



IMPORTANT REMINDERS

Placement

- The new **bodybugg** armband is designed to be worn on the back of the upper left arm (the tricep) with the **bodybugg** logo towards the shoulder and the sensors touching the skin.

Charging the Battery

- To charge the **bodybugg** armband battery, remove the strap/wing assembly and plug the USB cable into the **bodybugg** and your computer.
- Your computer must be powered on while charging. If your computer is in sleep or hibernation mode, the **bodybugg** will not charge.
- The battery light will flash green when the **bodybugg** is fully charged. The fully charged battery should last for 5-7 days during steady use.
- After fully charged, the **bodybugg** should power on within 10 minutes of being placed on your arm.

Technical support 866.314.9423 7am-7pm
Mon-Fri (Pacific Time)

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