

# ACTIV5<sup>™</sup> USER MANUAL

Welcome to Activ5<sup>™</sup>, the first isometrics-based smart strength training and rehabilitation device.



# ACTIV5 TRAINING APP



Your Activ5 is designed for use with apps and games running on Bluetooth® enabled devices, such as smartphones and tablets. You can start using Activ5 by installing the free Activ5 Training App from the mobile app stores on iTunes or Google Play and following the on-screen instructions.

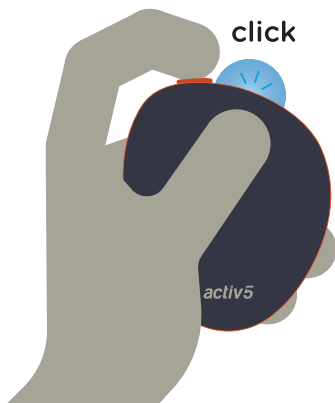


## ACTIV5.COM

For product information and to get started using Activ5, visit <https://www.activ5.com>




*App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google Inc.*

# TURNING ACTIV5 ON / OFF



To turn your Activ5 ON / OFF, press and hold the power button down for **2 seconds**.

## LED CODES

-  BLUE light means Activ5 is available for a Bluetooth connection with a compatible app.
-  GREEN light means Activ5 is connected to an app.
-  RED periodic flashes mean battery is low and needs replacement. A single red flash acknowledges normal turning off.

*NOTE: Activ5 will automatically turn off to preserve battery if no connection is established within one minute, or if connected but idle for 7 minutes.*

# IDENTIFICATION

## (Device Name / Serial Number)

### **ACTIV5 IDENTIFIERS**

Your Activ5's unique Device Name and Serial Number (S/N) are printed on the outside of your device's original packaging.

### **DEVICE NAME**

The Device Name is used to identify your Activ5 in Bluetooth lists. This name will always appear when you are connecting your Activ5 with a new app or device for the first time.

The Device Name will not be erased even if you nickname your Activ5 within companion apps, games or devices.

### **SERIAL NUMBER**

The Serial Number (S/N) is a standard identifier that will not be required to setup or use Activ5, but may provide assistance to customer support, should you require help. If you discard Activ5's original packaging, the Serial Number is also available on the sticker inside Activ5's battery compartment.

# REPLACING THE BATTERY

Activ5 comes with a standard AAA battery, which lasts between 6 and 12 months.

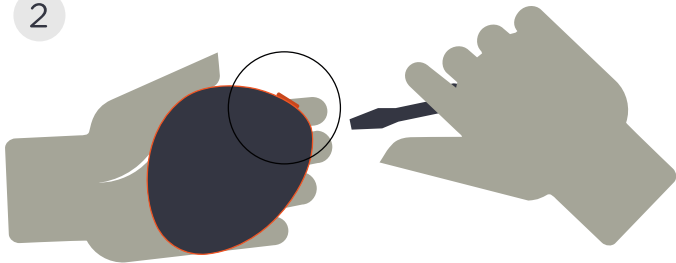
To replace the battery, follow these simple steps:

1



You need a new AAA battery & a flat-head screwdriver.

2



Hold Activ5 and the screwdriver like this.  
**The Activ5 logo should NOT be visible.**

3



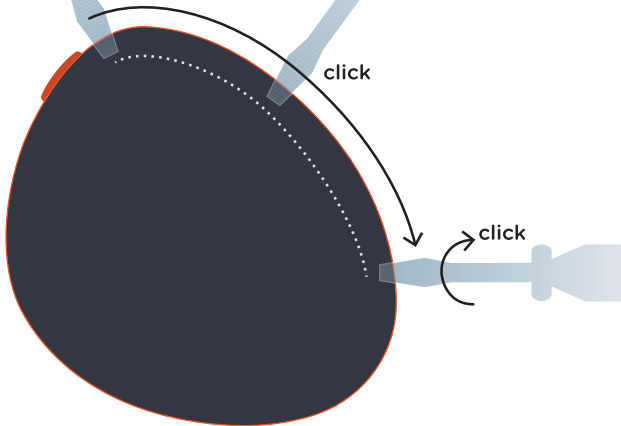
Insert the tip of the screwdriver in the opening.

4



Softly turn until you here a **CLICK** sound. The lid pops slightly opened.

5



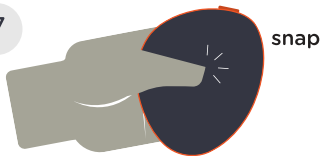
Gently slide the screwdriver along the edge of Activ5, keeping the tip inside the crevice, until you get to the spot as shown in the picture. Then stop and slightly turn until you hear a CLICK. The lid is now open and you can carefully remove it.

6



Replace the battery.

7



Snap the lid back on when you are done.

**ATTEMPTING TO OPEN ACTIV5 ANY OTHER WAY MAY DAMAGE THE LID SNAPS.**

# USAGE, SAFETY, MAINTENANCE AND TROUBLESHOOTING

## **Usage**

Activ5 is designed for measuring compressive forces up to 90 kg / 200 lbs., by applying pressure to Activ5's exterior gray surfaces, when placed between two body parts, such as your palms, or a body part and object, such as your palm and a desktop. Pressing on or near the orange belt will result in an inaccurate force measurement and may cause physical injury.

Make sure to follow the instructions and guidelines, as provided in the exercising apps, games and/or guides.

## **Safety**

Activ5 is certified compliant with all required safety standards and regulations, including electro-magnetic compatibility and hazardous materials, for all territories Activ5 is distributed in. For more information, refer to the compliance section at:

**<https://www.activ5.com/techspecs>**



## **Ingress & Flammability**

Activ5 is not waterproof and should not be immersed in or sprayed with water or other liquids. Like many consumer electronic devices, Activ5 is flammable and should be kept from exposure to flame or other excessive heat sources. Activ5's performance can be also affected by extreme temperature or humidity. For more information, refer to the relevant technical specifications at <https://www.activ5.com/techspecs>

## **Cleaning**

You can clean your Activ5 by hand-wiping with a damp soft cloth. For more thorough cleaning, saturate the cloth with a mild detergent or 70% water solution of isopropyl alcohol.

## **Reset**

Your Activ5 undergoes a normal reset cycle each time you turn it off and on.

In rare troubleshooting situations, a hard reset may be required. To do this, simply take the battery out of its compartment and insert it back in, following the battery replacement instructions in this User Manual.

## Service and Troubleshooting

In addition to Battery Replacement and Reset (as described in this User Manual), Activ5 is only designed for service by authorized personnel. For further information, please refer to the extended help and support information or contact form at <https://www.activ5.com/help>

## Disposal



In the European Union, this symbol indicates that this product should not be disposed with other household waste. Batteries should be discarded separately, and the device should be deposited at an appropriate facility to enable recycling. Please separate these items from other types of waste and recycle them responsibly, following your local government's disposal guidelines and/or electronic parts return system. You may also reference the directions at <https://www.activ5.com/disposal>



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