

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)
support@bodybugg.com

Synchronizing your digital display to your new *bodybugg* armband

Properly synchronizing your digital display device to the new *bodybugg* armband will allow you to get the most out of the *bodybugg* system.

- To enable the digital display to synchronize with the new *bodybugg*:
 - > Press and hold “view” then also press “mode” simultaneously for 3 seconds on the digital display
 - > The digital display will then prompt you to “press armband to sync”
 - > Press the button on the face of the armband to sync