

bionic GYM



User Manual

Rev04w

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1. A special word of thanks!

We believe that BionicGym will make the world a little better. Almost 20 years ago, I had a vision for a technology that could greatly improve quality of life by making it easier for people to exercise.

I sincerely appreciate all those who supported this vision over the years. Thank you to the kind and brilliant people in hospitals, universities, space agency and companies who helped push this technology and prove its effectiveness. And to the many volunteers who partook in our studies.

A heartfelt thanks to my friends and family who put up with me, believed in me and encouraged me all these years. And more recently to the BionicGym team.

A huge thank you to the people who run and contribute to our Online-communities - you are the beating heart of BionicGym. Your kind words and posts have supported me on this journey and helped countless users too. To the **Indiegogo Backers of BionicGym...** After trying everything to bring this technology to market, your support made it finally possible. Our success is your success.



Sincerely,
Dr Louis Crowe, Inventor & CEO



2. Overview: Exercise happily, safely and comfortably

Congratulations!

You are one of the first owners of BionicGym – a wearable exercise machine.



EXERCISE IS WONDERFUL! Build BionicGym into your life; **make it a habit** - *part* of your routine. Stick with it, love it and enjoy the benefits.



LEARN TO USE: Read this manual and watch the **video** tutorials before using. Check our website and read our email updates. These contain important safety guidelines.



ALWAYS TRAIN WITHIN YOUR LIMITS: If you are young, fit and completely healthy, listen to your body. Otherwise, check with your Doctor before engaging in vigorous exercise of any sort, including BionicGym.



ALWAYS THINK SAFETY FIRST: BionicGym contracts your muscles. Never use while driving, operating machinery, on stairs or at anytime you need full muscle control or balance. Never use under the influence of drugs or alcohol.



MEDICAL ISSUE? If you have a medical problem or condition, get your Doctor's approval first. This is an exercise device for healthy adults.



BE AWARE: As with all forms of exercise, stop training immediately if you feel unwell in any way, including pain, dizziness or weakness. Then call your doctor or seek help.



AUTO-STOP OPTION: The Auto-Stop *option* ramps down the intensity every few minutes. (See chapter 10 not available in all versions of the product).



HEART CONDITION? Do not use if you have an implant or heart condition. Read the list of contra-indications in this manual.



Do **NOT** use if you are pregnant or if you have epilepsy. Read the full list of contra-indications in this manual.



STAY IN CONTROL: You can press the orange button to Pause a session or a longer press will switch the unit OFF (Press it until LED goes out). You can also Pause or Stop a session via the app. In an emergency, you could also remove the control unit from the pocket. Use the app to unpause or double-press the orange button.

3. Tips to get the most out of BionicGym



TAKE IT EASY at first: Start easy, increase gradually but steadily (even fit bodies need to get used to it!). Start with the Beginner Programs. Train *regularly* to improve. We recommend at least three sessions per week for the first two weeks.

Some people sweat and get an increase in heart rate on the very first session, it takes others – even some fit people - two to three weeks training.



ROUTINE: Get into a routine / habit and keep to it. For example, you could set a personal rule only to watch TV at home while using BionicGym. Reward yourself when you work-out too (not with food if weight conscious!).



Net/TV/Game/Work: Distract yourself as you exercise (assuming it is safe). Watch a program, play a videogame, read or (at low levels) work on your computer.



ENJOY! Enjoy your sessions: enjoy the feelings of freshness and the many benefits exercise brings to your life.

4. Safety Information

BionicGym is an exercise device for the healthy adults. It gives you a workout by exercising the legs. Use in safe situations and settings.



You should ask your doctor if it is safe for you to exercise (any exercise, including BionicGym) **especially if you are injured, over 40, smoke, are obese or diabetic, have heart disease** or any potentially serious condition.

INTENDED USE:

The BionicGym is intended to stimulate healthy muscles in order to exercise, improve or facilitate muscle performance. It is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. None of the training programs or operational parameters are designed to target injured or ailing muscles.



Contra-indications:

Do not use BionicGym if:

- You have an electronic **implant** (e.g. cardiac pacemaker or defibrillator). Consult your doctor if you have any other **heart problem** prior to using.
- You are pregnant, or have given birth, or had a caesarean section within the last three months.
- You suffer from cancer, epilepsy, or are under medical supervision for cognitive dysfunction.
- You recently had acute trauma or subject to a surgical procedure - seek your Doctor's advice.
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g. phlebitis, thrombophlebitis, varicose veins, etc.
- If you suffer from any vascular problems, including clots /DVTs.



Warnings



The long-term effects of chronic electronic stimulation are unknown.



Stimulation should not be applied over the carotid sinus nerves, particularly in individuals with a known sensitivity to the carotid sinus reflex.



Stimulation should not be applied over the neck or mouth. Severe spasm of the neck or airway muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.



Stimulation should not be applied near your heart in that the introduction of electrical current into the heart may cause cardiac arrhythmias.



Stimulation should not be applied on your head.



Stimulation should not be applied over, or in proximity to, cancerous lesions.



Do not use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment, as this may produce instability in the controller's output.



Do not use if injecting drugs /medicines into your thighs.



Do not resell BionicGym or use BionicGym if you've purchased a used one.



Simultaneous connection of a patient to high-frequency surgical equipment may result in burns at the site of the electrode pads and damage to the control unit.

! Precautions

Safety of powered muscle stimulators for use during **pregnancy** has not been established.

Caution should be used for individuals with suspected or diagnosed **heart problems**. Do not use unless your doctor recommends that it is both safe and good for you.

Caution should be used for individuals with suspected or diagnosed **epilepsy**. Do not use without your doctor's permission.

Caution should be used in the presence of the following:

- When there is a tendency to haemorrhage (bleed) following acute trauma or fracture.
- Following recent surgical procedures when muscle contraction may disrupt the healing process. Do not use without your doctor's permission.
- Over the menstruating or pregnant uterus.
- Over areas of the skin which lack normal sensation.

Some individuals may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium.

Electrode placement and stimulation settings should be based on the guidance of this manual.

BionicGym should be kept out of the reach of pets and children.



BionicGym should be used only with the leads and electrodes recommended for use by the manufacturer.

BionicGym must never be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

! Adverse Reactions

Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators.

Note: It is normal for there to be mild skin redness after a stimulation session. This should disappear within a half hour.

Important



Do not over-exert yourself when using muscle stimulation. Any workout should not exceed your comfort level.

Stop using the product if you are **feeling light headed or faint, have pain or breathlessness** -beyond what you'd expect with the exercise. Consult your doctor if this happens or if in any doubt.



Do not touch the electrodes or metal studs with your fingers while the controller is switched on / during use.



Never use BionicGym over open wounds or damaged skin or if you have abnormal feeling. If you have a minor nick, cut or bite you can mask that with a small band-aid. (Only use BionicGym on clean, healthy, intact skin).



BionicGym is intended for **adults** (over 16 years old). If you are 16-18 years old, you must get a parent's or guardian's permission.



Always follow the guidelines, watch the tutorials and read the whole manual before use. Only use BionicGym as directed in this manual



ONLY use BionicGym when and where it is **safe** for you and others. It contracts your muscles which you need for **balance** and **control**. Wear flat shoes.

5. BionicGym – The Science

We mimic shivering! Nature's hack.



Nature's way of creating heat or burning calories is to shiver. As you get colder you shiver more intensely but at the same rate (7-8Hz). This is because the energy consumption is not related to the force or tension generated but rather the shortening and lengthening of the muscle fibers. What happens is that more muscle fibers contract and relax at this magic rate.

Impulses through the BionicGym Wraps stimulate the motor-neurons [nerves-to-muscles] in the legs and gluteal [bum] telling them to contract repeatedly. (They relax or lengthen by themselves). If enough muscle is actively contracting at optimal rates they will shout out for blood to supply the oxygen and energy. Your cardiovascular system [heart and blood vessels] works harder to deliver this blood, i.e. it trains. You'll become more breathless and in time heat up – even sweat... after all it is nature's way to warm up.

I, Dr Louis Crowe, have done thousands of mini-experiments to optimize the technology. I've done larger studies with wonderful colleagues in universities, hospitals, in three countries (even in zero-gravity with the European Space Agency!). I've suffered for and been elated with the science. Please visit our website and read the peer-reviewed scientific publications.

6. In the BionicGym box

DEVICE & ACCESSORIES DESCRIPTION

The BionicGym Powered Muscle Stimulator is a wearable muscle stimulator that delivers electrical stimulation to the legs.

Each BionicGym includes:

1. 1 x left thigh wrap
2. 1 x right thigh wrap
3. 1 x control unit
4. 1 x connecting cable
5. 8 x adhesive gel electrodes
6. 4 x thigh wrap extension pieces
7. 1 x instructions for use
8. 1 x charging cradle
9. 1 x charger adapter (8 and 9 may come pre-attached)
10. 1 x battery charger

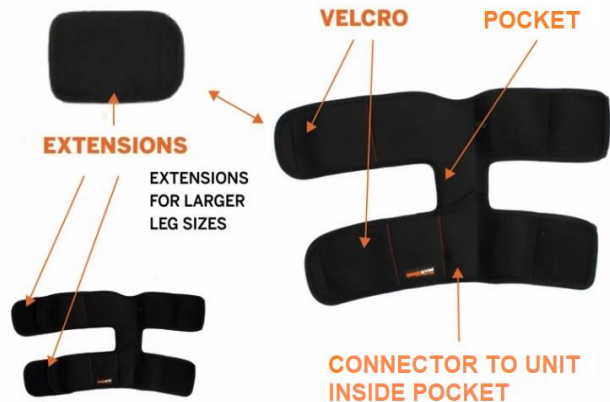
1 x mobile 'app' (downloadable by the user; necessary for device use). See Chapter 9.

The thigh-wraps are available in two sizes; wrap extensions are included.

BionicGym has two variations; 'BionicGym' (the 'standard' version), and 'BionicGym PRO-HIIT'. The physical parts are the same but the user enters an upgrade code in the App.

BionicGym PRO-HIIT allows access to a greater number of workout programs. The workout programs are accessed via folders on the mobile app (smartphone/tablet). The user enters an **upgrade code** in the app to access the larger suite of programs, including programs of greater intensity and High Intensity Interval Training (HIIT) programs. You can order an upgrade code at www.bionicygym.com





Thigh Wraps: one for each leg
Two thigh-wraps are provided, one for each leg. The wraps fit around the thighs. The wraps are available in two sizes: small to large and large to extra-large. On the right-thigh-wrap there is a pocket where the control unit is inserted. Near the bottom of this pocket is a dock that contains magnets that lock the control unit in

place. If required there are 4 wrap extensions which velcro to the wraps for larger legs.

On the left and right leg-wraps there is a small socket for the connecting cable.

The cable needs to **CLICK in FIRMLY.**

The cable is a "4-pole 3.5mm male-to-male auxiliary cable" and replacements are readily available on-line.

THIGH WRAP SIZING

Refer to the website for the *latest* sizing.

		HEIGHT		Exceptions
		Inches	Cm	
	Small - Large	Below 5'8"	Below 172 cm	Choose L - XL if: • Body weight above 95 kg / 15 stone
	Either	Between 5'8" - 5'10"	Between 172 - 178 cm	
	Large - X Large	Above 5'10"	Above 178 cm	Choose S - L if: • You have very slim legs


Extensions included with both sizes

	UPPER THIGH CIRCUMFERENCE	
	Inches	Cm
Small - Large	16.5" - 23.5"	42 - 60 cm
Small - Large + Extension	23.5" - 29.5"	60 - 75 cm
Large - X Large	21.5" - 28"	55 - 72 cm
Large - X Large + Extension	27.5" - 33"	72 - 84 cm



BionicGym Control Unit

The Control Unit is inserted into a pocket in the BionicGym right-leg wrap. In the pocket is a magnetic dock to connect the unit to the electrodes.

The orange button on the unit is the ON/OFF/PAUSE. The LED, next to the button, displays the control unit status, e.g. flashing blue = connecting to the app.



Charging Cradle

The charging cradle snaps to the end of the control unit (with magnets). If not pre-attached, the charger plugs into the bottom of the cradle.



Charger Adaptor

The charger is supplied with an adaptor for your country. Align and twist the adaptor into position. It should **snap** into place.

Electrodes (set of 8)



The electrodes attach to the inside of the thigh wraps and deliver the impulses to the body. They are two-sided; the printed side sticks to the inside of the wrap and the plain black side goes against the skin. (Extra electrodes may be ordered via the App and at bioncigym.com).

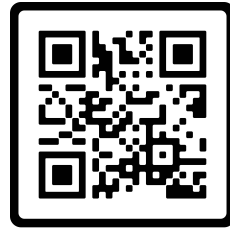
7. Getting Started

Quick way: Install BionicGym App and watch the in-app videos

Before using, watch the short training videos in the App (also available via links on our website or the QR code). These videos cover:

- Safety considerations
- Using BionicGym for the first time
- How to position the electrodes correctly – important!
- What it should feel like
- Downloading the App on your iOS or Android device
- Tips to get the most out of your BionicGym

Don't skip this step. Watch the videos now.



Charge the Control Unit

PLUG IN CRADLE TO CHARGE



Like your mobile phone the battery may discharge when not in use. If it goes completely flat it may take 24 hours to charge back up again. Once a little charged the LED will flash green when charging.

Assemble the charger (the adaptor twists into position) The cradle connects to the bottom of the control unit to charge. After the first charge, the battery takes an hour to charge to 80% and about two hours to charge fully. The first charge may take longer as the battery may have gone flat in storage and transport.

Once connected the unit will charge. LED Status Light:

- Green Flashing: battery charging
- Solid Green: battery fully charged
- No LED: check battery connection. Or battery completely flat and will need a longer charge.

8. Setup and First Use

Have you:

1. Reviewed the safety information? And checked with your Doctor if you have any doubts or medical issues?
2. Watch the **training videos / first-time use video**? (Best way to set up and start)
3. Completed the Getting Started section?

If so, then you are ready to use BionicGym for the first time.

What to wear for first time use

RECOMMENDED CLOTHING



The first time you use BionicGym wear something loose so you can easily access BionicGym and press the Power/Pause button.

WEAR CLOTHES THAT ARE COMFORTABLE, LOOSE ENOUGH TO PUT OVER BIONICGYM, ALLOW MOVEMENT AND ACCESS TO THE CONTROL UNIT.

Where/how to exercise

BionicGym may impair your balance or ease of movement because muscle contractions are stimulated. This can take a while to get used to and it is important only to use BionicGym as recommended.

The first time you should use BionicGym standing - this is most comfortable for your first experience - beside a solid table, desk or the back of a couch for support. Afterwards you will learn what is the best position for you.

Electrode Positions – important!

1. Understand where the electrodes should go:
Correct placement → comfortable, effective stimulation
2. Once you have them correctly positioned, you can leave them stuck to the garment (until they need replacement).

HINT: THE IN-APP VIDEOS EXPLAIN ELECTRODE POSITIONING WELL



In use the electrodes/gel pads should be mid-line on the leg:

FRONT VIEW – ELECTRODES IN THE MID-LINE



REAR VIEW – ELECTRODES ALSO MID-LINE



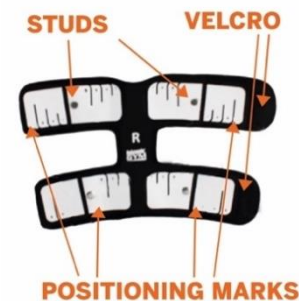
This is where the electrodes should end up, **MID-LINE**. You will stick them onto the wraps so that they will be correctly positioned when in use.

Correctly positioning the electrodes on the wrap

Try on the BionicGym Wraps without electrodes beforehand to determine the correct position to place the electrodes on the wraps

Easiest to put wraps on as shown (with foot on chair).

The studs make electrical contact with the unit and the electrodes must cover them.



1) Pick up the right wrap. (**R** printed on the inside).

2) Close it around your leg so that **the pocket is on the inside of the leg.**

The BionicGym logo should be above the knee/towards the front. Close the upper arm of the straps *high-up* the leg (say, an inch from crease, as this will give better stimulation). Note, if you cannot close the straps you may need to add the extensions to the straps. The wraps should be tight (gives better stimulation) but not constricting.



3) Check where to position the electrodes. The electrodes attach to the inside of the wrap. In use, they should be in the mid-line of the leg (front and back). It may help to pinch the garment at the midline and position one electrode at a time.

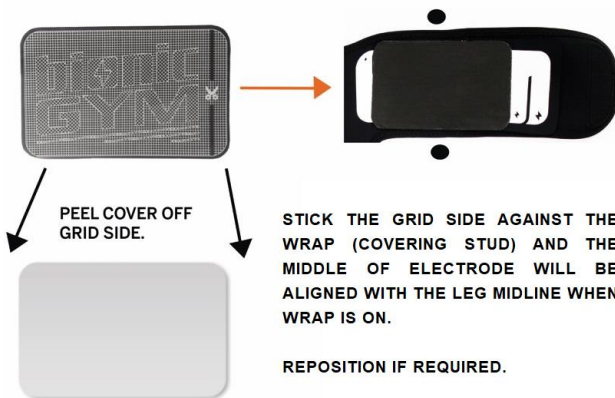


WITH THE BIONICWRAP WRAP IN THE CORRECT POSITION, PINCH THE WRAP ALONG THE MIDLINE OF YOUR LEG AND OPEN CAREFULLY.

4) Remove the plastic cover(s) fully from the grid side and stick the electrode onto the garment.

The electrodes must cover the metal studs to make contact with the control unit.

The printing and bolt icons are to help with electrode placement.



PEEL COVER OFF GRID SIDE.

STICK THE GRID SIDE AGAINST THE WRAP (COVERING STUD) AND THE MIDDLE OF ELECTRODE WILL BE ALIGNED WITH THE LEG MIDLINE WHEN WRAP IS ON.

REPOSITION IF REQUIRED.

5) Put the wrap on and check the electrode position(s). Reposition the electrode(s), if required. Note you can also **stretch** the wrap as you put it on to make small adjustments.

For larger legs (both small and large size wraps) you will position the electrodes further apart. Covering the large 'bolts'.



LARGER BOLTS

For smaller legs the electrodes will be closer together, especially the lower electrodes. Covering the smaller 'bolts'.



Some people with **thin legs** may need to make an **adjustment** if the electrodes are overlapping or if the flaps are getting in the way / become awkward / too bulky. **Please see the video on Sizing issues. (Video available via app).** The *inner* flaps can be shortened and, with care, the electrodes made smaller. (See also FAQ section).

Remove the plastic from the skin side of the electrode. [Keep the plastic covers for after]. Put on the wrap and check if the electrodes landed *midline*. If not, they can be easily repositioned. Adjust electrode positions until all four are correctly positioned, i.e. midline on the body. The wrap can also be pulled tighter or looser while closing it for minor repositioning. When happy with the electrode positions press the edges down **firmly**.



Once this is correct for your right leg, mirror the pad positions for your left leg. Check that they are correctly positioned on the left leg too. (Remember that when the wrap is put on correctly **the pocket is on the inside** of the leg, both sides).

The electrode positioning does not need to be super-accurate provided they fall over the midline of the leg, front and back. Reposition on the wrap until correct. If the upper electrodes are placed too much on the inner leg that can cause cramping – unwanted.

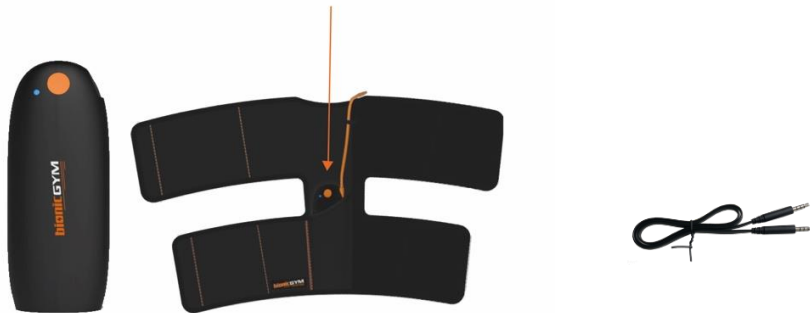
For best results, the top electrodes should be **HIGH up the leg** (say an inch or two from the crease) and the lower electrodes just above the knee.

The wraps should be *tight* but not constricting (you can move about freely).

Well done! That's the hardest part done.

Next, slide Control Unit into pocket, and connect left wrap to the right with the connecting cable.

With the control unit fully charged, you can slide it into the pocket in the right leg wrap. It should snap into position. (It is held firmly in position by a magnet).



The unit should be now on your inner leg with the orange power/pause button facing out.



The wire /auxiliary cable connects the right and left wraps . Push it in **firmly** into the sockets on both side . The jack-sockets are located in pockets.

You can keep the wire tidy by running it under your shorts or clothes . There are also velcro tabs you can use to keep the wire tidy. (Look for the tabs along the neoprene seam).

The cable needs to **CLICK in FIRMLY**. Otherwise the LED will go solid red and the workout will not start.

ON / Pause / OFF button



To switch BionicGym **ON** press the orange button for a second (the LEDs light goes on). The **blue** light flashes when it is trying to pair with the app and remains on (solid blue) when it is paired with the app.

You can **Pause** a workout by briefly pressing the orange button. Or by using the App. The LED is purple when paused.

To **Resume**, press Resume on the App. This will Resume the workout at a slightly lower level (for your comfort). (A *slow double*-press of the orange button will resume the workout at its previous level. "Press-Wait-Press").

To switch **OFF** keep the button pressed until the LED goes off (normally 2 seconds).

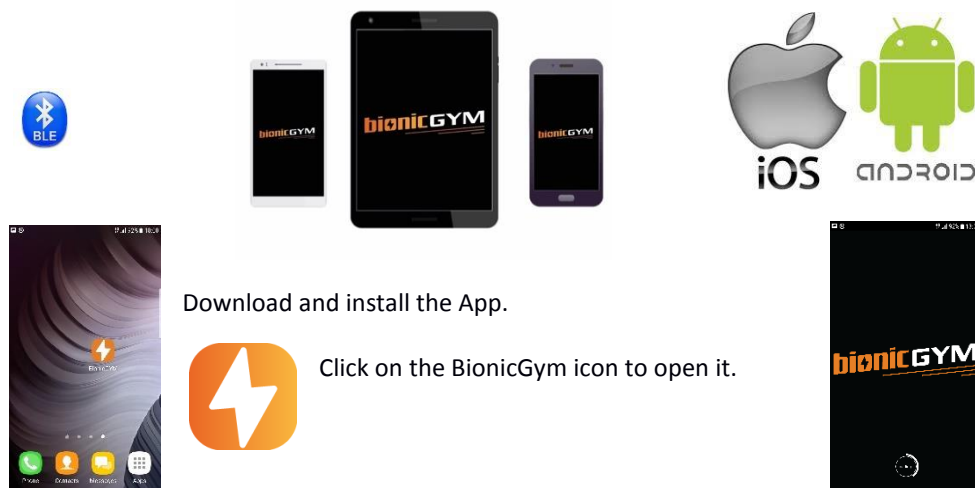
Make sure you can always access the Power button. The unit may switch off automatically after a few minutes unless connected and in use.

Congratulations! You are now ready to download the App and use BionicGym for the first time.

9. Download and install the App

Using your smartphone /pad find “BionicGym” in the Apple Store / Play Store. There is ONE app for the Standard and the PRO-HIIT versions. You may have received an email from us with the App links and the upgrade code if you ordered the PRO-HIIT.

The App uses BLE – Bluetooth Low Energy to communicate with the unit. The App will be updated occasionally. The screens may vary from what is printed here.



Download and install the App.

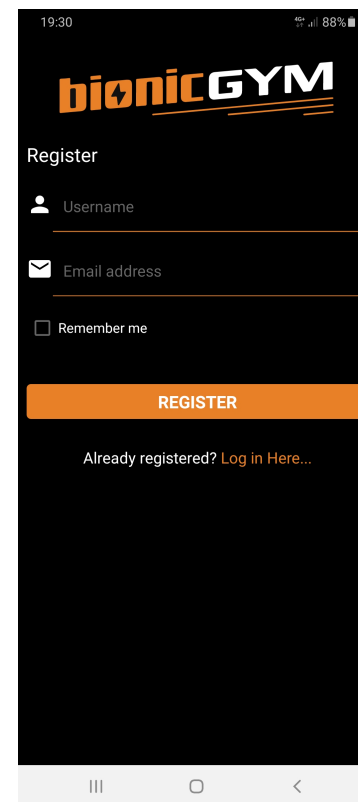
Click on the BionicGym icon to open it.

App Compatibility

The App is compatible with modern iOS /'Apple' and Android /'google' smart phones [less than 4 years old and many older models, see below]. If you have an old phone / pad you may need to update your software/operating system. The pad/phone must be able to support Bluetooth Low Energy (BLE). Typically, these *and* more recent operating systems will be fine:

iOS / Apple	Android / Google
iOS 8	Lollipop 5.0 – 5.1.1
iOS 9	Marshmallow 6.0 – 6.01
iOS 10+	Nougat 7.0 – 7.1.1 +

Registering the device



To register you will need your phone/pad connected to the internet.

You will be asked to enter your name and email.

Select "Remember me" option so you will not have to login every time.

If you ordered BionicGym PRO-HIIT you will enter the code in the main Settings menu. The code will be in the post-purchase email that you received. If you cannot find this check your Spam folder and contact Support via the website.

You can purchase Upgrade codes to PRO-HIIT from www.BionicGym.com too.

OPT-Ins

Once registered you'll then be brought to an Opt-In screen. You'll need to tick you have read the Precautions and accept the Terms and Conditions.

You can now watch the in-app videos! Short videos on how to set up, safety messages for exercise, what to expect [First Time Use] and top Tips in getting the most benefits from your workouts.

These can be accessed in several places including the Devices page and the FAQ & Tutorials page. (Or scan the QR code below).



Switch ON the unit and Pair with your phone/pad

The first time you use BionicGym (or if switching phones/pads) you will be asked to give permission for the App to access your folders/location/Bluetooth.

You will need to 'pair' the unit and the App. Turn on the BionicGym control unit. (Press the orange button for a second until the LED lights up. **A flashing blue light indicates that the unit is trying to find the App.** The Bluetooth on your phone / pad normally switches

on, if not, you can do this manually.

You will first be brought to the Devices page where you can select your BionicGym unit for pairing (*tap* on it). If asked for a code input **"123456"**. If there is more than one BionicGym the easiest thing is to switch on and pair one at a time.

Once successfully paired, the LED on the unit will be a solid blue and you can go to the Workout Selection screen. If the connection is dropped the LED should flash blue.

Troubleshooting Pairing (switch everything on and off!)

If your phone/pad cannot detect BionicGym it may request that you 'Scan again'. Switch the **Unit OFF and ON** [to switch OFF long-press of the orange button until the LED goes out] and scan again (pull screen down to scan again). Note, to save battery power, the unit may have switched itself OFF if it was not paired within a number of minutes.

Make sure the unit is ON (LED is flashes Blue if trying to pair to the app) and CHARGED (the LED may be flashing Red or not switched on if the battery is very low).

Close and reopen the App. Switch your **Bluetooth** on and off and on again (find it in the Settings menu of your phone/device).

You may need to **UNPAIR / "forget this device"** in your *phone* :

Settings > Connections> Bluetooth... select BionicGym and unpair/forget device. Restart the App and pair again.

More suggestions in the **Help** section of the App under the **FAQs** (Frequently Asked Questions) .

LOAD APP & PAIR WITH CONTROL UNIT



Drop-down Menu and Settings



Access these at the top left of most screens.

Browse through it. It includes **FAQ's & Video Tutorials** (the best way to learn how to set up BionicGym and use it for the first time).

Workouts bring you to the select Workout menu for when you are ready.

Devices to check the Bluetooth connection.

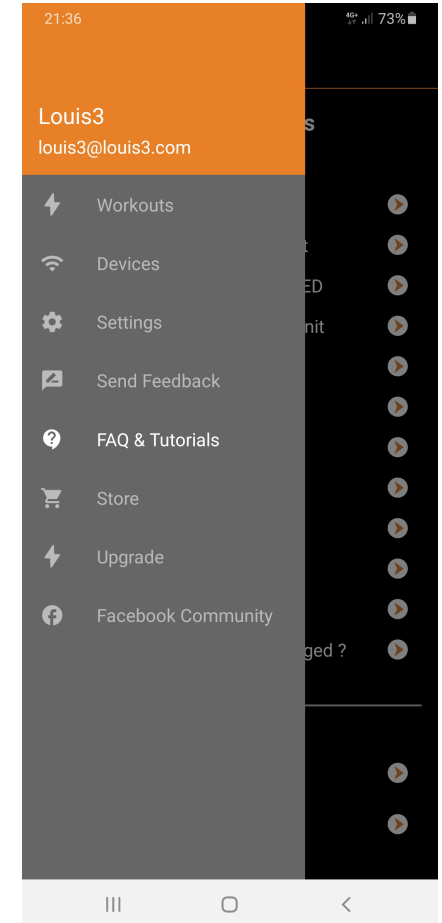
Settings ... if you wish to log out. At the bottom of the page the App version and software version is posted.

The **Store** to order replacement pads, etc.

Upgrade here if you have a code for the PRO-HIIT model. (It would have been in a post-purchase email). You can also purchase upgrade codes on the website.

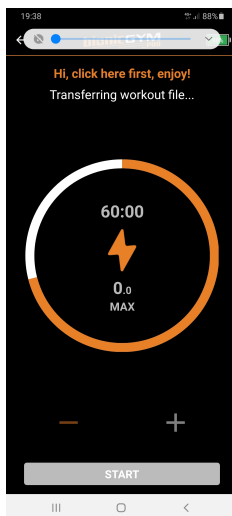
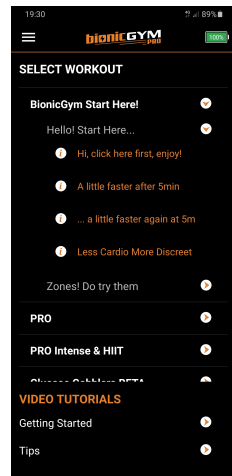
Facebook Community, this is the place to share your experiences and results, to get hints and tips from experienced users. It is really quite inspiring! Join the others and spread some love.

There is also a women-only Facebook Group.



Workout Selection

BionicGym offers a number of workouts to choose from. These are grouped into folders. It also offers several 'Zones' so you can choose the stimulation that is best for your body (see chapters 11-13). Typically sessions last an hour.



Your body may take a number of sessions to get used to the stimulation. So we recommend starting with the gentler workouts. You will be guided to the best workout to start with.

E.g. : BionicGym Start Here! folder > Hello! Start Here... > Hi, click here first, enjoy!

Click on the workout to select it. The file transfers to the control unit.

Once ready press START.

Your phone/pad communicates with the Control Unit.

Use the "+" and "-" to increase or decrease the intensity.

It is normal not to feel much until the intensity reaches 10+. The intensity level is displayed in the circle. Press PAUSE to pause the session. Press RESUME to restart. Press STOP to stop the session.

You can decrease the intensity while it is paused but not increase it (for safety reasons).

In some versions of the App the intensity will automatically decrease when paused - to ease you back into the workout. (If you wish to Resume at your *previous* intensity then do a *slow* double click of the orange button on the control unit. Slow-press "one-two" slow-press).

To increase the intensity more rapidly keep the "+" continuously pressed.



The session may also be paused by pressing the **orange button** on the control unit. Keep it pressed for 2 seconds to switch the unit off. A slow double-press will resume the workout or resume it on the App. The circle changes from white to orange as you progress through the session. If the unit loses connection with the App it may need to reconnect, follow the app instructions. Even when the connection is lost, you can always stop a workout by pressing the orange button.

First Workout Session

You are ready to start. There is a **video** (in-App) on first time experience: What it is like, how quickly to increase the intensity, etc.

DURATION: 1 hour (but, of course, you can stop anytime).

STAND UP: Use BionicGym for the **first** time standing as it is always a comfortable position.

We recommend that you use it standing next to something that can help you balance, such as a desk.



START THE SESSION: Press start on the app and gradually increase/decrease the intensity using the buttons.

WHAT TO EXPECT: At first you may feel nothing, then a tingling on your skin as you increase the intensity, then the muscles contracting rhythmically. For most people, as you increase the intensity there is a pulsing/shaking sensation which is unusual but comfortable.

COMFORT & INTENSITY: If there is skin discomfort, reduce the intensity slightly, wait a few minutes and then increase it again slowly. If this persists, see the FAQ or tutorials. We encourage you to increase the intensity slowly but steadily. Increase the intensity to a level you are comfortable with, say intensity 20, wait 5 minutes then increase it again... wait five minutes then increase again, etc. For novices, **the body needs to adjust** for a few minutes before moving higher again. Feel free to go down an intensity level for a few minutes and then go back up. With each Workout you will probably be able to go up quicker and higher within the session.

Note: If during the session there is tightness or discomfort in the inner leg, it is often because an upper electrode needs to move outward (see set-up section and FAQs).

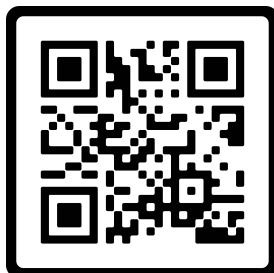
PAUSING: you can pause with the App or the orange button on the control unit (even if the phone gets disconnected). Resume /un-pause using the app. It will Resume at a slightly lower intensity (for your comfort).

END OF THE SESSION: When the session is nearly over, some of the workout programs have a 'warm down' period for about 1-5 minutes. The intensity will automatically decrease to zero over the last ten seconds.

Congratulations, you've used BionicGym for the first time. **SWITCH OFF THE CONTROL UNIT** by holding the orange button down for two seconds. The light will turn off to confirm it is switched off. It will switch off automatically after a while if you forget.

MOVING AROUND SAFELY

AS BIONICGYM PRODUCES INVOLUNTARY MUSCLE CONTRACTIONS, YOUR BALANCE, MOTION AND COORDINATION CAN BE IMPAIRED. WHILE BIONICGYM CAN BE USED SITTING, LYING DOWN OR STANDING IN SAFE SITUATIONS, IF YOU NEED TO MOVE OR WALK AROUND, MAKE SURE THE UNIT IS POWERED-OFF.



REMOVE BIONICGYM:

No need to remove electrodes from the wrap between sessions. You can leave the cable plugged in on one side.



GEL PAD COVERS

If you **sweat** a lot leave the plastic covers off until the gel has '**dried off**' and they become tacky again. This will help preserve them.

Leave the electrodes attached to the wraps but replace the plastic covers over the electrodes. If you lose them, plastic or cling-film will do.

10. Auto-Stop



It is planned to introduce in 2022 an optional Auto-Stop feature that you may enable via the Settings Menu.

It automatically dials down the intensity to zero unless you interact with the App / your phone/device every few minutes. Note: this is not available in all Apps.

11. Workout Sessions

These may be updated from time-to-time. From June 2021 programs will be described in-App (click the info-icon beside the Workout).

The Standard programs are designed to exercise you at low-to-moderate levels of exercise. The equivalent of fast walking or slow jogging. These are ideal for people who are using BionicGym to feel fresh and burn calories.

They each have different characteristics. Find which works best for *you*, e.g. which gives *you* a better overall workout (not necessarily the highest intensity). 'Faster' or 'higher' levels do not necessarily give the best workout for *you*.

For intense training you need the PRO or PRO-Intense programs, explanation below. The HIIT programs mimic High Intensity Interval Training, explanation below.

Since we are all different and use BionicGym in different positions we have **Zones** – these maximize the comfort and can target an area for extra training. Try them all out and see which suits your body-type.

12. Standard Workout Programs

These are in all BionicGym apps. They are in the folder labeled “Hello! Start here!”

- Program: **Hi, click this one first, enjoy!**

The Program is designed as a gentle introduction to BionicGym exercise sessions. Using the tech for the first time some people can rapidly and easily increase the intensity. Most need a more gentle introduction so it is best to start with a ‘gentle’ program and then increase the intensity slowly and gradually – but steadily during the session and from one session to the next. It is designed to be comfortable on the skin and easy to get used to. There is a slight increase in the tempo of the contractions after five minutes. Many people continue to use this program because they enjoy it, it suits them and they find it equally effective as the more ‘aggressive’ exercise programs.

- Program: **A little faster after 5 minutes**

This is similar to the Start Here program but the tempo increases more after 5 minutes. For a given intensity level on BionicGym the exercise level will be greater. But if you find that you can go to intensity 70 on Start Here but only 60 on this program then it may be best to stay with Start Here; as you will contract more muscle fibers (important from a health and fitness perspective).

- Program: **... a little faster again after 5 minutes**

The tempo increases more again at 5 minutes. For a given intensity this program will exercise you more intensely than the above programs. People with ‘fast twitch’ muscle fibers, like sprinters and some middle-distance runners, may find this their optimal rate.

- Program: **Less Cardio more Discreet**

This program makes you quiver rather than shake. We’ve added in extra muscle contractions before the previous contraction is fully over and the muscle has lengthened again. The medical term for this is “semi-tetanic”. Because of this there is less gross movement of the muscle, it is more discreet and some people like to use it when out in public places. You may not be able to reach the same intensities as the other programs and may find it more fatiguing. For most, the measured cardio / aerobic effect will be lower than our standard programs.

We are always experimenting and trying to further optimize our Workouts, so these may change from time to time. The names and folders may also change.

Beta Programs

From time to time, we release Beta programs. If they prove to be very popular and effective we will keep them. Some of them are marked “for experienced users only”. The reason is that these may feel slightly coarse if you are new to BionicGym. Your body needs to habituate to standard programs and sensations first. Once comfortable with stimulation then you should try these out or use these at low intensities.

Glucose Gobblers : the control of glucose (sugar) is hugely important to our health and weight-control. The big muscle fibers, which are generally held in reserve and not used much in everyday life, have a tremendous capacity to consume glucose. This program is designed to target these sugar-hungry fibers and maximize the sugar consumption.

They are two-hour programs and have automatic step changes in intensity. These happen about every half hour or so. As they are a long program most people’s muscles will fatigue and to continue ‘gobbling glucose’ we increase the intensity.

The intensity also undulates a little, this is intended to gently bring in new muscle fibers.

At the time of writing there are two Glucose Gobbler programs. “x3 step increases; 2 hours” and “Looser Contractions; 2 hours”. Both of these have **automatic step increases**, i.e. the intensity goes up by itself at about a half hour, an hour and an hour-and-a-half.

The legs feel freer in the “Looser Contractions” program. This simply suits a lot of people. It was instantly popular especially with people who wished to lose weight. Many leave it on for long periods of time.

Note, these programs are designed maximize *sugar* utilization and not heart rate response. (Most people will get a stronger heart rate response when using other programs, e.g. “Twinkle-Toes” standing at high intensity).

13. Zones

Since we are all different and use BionicGym in different positions we have Zone – these maximize the comfort and can target an area for extra training. Try them all out and see which suits your body-type.

These programs shift the focus of the stimulation around. Why?

- 1) we are all different and need a different balance. Some people need/want more quad (front of leg) contraction and others need more in the glutes (butt), hamstring or calf.
- 2) Different Zones may work best for you in different positions. All of these programs are designed to stimulate all areas but give the strongest stimulation in one area.

More Behind You : The Glutes (butt) and also extra Hamstring (back of leg)

BionicQuads : front of leg (the Quadriceps muscle group)

Twinkle-Toes Calf +++ : extra calf contraction. Some people, if they increase the intensity rapidly, will find themselves up on their tippy-toes!

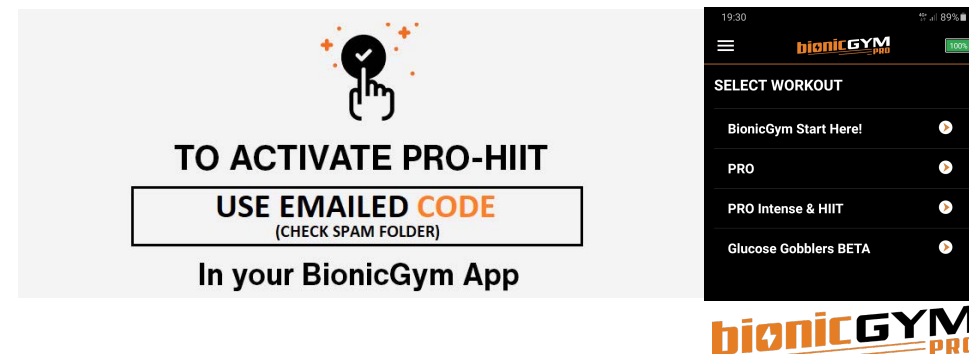
Note: those looking for maximal **cardio** effect should try **Twinkle-Toes Calf+++**, **standing** at high intensities. There are two reasons to stand. When you are standing the heart has to work harder (against gravity) to suck the blood back to the heart before squeezing it around the body again. Secondly, the calf muscles are quite slow to lengthen again and this is aided by gravity when you stand. We also recommend that people use BionicGym standing the first time or two that they try BionicGym. Some people find that one zone suits them in a particular body position but not another, e.g. sitting versus lying. So, find what is best for you.

14. BionicGym PRO /Pro-Intense and HIIT

These unleash much greater intensities. They are similar to the standard suite of programs, see above, but go to a much higher intensity. So, intensity 100 on a standard program may be equivalent to, say, intensity 60 on the PRO.

These are intended for people who wish to push themselves and train hard to ‘feel the burn’. At higher intensities they are the equivalent of running. Note some people need to train up their muscles first and get very habituated to the stimulation before they can really push themselves. These are intended for healthy people who want to train hard.

As with the Standard programs it is important to find which works best for you. As a general rule the higher the intensity you can go on a program the better it will be for you. If you're fit and have a lot of fast twitch muscle fibers (you can sprint or do a middle distance run with a spurt at the end) then the ‘faster’ ‘faster again’ programs will be ideal for you.



Registering BionicGym PRO / Pro-Intense /HIIT

If you’ve ordered this or an Upgrade you will have received an email with the registration **code**. (Note: some users will be automatically registered for PRO. The registration codes are limited and tracked). You can also purchase a code via the website / in-App Store link.

Enter the code in the Upgrade section of the main Menu of the App. Once updated you will have access to additional Workout folders. These appear when the folders are refreshed and you are connected to the internet. You may need to wait a minute then ‘pull-down’ the Workouts page to refresh the page or re-start the App.

PRO, Pro-Zone and Pro-Intense Workouts

These unleash much greater intensities. They are similar to the standard suite of programs, see above, but go to a much higher intensity. So intensity 100 on a standard program may be equivalent to, say, intensity 60 on the PRO. These are intended for people who wish to push themselves and train hard to ‘feel the burn’. At higher intensities they are the equivalent of running. Note some people need to train up their muscles first and get very habituated to the stimulation before they can really push themselves. This may take several sessions per week for a few weeks. These are intended for healthy people who want to train hard.

The **Pro-Intense** programs add in extra covert pulses. Masochists will like these programs! The overall architecture of the exercise pattern remains similar to the PRO programs but we get the muscle fibers to work a little bit harder. While this was intended as a very intense workout some users have found they like it at lower intensities too. The program “Fire it up [DB]” is named in honor of Denise Bailey, a fire fighter in San Francisco, who was an early backer and believer in the power of BionicGym. She has run our female community group and inspired myself (Louis) and many others. “Even More Heat” ups the tempo once more...

HIIT: High Intensity Interval Training

HIIT stands for High Intensity Interval Training. Like regular HIIT classes the exercise level is easy and then ramps up rapidly to become tougher. You set the intensity at the *max* level you will be comfortable with. And the intensity will ramp up to that on a periodic basis. Typically, the HIIT programs have different phases... each more difficult than the last. Usually there are three step changes – so if you find the first phase too easy... don't worry! Note: typically, these are automatic increases at the quarter, half and three-quarter marks. So be prepared.

There are two basic variations: **Waves** and **Sharp Peaks**. In the Waves the intensity never drops too low and it increases more gradually to the maximum. In the Sharp Peaks programs the intensity starts very low and then there is a rapid increase in intensity before it falls off to the low level again. (At the time of writing) some programs have 3 automatic step-increases in the overall intensity. With each automatic step-increase the maximum of each wave/peak gets tougher and lasts longer - be prepared!

15. FAQ and Troubleshooting

Check out the Troubleshooting / Frequently Asked Questions/ video links via the **App** as they can be updated and have more info. (See also www.bionicgym.com FAQ section).

I'm getting sharp sensations on the skin:

Skin dryness /nicks /bites/shaving cuts/electrodes need attention.

If your skin is dry or cracked this may lead to uneven impulses causing stinging sensations. Use a water-based (creamy) moisturizer to prepare the skin. Rub it in well. Or you can wet the skin in the electrode areas before use. Sometimes if you leave the wraps on for a while before starting the stimulation the gel surface dries out and you need to wet the skin before continuing.

If you have a small cut or blemish the stimulation may concentrate there causing a localized stinging so simply cover the area e.g. a small band-aid/ piece of tape. Shaving the legs causes micro-cuts... so don't shave for an hour or two before using.

Check the electrodes:

They may be old or folded back. The stud should be covered by the electrodes – grid side to wrap/stud. (The grid should not be visible when the electrodes are on the wrap). Electrode(s) may be too worn, frayed or dried out. Often wetting the skin or the electrodes will increase the lifespan of the electrodes. (Consider ordering more - via in-app store / bionicgym.com).

NOTE: it is normal to feel skin sensations (occasionally sharp) the first few times you use BionicGym. Reduce the intensity if uncomfortable. Stay with it at a level where you are comfortable (say, for 10 minutes) and then gradually increase the intensity. Most commonly your body just needs to adjust to new sensations. Make sure the wraps are on tight as this improves electrode contact.

The Workout won't start... or download:

Make sure your unit is ON and connected. The LED should be **solid BLUE**. Double-check it is connected in the Devices page. (Find in main menu). You may need to switch the unit and App OFF and ON. For persistent Bluetooth-connection problems you may need to go to your phone Settings > Connections > Bluetooth > and "Unpair" or "Forget this device". [Note: older BionicGym units may appear as Quintic BLE in your phone].

If the LED is **solid RED** then, most probably, there is a 'wiring-connection' issue. Usually, the cable needs to be CLICKED into the wraps firmly. The unit needs to be snugly in the pocket (with nothing obstructing it). Make sure all the electrodes are on correctly and sticking to your skin. Very *rarely* the unit may have crashed.

BionicGym won't pair to your phone?

Please see troubleshooting section in the app /video links and also here in Section 9, p 24. The pairing code is **123456** (this happens automatically on most phones).

BionicGym won't turn ON/OFF:

Is the battery charged? Like your phone, the battery may go completely flat when left unused for a long time (or on arrival). It may take up to 12 hours to charge the battery. When not completely flat the LED will flash green when charging. When fully charged it will shine a solid green.

To switch off the unit press the orange button for 2 seconds.

In rare circumstances the unit may crash. Normally, a red LED is shown but a solid blue may also appear. Leave the unit to discharge by itself (overnight) and then recharge and it should restart as normal.

The LED is RED:

If **flashing red** the battery is low.

If **solid red** usually there is a **wiring-connection** issue. Usually the cable needs to be CLICKED into the wraps firmly (it is stiff the first time). The unit needs to be snugly in the pocket (with nothing obstructing it). Take it out and put it back in. Check the contacts at the bottom are clean and there is nothing obstructing them. Reapply the wrap and make sure all the electrodes are on correctly and sticking to your skin. Press Resume on the App. [Note the LED is *purple* when the unit is paused]. Rarely the unit may have **crashed** and you cannot switch it OFF and ON again. Let the battery discharge fully - this may take up to a day - then recharge it and it will have reset.

Is the battery charging /full?

The LED will flash green while charging. It will go solid green when fully charged.

It is cramping on the inner leg:

This may happen if the electrodes are positioned too close to the inner leg. See section on how to correctly position the electrodes (page 16 of this manual).

Sensations in pelvic / private areas Move the pads at the top front of the legs outward an inch. These two pads are then no longer quite mid-line but placed further outward a little.

Too strong on the back of the legs / front / butt, etc.:

Each of us is different, so we have **Zones** that help you get the balance right for *you*. See section on Zones / look for Zones in the Workout Files in the app.

I'm not sweating / my heart rate isn't going up:

Once trained up with it, at high intensities, BionicGym makes people sweat, be breathless and get their heart racing. For many people the heart rate responds immediately in the very first session. As they push up the intensity of the workout their heart increases like they were running. **For others, it may take several weeks training.** It depends upon your body type and fitness level.

Some long distance athletes (with slow-twitch muscle fibers and big efficient hearts) may find that they need to train up these metabolic pathways with their BionicGym first to get a really good response. Likewise for some people who are unfit and lacking 'explosive' cardio-training. Here, we need to first train up the muscle fibers to burn sugars at a high rate... *then* this places a high demand for oxygen and blood flow, increasing your heart rate.

The heart rate response is higher when you use your BionicGym **standing** and also depending on the Workout you choose - we recommend trying "**Twinkle-Toes**" **standing** as it brings in a lot of calf contractions.

Do I need to consult my doctor?

Exercise is good for nearly everybody, however if you have an injury, medical condition or at higher risk you should consult your doctor first, before engaging in vigorous exercise of any sort. Many countries recommend that people over 40, smokers or are obese or have a family history of heart problems should consult with their doctor.

Sizing issues: See videos on sizing issues (in-app tutorials)

Wraps too small:

Be sure to use the wrap extensions. If you have Size A [S-L] consider ordering the larger size.

Wraps too big and cumbersome: See videos on sizing issues (in-app tutorial links). Small/thin users should place the lower electrodes almost touching on the wraps before putting them on. The garment flaps may be overlapping too much and so could be trimmed: See below.

Trimming the inner flaps of the wraps:

For smaller legs the inner printed flaps (that the electrodes stick to) may be bulky or get in the way of easily closing the wrap. You can shorten the end of this flap by cutting away the excess material of the inner flaps. Note never cut the outer layer of material and be sure to cut only the part of the flap you will never need. (Hint: leave the electrode in position as you cut. See in-app video tutorials). You may also need to trim the electrodes - see the in-app video on this.

Understanding the LED Lights:

LED Light	State
Blue Flashing	Bluetooth trying to pair with the app
	Bluetooth connection lost during workout for a period
Blue Solid	Bluetooth connected
Purple Solid	Workout paused
Off (unit turns off)	Bluetooth did not connect /connection lost for a long time. Or battery flat
Red Solid	Failed electrode check – check wiring and unit docked
	Check no plastic sheet is between electrode and stud or skin
	Unit fault – switch off /let power down, charge unit and switch back on
Red Flashing	Low Battery
Flashing Green or Purple	Battery charging
Solid Green or Alternating Purple and Blue	Battery fully charged

16. Ordering Replacement Electrodes / Gel Pads



The gel will degrade with use. The edges will fray and the surface will become uneven and collect skin/dust/hair, etc. They need to be replaced when this affects your workouts. Typically, the skin sensation may become sharper, especially at the beginning of a session. You can follow the in-App links to purchase replacement electrodes. Or you can find them at

the bionicgym.com webstore.

While waiting for replacement electrodes you can **wet** your legs with a little water in the electrode areas. You can also **tighten** the wrap – this improves electrode contact with the skin. You can increase the intensity more slowly allowing your skin nerves to get used to the sensations more gradually. If you **sweat** a lot in a session let the electrodes dry out between sessions.

17. Support - we're here to help

By Phone, Chat and Email: hello@bionicgym.com
visit www.bionicgym.com for Live Chat and phone numbers

(Note some mild skin redness is normal with electrical stimulation).



18. Care and Maintenance

Maintenance

BionicGym does not require any calibration or maintenance.

BionicGym device and its accessories should be kept in the BionicGym box and stored in a dry place.

Replace your electrodes if the stimulation becomes less comfortable (typically this may be after 20-25 sessions). When not in use cover the exposed gel surface with the plastic sheets. (If you have sweated a lot allow the gel to dry before replacing the plastic sheets).

Repair

BionicGym does not contain any User serviceable parts. Do not dismantle the Control Unit or the charger as they contain high voltage components which could cause electric shocks. Repairs must only be carried out by Medical Currents Ltd, approved technicians or repair services. If your BionicGym contains parts that appear to be faulty, please contact hello@bionicgym.com

Cleaning

The control unit can be cleaned with a soft dry cloth. Avoid using chemical products and keep the control unit dry. The garment can be cleaned with a damp sponge.

Disposal



The BionicGym control unit contains batteries that must be disposed of in accordance with current national regulations. The BionicGym control unit and charger contain electronics that must be disposed of in accordance with current national regulations.



The garment is constructed from neoprene with a PVC logo patch, electrical cabling. The left leg pocket contains an ABS+PC dock for the control unit. The hard plastics of the BionicGym are constructed from ABS+PC.

19. Technical Information

General Information

Product: BionicGym.

Intended Use: Neuromuscular Electrical Stimulation.

The BionicGym is intended to stimulate healthy muscles in order to exercise, improve or facilitate muscle performance. It is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. None of the training programs or operational parameters are designed to target injured or ailing muscles.

Physical Dimensions

ITEM	DIMENSIONS			WEIGHT (g)
	W (mm)	L (mm)	H (mm)	
BionicGym Box	249 x 333 x 82			388
Wearable Wrap Large – R Leg	647 x 376 x 20			284
Wearable Wrap Large – L Leg	647 x 376 x 16			266
Wrap Extension	225 x 130 x 1.5			67
Wearable Wrap Small – R Leg	567 x 347 x 20			242
Wearable Wrap Small – L Leg	567 x 347 x 16			234
Connecting Cable	644 x 6.4 x 6.4			11
Control Unit	141.57 x 56.74 x 19.50			109
Charging Cradle	50.33 x 18.71 x 15.27			8
Charger	71.2 x 73.2 x 36.2			91
Charger Adapter US	39.98 x 39.98 x 26.30			10
Electrode (Gel Pad)	168 x 112 x 2.4			57

Power

BionicGym Adapter:

BionicGym Part Number: BG-300-02

Input: 100 to 240 V_{AC}; 0.6 A; Output: 12 V_{DC}; 1500 mA.

BionicGym Control Unit:

2 x 3.7 V, 1250 mA. Hr Lithium-polymer (LiPo) Internal Batteries.

Expected service life: In excess of 2 years.

Continuous operation between battery charges: 3 hours.

Only use the Power Supply Unit and Adapter supplied with the BionicGym.

Environmental

Operating Range



Temperature: 0°C to 40°C (32F to 104F)

Humidity: 15% to 95% RH (Non-condensing)

Transport and Storage Range



Temperature: 0°C to 40°C (32F to 104F)

Humidity: 15% to 95% RH (Non-condensing)

IP22

Ingress
Protection

Protected against dripping water when tilted at 15°, Protected against ingress of solid foreign objects >12.5 mm

Keep the unit dry at all times.

Neurostimulation

All electrical specifications are supplied for a load impedance from 500 to 1,000 Ω.

Typical session duration per workout program: 1-2 hours.

Pulse Waveform Shape: Rectangular, Symmetrical bi-phasic, Zero Net DC.

Pulse Width: 10 μS to 400 μS.

Maximum Pulse Current: 200 mA.

Maximum Average Current: 9.9 mA.

Maximum Current Density: 1.38 mA.cm⁻².

Pulse Intensity Increments: User adjustment of stimulation intensity from 0 to 100% in increments of 1 mA via Smart Device Application.

Maximum Charge per Pulse: 80 μC.

Pulse Frequency: From 1 to 99 Hz.

EMC Information

The BionicGym complies with ANSI AAMI IEC 60601-1-2:2014 standard for Electromagnetic Compatibility.

Electromagnetic Emissions

The BionicGym is intended for use in the electromagnetic environment specified below. The user should ensure that it is used in such an environment.		
Emissions Test	Compliance	Guidance
IEC 61000-3-2:2014	Complies	The BionicGym is suitable for use in all establishments, including domestic and those directly connected to the public low-voltage power supply network that supplies Harmonic emissions buildings used for domestic purposes.
IEC 61000-3-3:2013+A1:2017	Complies	

Electromagnetic Immunity

Standard	Item	IEC 60601-1-2 Test Levels	BionicGym Test Levels
IEC 61000-4-2:2008	ESD	± 8 kV contact; ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 2 kV, ± 4 kV, ± 8 kV contact; ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air
IEC 61000-4-3:2006+A1:2007+A2:2010	RS	10 V/m 80 MHz – 2.7 GHz 80% AM at 1 kHz	10 V/m 80 MHz – 5.785 GHz 80% AM at 1 kHz
IEC 61000-4-4:2012	EFT	± 2 kV 100 kHz repetition frequency	± 2 kV 100 kHz repetition frequency
IEC 61000-4-5:2014	Surge	± 0.5 kV, ± 1 kV	± 0.5 kV, ± 1 kV
IEC 61000-4-6:2013	CS	3V 0.15 MHz – 80 MHz 6V in ISM and amateur bands between 0.15 MHz and 80 MHz 80% AM at 1 kHz	10V 0.15 MHz – 80 MHz 80% AM at 1 kHz
IEC 61000-4-8:2009	PFMF	30 A/m 50 Hz or 60 Hz	± 0.5 kV, ± 1 kV
IEC 61000-4-11:2004		Voltage Dips:	

Voltage dips & voltage variations	1) 0% UT; 0.5 cycle at 0°. 45°, 90°, 135°, 225°, 270°, 315° 2) 0% UT; 1 cycle; Single phase at 0° 3) 70% UT; 25/30 cycles; Single phase at 0° Voltage Interruptions: 0% UT; 250/300 cycle;
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Radio Frequency Wireless Information

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.

FCC ID: 2ARJQB01

Radiated output power (RF): 2.4 GHz, 3 mW Max.

Recommended Separation Distances

The BionicGym contains a Bluetooth® Radio Module and it is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The user of the BionicGym can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the BionicGym as recommended below, according to the maximum output power of the communications equipment.

Recommended separation distances between portable and mobile RF communication equipment and the BionicGym.			
Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	d = 1.17 √ P	d = 1.17 √ P	d = 2.33 √ P
0.01	0.12	0.12	0.23
0.1	0.37	0.37	0.75
1	1.17	1.17	2.33
10	3.70	3.70	7.36
100	11.70	11.70	23.50

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (w) according to the transmitter manufacturer.

















NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Wireless communication equipment such as wireless home network devices, mobile phones (other than your own), cordless telephones, base stations and walkie-talkies of between 1W to 10W can affect this equipment and should be kept a distance of least 2.3 to 7.3 metres away from the device.

Explanation of Symbols

These following may appear on the BionicGym device, App, or in the manual:

	Read and follow the instructions in the manual.
	Warning, Caution and Precaution to note.
	CE Mark
	Federal Communications Commission
	Manufactured By
	Use By
	Batch Number
	Serial Number
	EC Authorized Representative
	Temperature Range
	Humidity Range
	Type BF Applied Part (Garment and Electrodes)
	Class II Equipment
	Indoor Use Only
	Important
	Consult your doctor, as advised.

	Auto-Stop Option: Pauses your workout program if you do not interact regularly with your phone/device.
	WEEE: Waste Electronic and Electrical Equipment. Dispose of in accordance with national current regulation
	Recyclable material.
	This device uses Bluetooth®
	Do Not Bleach
	Do Not Tumble Dry
	Hand Wash Only
	Do Not Iron
	Do Not Dry Clean
	Do
	Do not

CE Conformity

The CE Declaration of Conformity is available on our website at www.bionicgym.com.

Patents /copyright /trademarks

BionicGym incorporates features and innovations with patents pending. All the stimulation patterns, code, app, etc. are the copyright of Medical Currents Ltd and the BionicGym name, logos, etc. are trademarks of Medical Currents Ltd. The terms of use specify that no attempt to be made to reverse engineer or copy any aspect of the device, outputs or associated app/ software, workouts, etc., without the written permission of Medical Currents Ltd. The BionicGym name, etc. has international trademarks.

How to get help

For customer assistance, contact us. ***We are here to help!***

For LiveChat and Phone Support please see the website or email hello@bionicgym.com



Manufactured by Medical Currents Ltd:
8 Cuffe Lane,
Dublin 2,
D02 W840,
Ireland.

NOTES

Make BionicGym a habit! Always use it, say, after lunch, standing at your desk for an hour or watching your favourite program at home.... *every* time you watch the program.

More Tips from users in BionicGym forums
(find us on Facebook, or via the App).



Thank you for your interest in BionicGym, we hope you enjoy your training.

The logo for Bionic Gym, featuring the word "bionic" in orange with a white lightning bolt inside the 'i', followed by "GYM" in black. Below the text are three horizontal orange lines of increasing length.



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