



Quick Guide

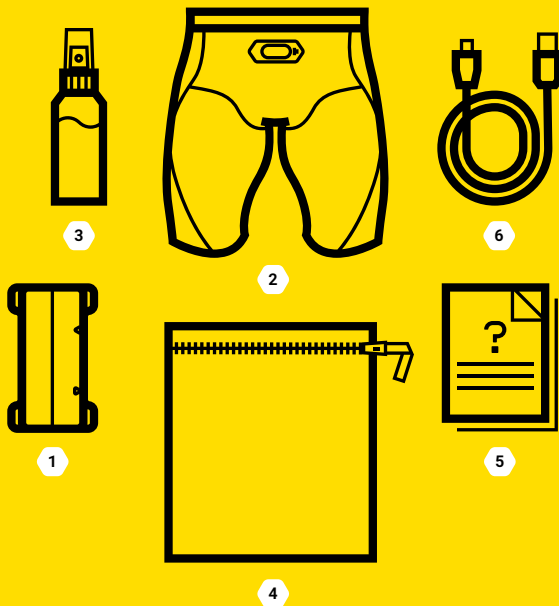
Thank you for purchasing Mbody 3 Kit.

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

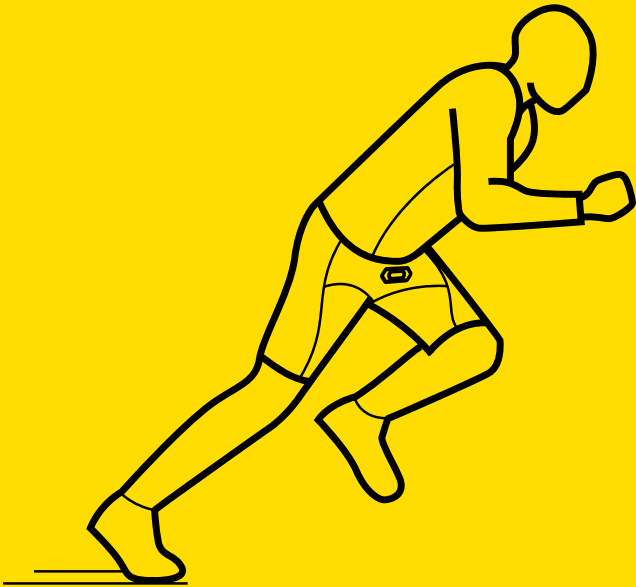
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1. MCell 3 | 2. MShorts 3 | 3. Spray bottle  
4. Washing bag | 5. Quick guide | 6. USB data & power cable



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STEP 1

# On Your Marks

## 01

### Install Mbody Live 3 app

Go to App Store or Google Play\* for Mbody Live 3 app. Requires iOS 9 or later or Android 6 or later\*.

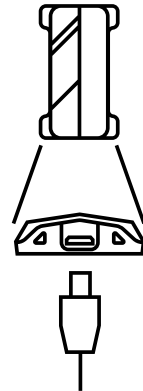


## 02

### Charge MCell 3 device before first use

For charging, use the USB data & power cable. The red LED shows the charging status. When the LED is off, the battery is full.

Remember to charge the device between exercises.



\* Availability of Mbody Live 3 App for Android will be confirmed later.

## STEP 2

# Get Set

01

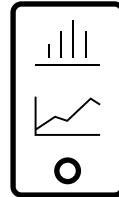
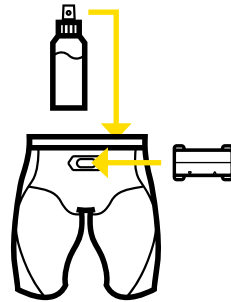
Moisten the exposed sensor areas inside the MShorts 3 with tap water. Put the shorts on.

02

Attach the device to the connector of the shorts. While connected to the shorts, the device wakes up to idle state\*.

03

Run the Mbody Live 3 app on your mobile. First time usage: follow the app's setup instruction via help.



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

STEP 3

# Go!

01

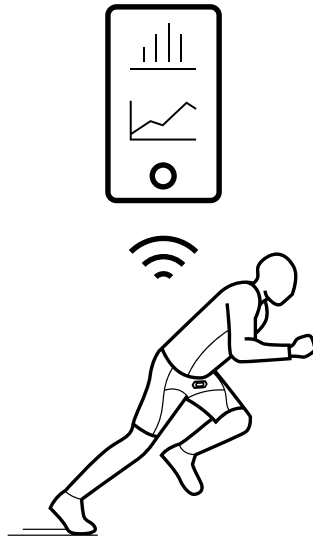
Wear the Mbody 3 in your own sport, in training situation and environment you choose.

02

Follow the exercise in real-time on your iOS or Android smart phone.

03

Monitor your Muscle Load, Muscle Balance, Muscle Profiles, Heart Rate, Speed, Cadence and more. Adjust the numerical view according to your preference.





## STEP 4

# Review & Share

### 01

After the exercise, you are able to review your performance straight on Mbody Live 3 app.

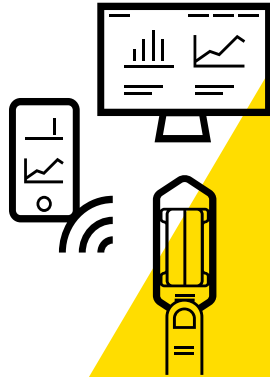
### 02

Muscle, Heart Rate and GPS data can be send to online sports services for further analysis\*. Compatible services on web, sign up at:



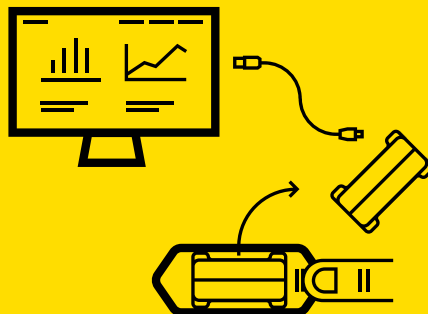
**Suunto Movescount**  
[www.movescount.com](http://www.movescount.com)

\* Remember to add required account info on Mbody Live 3 setup page.



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You are able to record the exercise on MCell 3 device even without a smart phone.



**01**

Moisten the exposed sensor areas inside the MShorts 3 with tap water. Put the shorts on.

**02**

Attach the device to shorts and start recording by pressing and holding the button of the device for 2 seconds. The recording starts when the green LED flashes and then starts blinking rapidly.

**03**

Stop recording by pressing the button again for 2 seconds or by detaching the device from the shorts.

**04**

Download and install Muscle Monitor 3 to your Windows PC, go: [www.myontec.com/musclemonitor](http://www.myontec.com/musclemonitor) \*

**05**

Start Muscle Monitor 3 software. Connect the device to PC via USB cable. Transfer exercises to PC for post-analysis.

\* Muscle Monitor 3 software license can be purchased separately.

01

### What do I do with the push button on MCell 3?

- A) Short push:
- Wake up the device to idle state
  - Add lap marks to exercise data
- B) Long push:
- Start & stop off-line recording

02

### I am unable to discover and pair the device with mobile app.

- Make sure that device battery is charged and device is in idle mode (blue LED blinks slowly)
- Make sure to switch on Bluetooth on your smart phone
- Restart smart phone and device if necessary

03

### What do I do if measurement won't start and red LED blinks rapidly for a moment?

- A) Battery is empty
- Charge device battery with USB cable
- B) Device is not attached to shorts
- Attach device to shorts properly
- C) Memory is full
- Clear device internal memory with Muscle Monitor 3 to allow new recordings

04

### As I start the exercise, the Muscle Load values are very high or low. 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.

05

### Can I wear underwear under the shorts?

Yes. Just make sure that sensor areas inside the shorts are in direct contact with the skin (Gluteus sensors also). Special Mbody underwear strings are available from Myontec.



**MCell 3**

Operating temperature: ..... +0°C to 40°C (32°F to 104°F)  
 Water resistance: ..... splash resistant  
 Wireless connectivity: ..... Bluetooth low energy (BLE)  
 Battery: ..... Rechargeable Lithium-ion  
 Battery life: ..... ~30 hours  
 Memory capacity: ..... ~30 hours  
 Store in cool and dry conditions.



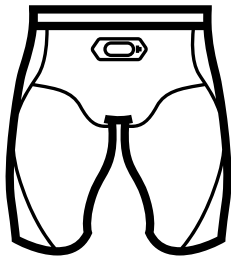
This device and batteries it contains must not be disposed of with your household waste. Instead, hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment.



Avoid shocks.



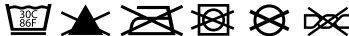
Device is not water proof. Detach device before washing textile.



**MShorts 3**

Fully machine washable at:..... 30°C (86°F)  
 High-tech compression textile by:... Carvico Revolutionary®

NOTE: use the Washing bag for washing/laundry.



Avoid exposing sensors to solvent.



Myontec Ltd hereby declares that the product is in compliance with essential requirements and other relevant provisions of 2014/53/EU - Radio Equipment Directive (RED).

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: TFB-1005.

This device meets the requirements of the 2011/65/EU, 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.



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**LIMITED WARRANTY**

LIMITED WARRANTY FOR MBOYD 3 PRODUCT (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 3, ONE YEAR FOR MCELL 3 AND SIX MONTHS FOR THE RECHARGEABLE BATTERY. 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) 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, (III) damage resulting from an accident, flood, fire, misuse,

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

LIMITED WARRANTY FOR THE SERVICES AND SOFTWARES BY MYONTEC (OTHER THAN THE HARDWARE). THE SERVICES AND SOFTWARES ARE 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 results 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.

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\* In European Union (EU) and European Economic Area (ETA) the warranty is two (2) years with the exception of six months for the MShorts and the rechargeable battery.

### **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**  
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[support@myontec.com](mailto:support@myontec.com)



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