



Quick Guide

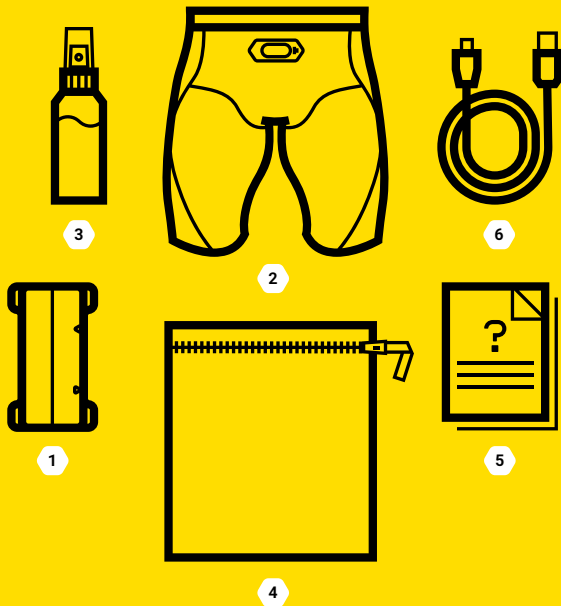
Thank you for purchasing Mbody 3 Kit.

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

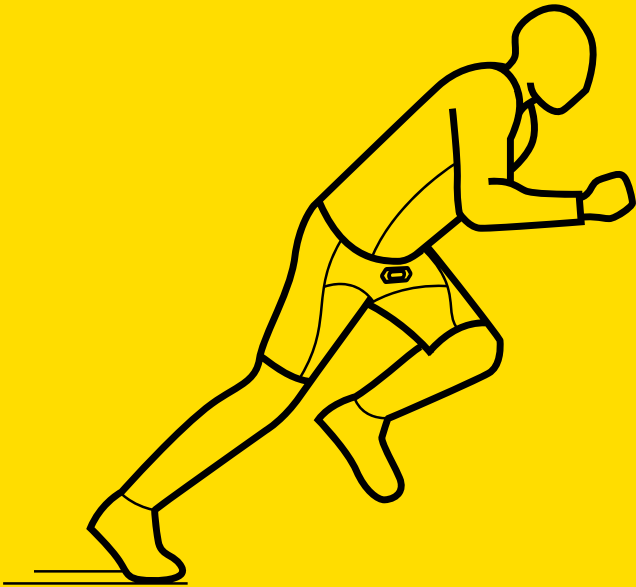
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1. MCell 3 | 2. MShorts 3 | 3. Spray bottle
4. Washing bag | 5. Quick guide | 6. USB data & power cable



STEP 1

On Your Marks

01
Install Mbody Live 3 app

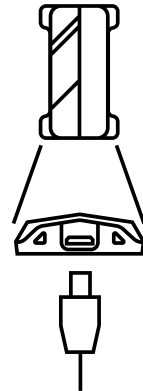
Go to App Store or Google Play* for Mbody Live 3 app. Requires iOS 9 or later or Android 6 or later*.



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

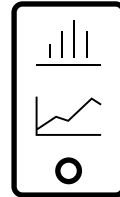
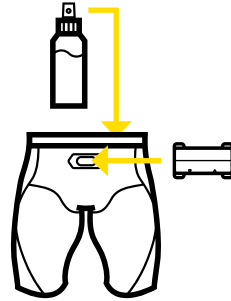
Moisten the exposed sensor areas inside the MShorts 3 with tap water. Put the shorts on.

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.

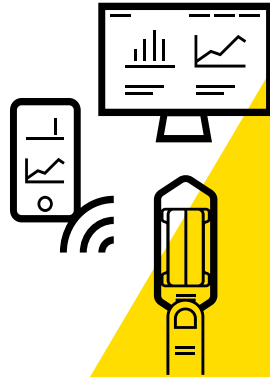
02

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



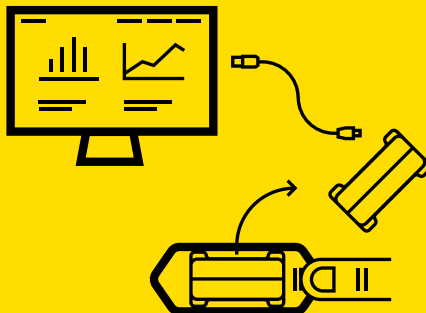
Suunto Movescount
www.movescount.com

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



The science of undefeatable

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 *

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.



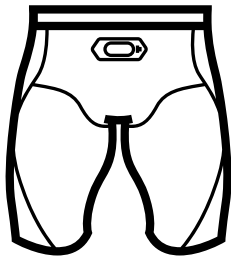
This device and batteries it contains must not be disposed of with your household waste. Instead, hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment.



Avoid shocks.



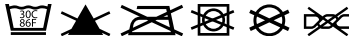
Device is not water proof. Detach device before washing textile.



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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Further information
www.myontec.com



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[@knowyourmuscles](https://twitter.com/knowyourmuscles)



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