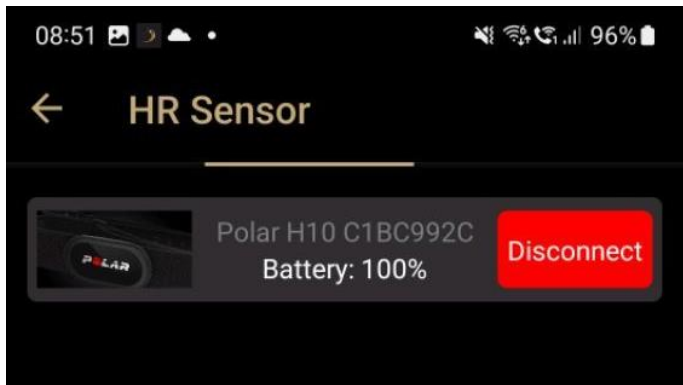
It takes a moment to establish the connection.



After your heart rate sensor is connected, the "Disconnect" field appears in the field next to the sensor.

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 disconnected.

Troubleshooting

Sometimes the sensor may not connect to the app after a measurement.

You can try the following steps to reconnect your sensor.

1. Turn off your phone completely and then turn it on again.
2. Close the app completely and open it again
3. Check, if you have installed the latest version of the app
4. Check your Bluetooth connection

If your sensor still does not connect, it is necessary to reset the sensor.

How to reset your heart rate sensor:

Step 1: Remove the battery (see instructions attached).

Step 2: Firmly press down the metal push buttons that attach the sensor to the strap with your fingers for at least 10 seconds. Wait for 30 seconds.

Step 3: Reinsert the battery.

A connection should now be possible again.

The following are the explanations of the individual measurements.

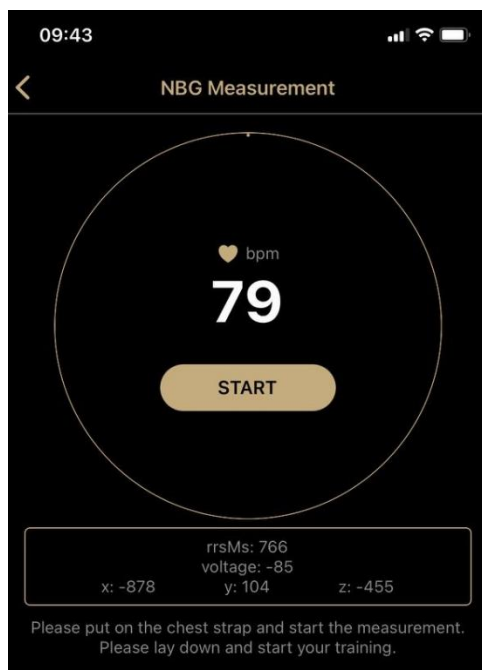


NeuroBodyGym Measurement

The NeuroBodyGym measurement should take 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.

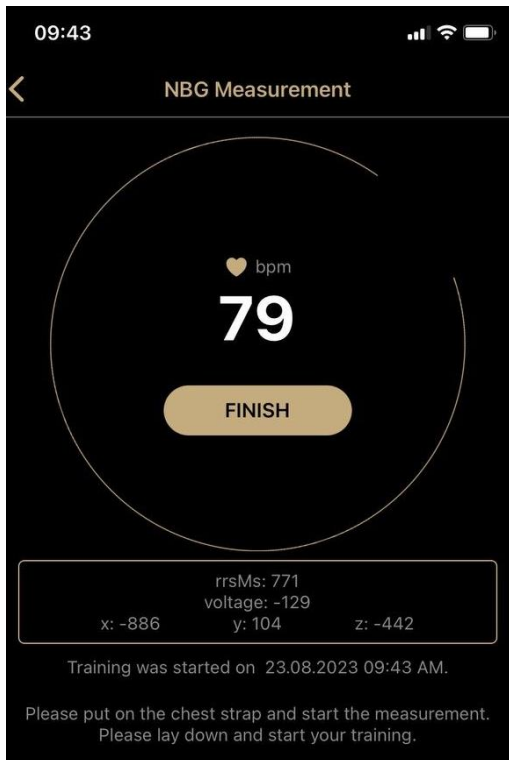


The start time and the date is displayed automatically, as soon as your measurement is started.

After your NeuroBodyGym training is finished, exit the NeuroBodyGym training as usual via the screen.

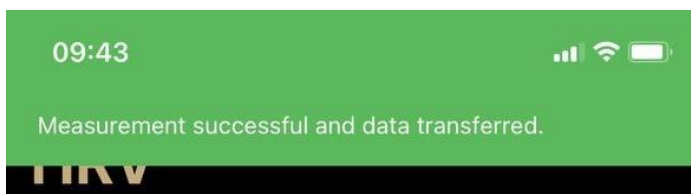


To end the measurement, click on the "FINISH" field in the app.



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.

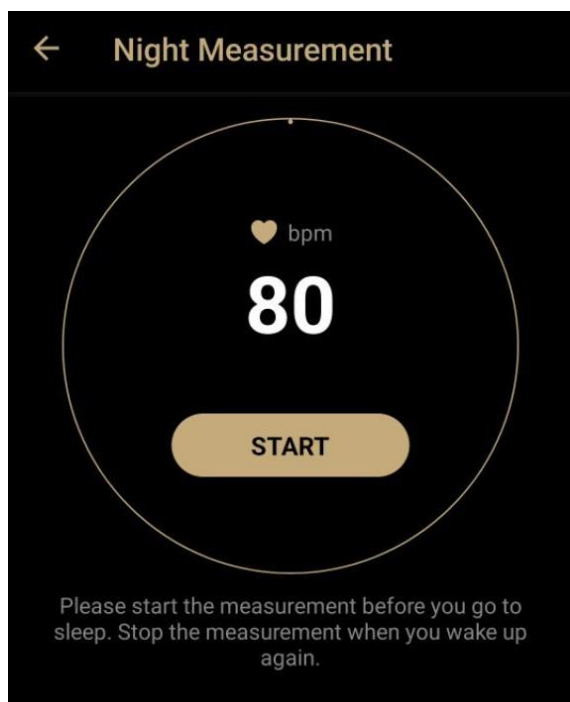
You can now close the app as usual or switch to the chat function.

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.

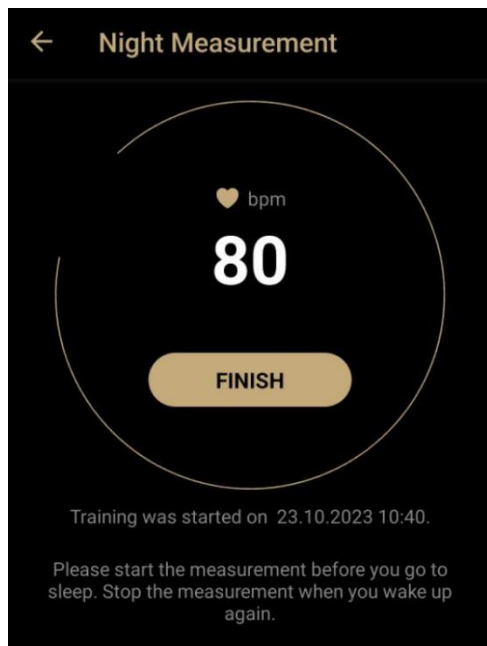
Start the measurement by clicking on "START".



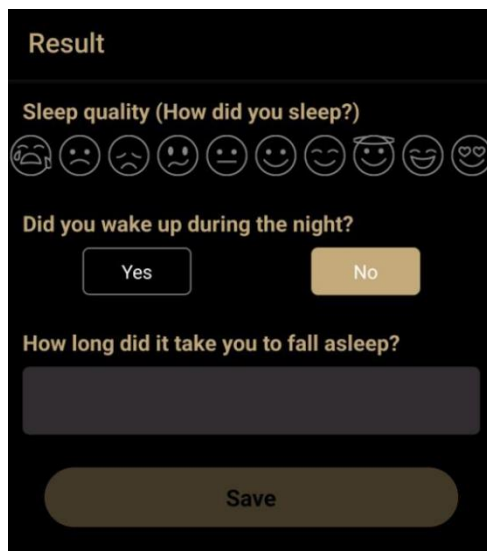
By clicking on the arrow in the upper left corner you can leave the menu item "Night measurement".

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".

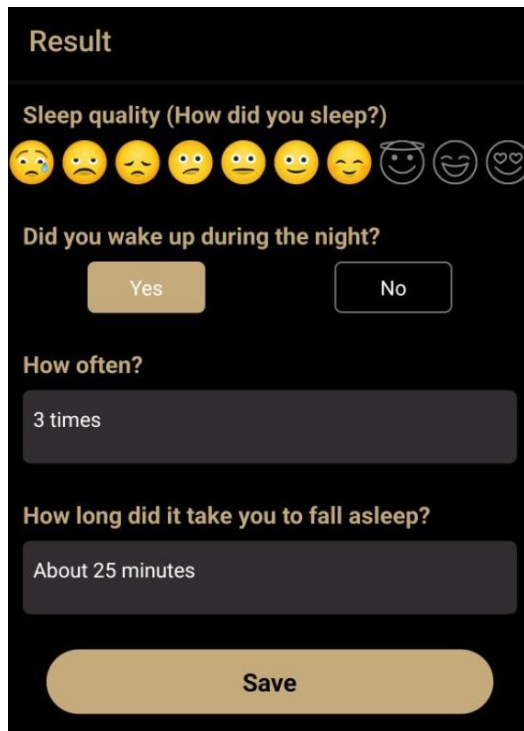


Please click on "FINISH" after waking up to end the measurement. A new window will then open.

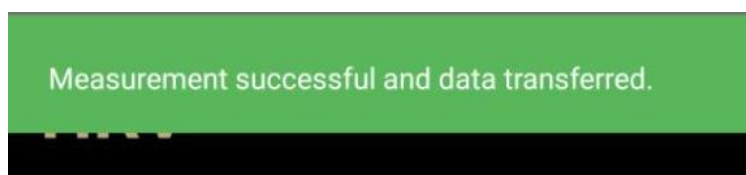


The function "Save" is still greyed out here. Please answer the questions first so that your data can be saved. You can select your sleep quality by clicking on the emojis. Then indicate whether you woke up during the night. Select a duration for falling asleep. Then please click on "Save" to send your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

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

A screenshot of the "Result" screen in the Neuro BodyGym app. The screen has a dark background with white text. At the top, it says "Result". Below that is the question "Sleep quality (How did you sleep?)" followed by a row of ten emoji icons representing different sleep quality levels. The next question is "Did you wake up during the night?" with two buttons labeled "Yes" and "No". Below that is the question "How often?" with a text input field containing "3 times". The final question is "How long did it take you to fall asleep?" with a text input field containing "About 25 minutes". At the bottom of the screen is a large, rounded "Save" button.

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



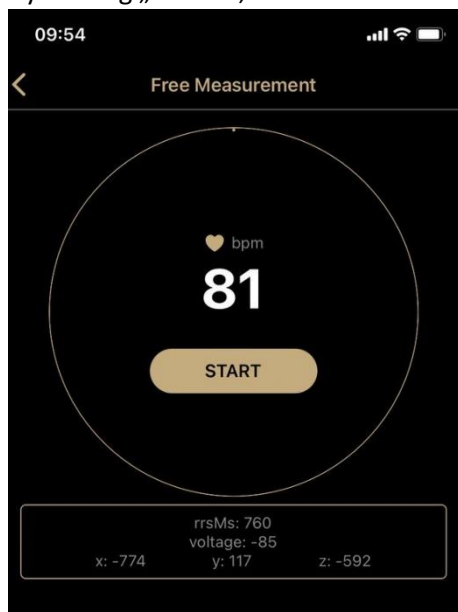
You will see the message "Measurement successful and data transferred" in the upper display field. You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit apart. This deactivates the chest strap and no battery is used.

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

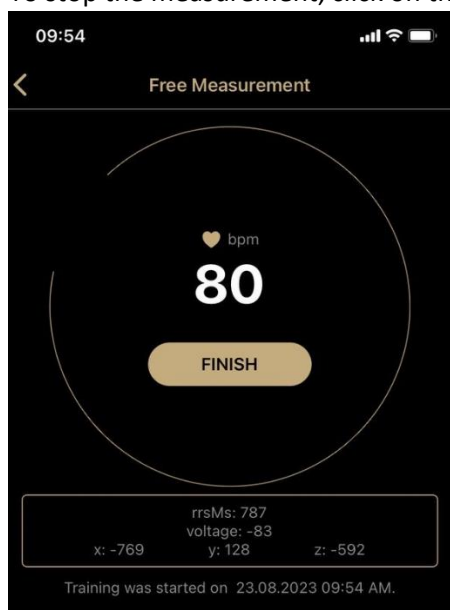
Free measurement

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 "START" when you are ready to start the training. By clicking „START“, the measurement will begin.



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



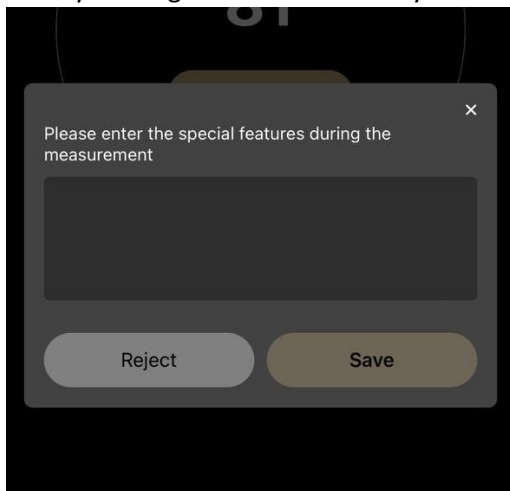


After your measurement is finished, a field will appear:

"Please enter the specific features during the measurement".

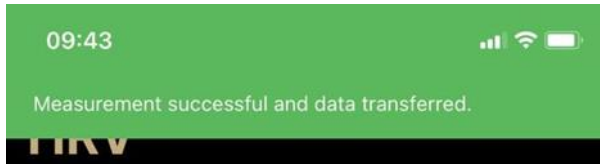
You can click "Reject" here - so you jump immediately to the transmission of the data.

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".



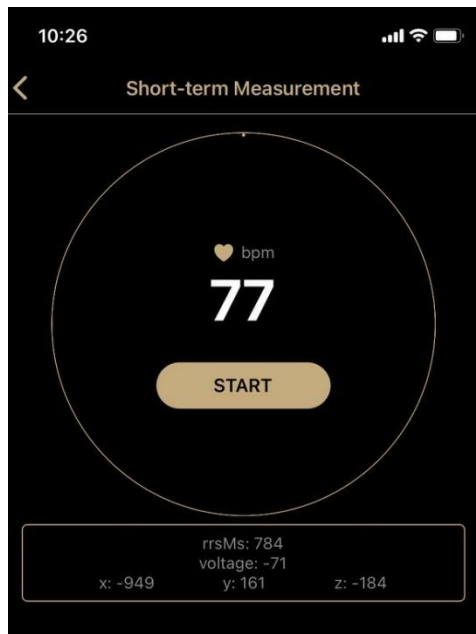
You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

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

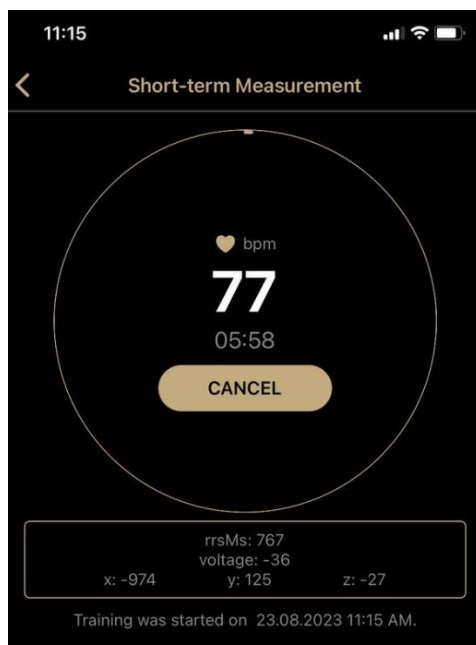
Short-term measurement

Lie down comfortably before the measurement starts.

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

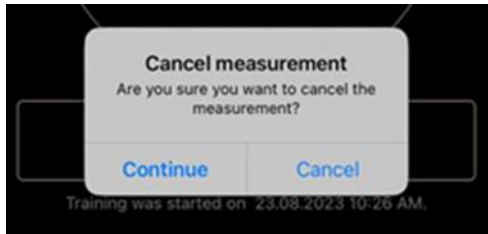


As soon as you started the measurement, the start time and the date are displayed automatically.



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

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.

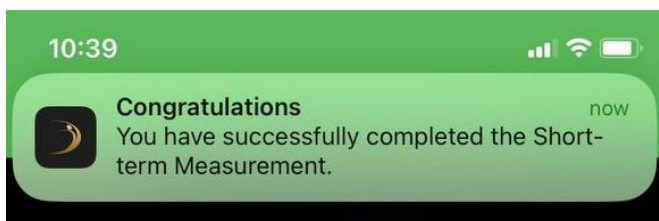
You will then automatically return to "START". You can switch back to the main menu by pressing the back button.

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.

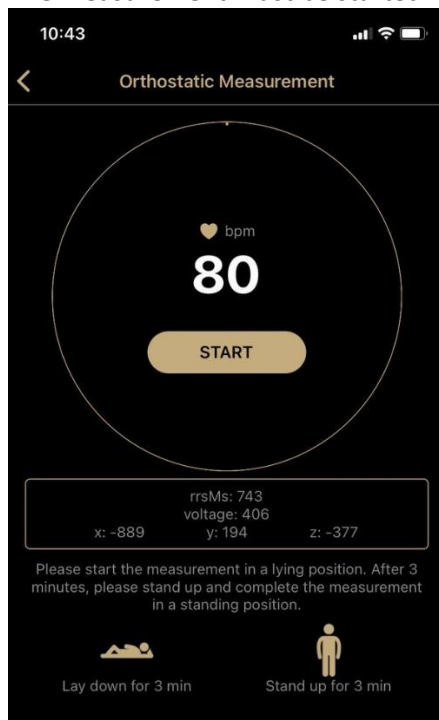
We recommend taking the test in the morning before breakfast. You should not eat a meal, drink or smoke 2-3 hours before the test.

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.

Lie down comfortably at the start of the measurement. Make sure to perform the measurement in a quiet environment (no TV, cell phone, conversations, etc.).

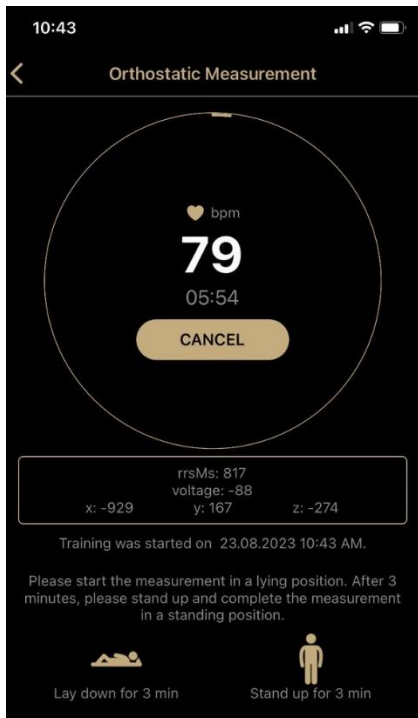
The measurement must be started manually.



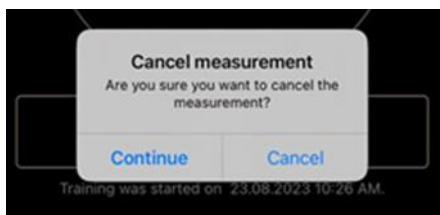
Therefore click on the "START". The measurement will start then.

On the display you will see corresponding icons: 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.

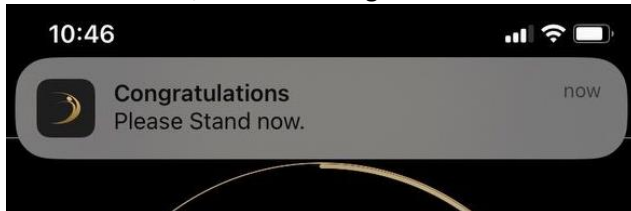


You will then automatically return to "START". You can switch back to the main menu by pressing the back button.

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



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

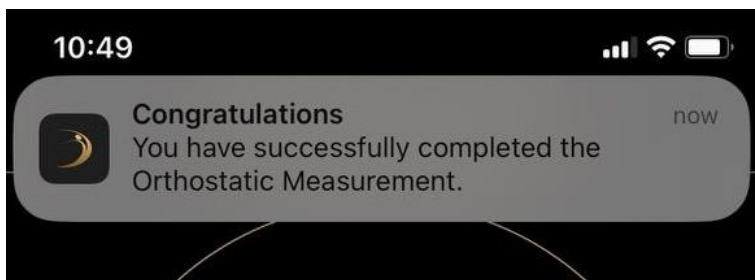


You see in the App the message: „Congratulations. Please stand UP now!“

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.

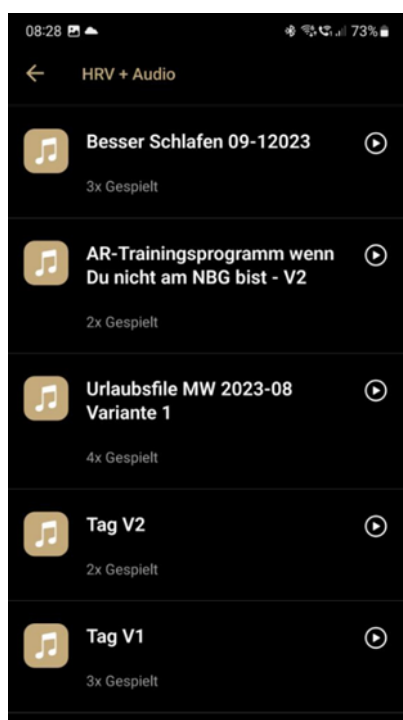
HRV + Audio Measurement

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.



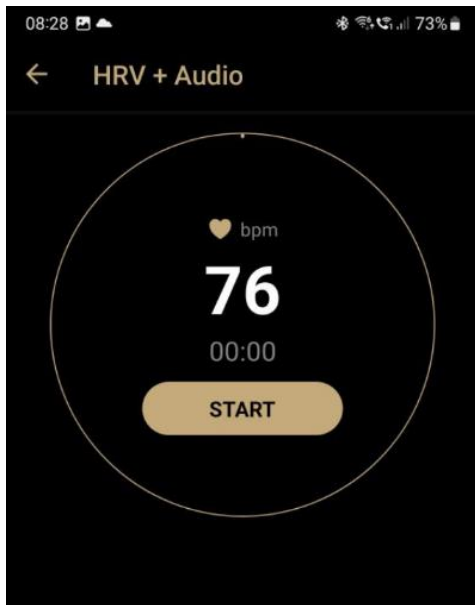
You will see the "arrow" symbol next to your audio if your audio has already been downloaded.

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

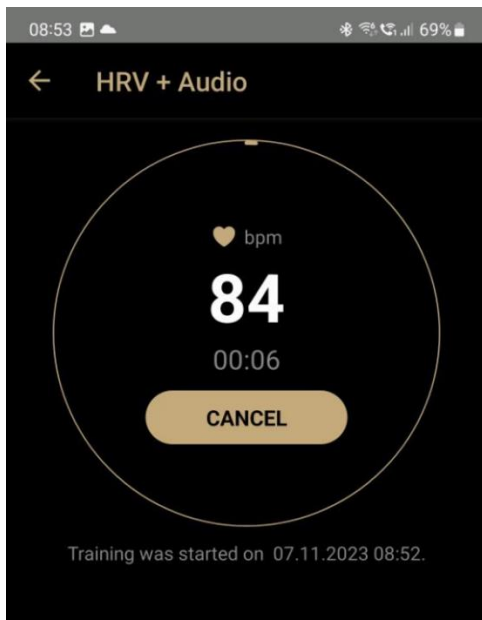
You can also find the description for downloading the audio under 2.4.

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.

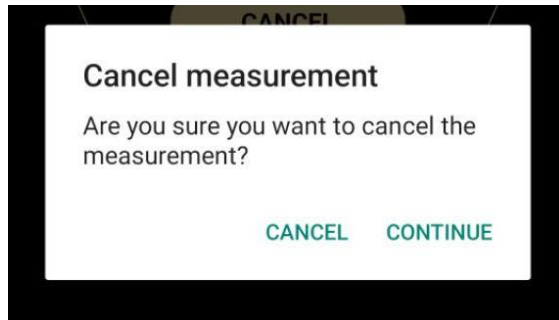


If you have to end the measurement earlier for an urgent, unforeseen reason, you can do this using the "CANCEL" function. To do this, click on "CANCEL" .

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

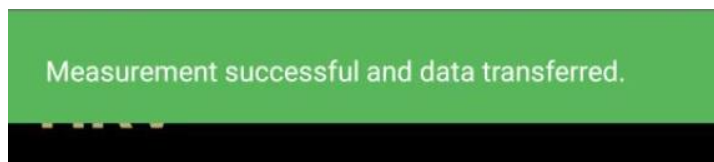


After clicking on "CANCEL" a window opens up with the question: "Are you sure you want to cancel the measurement?"



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.



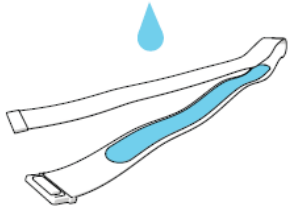
You can then remove the chest strap. Please remember to click the chest strap and the transmitter unit of the chest strap apart. This way the chest strap is deactivated and no battery is used.

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

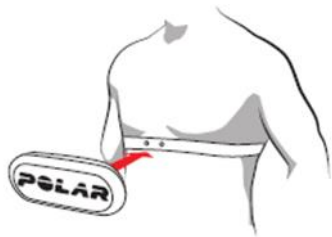
Instructions for the Polar H10 heart rate sensor

Wear and care of the heart rate sensor

1. Moisten the electrode areas on the chest strap



2. Fasten the strap around your chest and adjust it, so that the belt fits well. Then attach the transmitter unit by clicking it in place.



3. After the training detach the transmitter unit off the chest strap. This deactivates the chest strap and no battery is used. You can clean your chest strap and the transmitter unit with water and a mild soap. Dry it afterwards with a soft towel.

Video instructions for wear and care of the Polar H10 heart rate sensor:

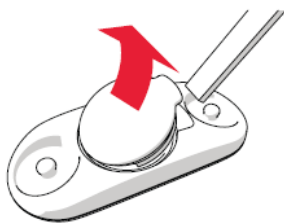


How to change battery

Your heart rate sensor battery may need replacing if:

- Training computer does not show heart rate reading
- Heart rate reading is erratic or stays unchanged for a long time
- Heart symbol does not blink

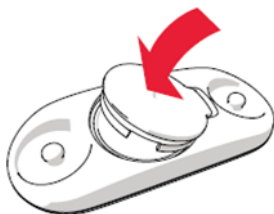
1. Open the battery compartment on the back of the transmitter unit carefully with a blunt tool or by using a strap buckle.



2. Remove the old battery.

3. Insert the new battery (CR2025) inside the cover with the positive (+) inwards. Make sure the sealing ring is unbroken.

4. Align the ledge on the battery cover with the slot on the connector. Press the battery cover back so that it snaps audibly in place.



Video instruction for battery change:

