

FORCE BOARD USER GUIDE

QUICK START MODE

Quick Start Mode allows you to use the Force Board Portable in a basic app function where the device will record information when the user begins pulling, and stop recording whenever the user stops.

01

OPEN FORCE
BOARD APP

02

SELECT TRY IT
----OR-----
NAVIGATE TO
WORKOUT -->
ASSESSMENTS
ROUTINES AND
TOOLS --> QUICK
START

03

TURN ON FORCE
BOARD PORTABLE

04

ENSURE
BLUETOOTH IS
ENABLED IN YOUR
PHONE SETTINGS

05

PAIR WITH DEVICE

06

BEGIN TRAINING



FORCE BOARD USER GUIDE

DEVICE INFORMATION

ON/OFF SWITCH

LED indicator will flash to let you know your device is on

Make sure to turn off your device after use

FORCE BOARD BUTTON

This button will flash blue when connected

Press this button to wake the device.

LED INDICATOR

The LED indicator will flash red when the device is turned on, but not connected

Recharge your Force Board using a micro usb cable

MICRO-USB

LOAD CELL

These attachment points are rated to 300 or 450 kg

DEVICE IS NOT WATERPROOF

STORE IN SAFE DRY LOCATIONS

