THE WOD LIFE

POWERDOT

POWERDOT USER GUIDE:

A short guide on how to use the PowerDot easily.

Pods will pair more easily if the smart device is taken out of its case.

If you have purchased the Uno, you will just have one set of electrodes. If you have the Duo, you will have two sets of electrodes.

Pairing the Duo:
This is the easiest way to pair your duo:

With both PowerDot pods off – go into the Bluetooth settings on your phone. If you have paired the Pods in the past, they should be in your devices. Remove the devices from your Bluetooth and turn your Bluetooth off and on again.

Restart the PowerDot app on your smart device. Go into the app and select 'My Devices.'

Turn on ONE PowerDot Pod (hold down for 1sec).
On your phone, press 'scan for devices' in the PowerDot app.

It will recognise the Pod, it may ask you to pair the device.
Select the device in the app to activate it, a green tick will appear next to the name of the pod. The lights on the pod will flash when they pair.

Turn on the second pod and press 'scan for devices' in the app.
It will recognise the second pod and ask to pair the pod with the phone.

Select the second device in the app to activate it, a green tick will appear next to the name of the pod. The light on the Pod will flash when it pairs.

These two pods are now LOCKED to your phone. To pair them with another phone, you will have to turn off your Bluetooth or unpair them from your phone.

Pairing the Uno:

Head into the Bluetooth settings on your phone. If you have paired the Pod in the past, it will be in your devices. Remove the device from your Bluetooth and turn your Bluetooth off and on again.

Restart the Powerdot app on your smart device and go into the app and select 'My Devices.'

Turn on the PowerDot Pod (hold down for 1sec), and on your phone press 'scan for devices' in the PowerDot app.

It will recognise the Pod. It may ask you to pair the device. Select device in the app to activate it, a green tick will appear next to the name of the pod.

This pods is now LOCKED to your phone. To pair it with another phone, you will have to turn off your Bluetooth or unpair it from your phone.

Starting the programs:

Attach the electrodes to the pads before placing on your skin.

Once the electrodes and pads are on your skin, head to the app and slide up the programs in the home screen.

Select the program you want to use.

If the program does not start immediately, hit the stop button, select no, you do not want to stop the program. Then press Play.

The intensity can only be increased in the working phase of the programs.

The pods can be unpaired if you have the duo.
The electrodes on each unit can be unpaired and independently controlled.

Turning off the pods:

When turning off the pods, hold the power button down for 5 seconds until the lights flash.

This will reset the pods and turn them off.