

How to use the RPM² App (Droid)

Touch white wire to black wire to reboot the insoles.

1.) How do I turn on the App?

Click on the RPM² icon.

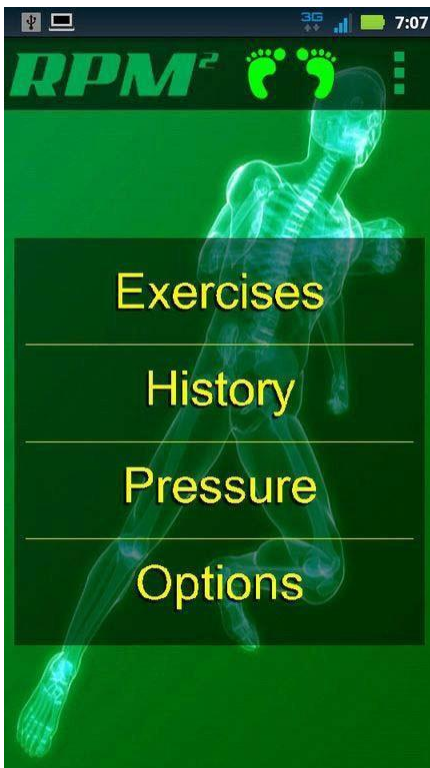
The first time you use your inserts the screen will show text that states you must enter your registration code. This is the number you received when you entered your Serial Number/Pin Code when registering your device.

Click register.

Charge insoles, one at a time on the charger. Move the insole until the green light of charger stays on. Leave on charger at least 45 minutes. The light will not turn off when insoles are completely charged.

Wait until feet icons at top of screen turn green (this indicates the app is communicating with the inserts and that your inserts have been paired with your phone.)

Main Menu appears: **Exercises, History, Pressure, Options**



2.) What do I do if the feet icons remain black or one is black and one is green? If you do not see the green feet icons, take the following steps:

- a. Hit the back button on the phone to get out of the app.
- b. Reboot the inserts

- a. Touch the ends of the black and white wires together or use tweezers or a metal paperclip to touch the ends of both black and white wires at the same time.
- b. With the bottom of the inserts facing you, look for flashing green light.
- c. Re-launch the RPM² app.
- d. If you still don't see the green feet icons, repeat this process up to 2 more times.
- e. If it fails 3 times call, (855) 478-2564 and press 1 to talk with a technical support representative.

Note: Your inserts may not pair with your phone app if:

- Your Bluetooth for the phone is off.
- Your inserts are too far from your app.
- Your inserts may require charging.

See trouble shooting guide [here](#)

Priming of Inserts

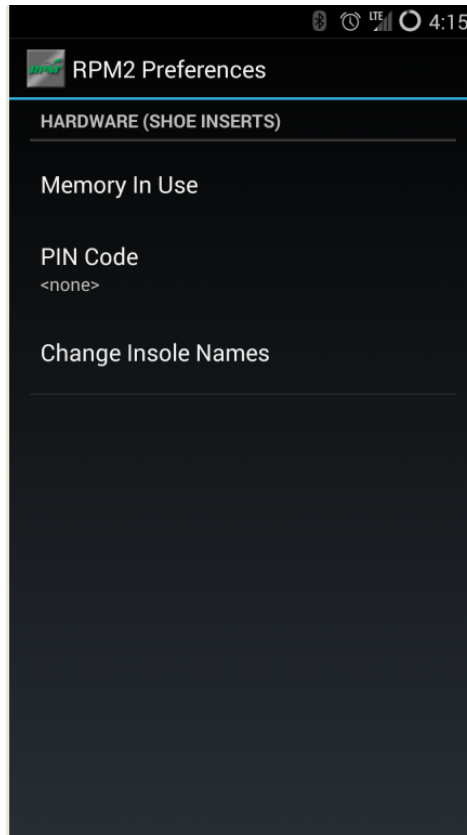
Once you are ready to begin exercising, and each time before exercising, we recommend that you put the inserts in your shoes and perform a few simple exercises, such as normal stretching routines, walking, or calisthenics. This allows for “priming” of the pressure sensors and should only take a few minutes.

3.) How do I set options?

Options allow you to set all preferences:

Running Time, Bicycling Time, History, Data Sharing (Recipient 1 & 2 and what time to share data), how long to keep saved data, as well as a direct link to the RPM2 website.

(A unique feature about RPM₂ is that it affords coaches/trainers and athletes the ability to remain in constant contact, allowing for improved coaching and training opportunities. Until now, coaching was subjective, but with RPM² coaching is now based on absolute evaluative data. What this means is that the coach/trainer to athlete relationship can now be taken to the next level. Each time the athlete performs the test exercises, a report is provided to the athlete, as well as the coach/trainer. Based on this information, coaches/trainers can provide clear direction on how to achieve bilateral equivalence, as well as how to gain strength and increase range of motion; thus, allowing the athlete to reach new heights in performance.) If a coach/trainer is employed, it is important to include his/her email address in the options menu.



- Weight Tab: For accurate calorie measurement it is important to enter current weight.
- Data Sharing: Share Data must be checked to share data. Set this prior to beginning exercises.
- Data Sharing: Recipient 1 should be your email address which enables you to receive your own PDF data. Set this prior to beginning exercises.
- Data Sharing: Recipient 2
 - If being coached, enter coaches email address so he/she receives PDF data; which allows them to adjust your training from data received. If not being coached, you can share your data with any one you choose. **Set this prior to beginning exercises.**
- Share Time
 - The default for data sharing with recipients is midnight; however, you can select any time to share data.

Naming Your Insoles

1. Option1:

- a. Go to Bluetooth of your phone. Look for paired devices. Click on first insole, click on rename. After typing in name, click ok. Do the same for the second insole. Click on change when completed.

2. Option 2:

- a. Once in the application you can access “options” tab. Scroll down to hardware. Scroll to “change insole names”. Follow remaining steps as for 1). Above.

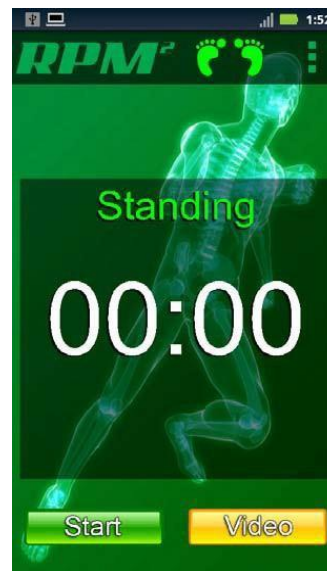
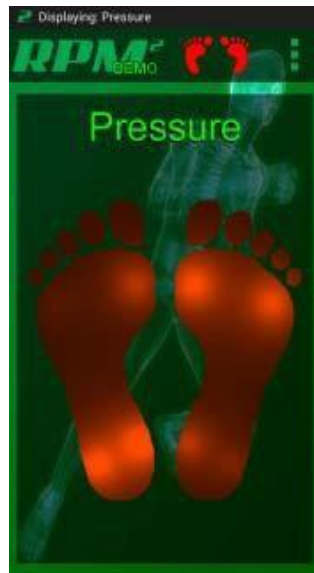
4.) How do I share data?

Droid

- After exercises are completed, click on back button of phone to get to main menu of app.
- Click on “history”
- Click on “Send Email”
or
- Go to history tab of app
- Locate the exercise you want to send
- Click on the exercise, find the specific dashboard you want to share
- Click on back button of phone until you get to the main menu of app
- Click on “data sharing”
- Click on “Send Email”

5.) How do I do standing or real time pressure exercise?

Pressure: Standing or Real---time



Standing Pressure is measured for 1 min. You must stand perfectly still during the 1 min duration. After clicking the “Standing” tab, a “start” and “video” button will appear. Click the “video” tab for a 30 second informational message on performing this test exercise. When ready, click the “start” button to begin the test exercise. The stop watch function is displayed on the screen. When performing test exercises, the feet icon at the top of the screen will turn red. This means the connection is good! Once the testing exercise is complete, the screen shot will appear displaying right to left leg pressure, as well pressure on the quadrants of each foot.

Real-time Pressure shows pressure data left verses right leg in real-time. Additionally, real-time pressure shows front to back as well as pressure left to right on each quadrant of the foot. This function can be used to verify that inserts are working correctly. The real-time pressure function can basically be used at most any time to determine pressure and can be used, before or after runs, or before or after other test exercises. To

begin real-time pressure sensing simply click on the “real-time” button. This is not timed and you can literally watch how pressure changes while you stand. The brightness of the lit area is indicative pressure on the limb and/or quadrant of the foot

6.) How do I see a history of previously performed exercises?

History: Review all data history of the ROM (Range of Motion) exercises as well as data from run gait and cycling pressure. You can save all data up to six months in your phone. Also, when the data is shared, the data is converted into PDF files that are sent to your email and your coach’s email. PDF files can be saved indefinitely. Simply click on the history tab from the main menu of the app.

7.) How do I access all exercises (excluding pressure) on the app?

Click on exercises tab on main menu.

Clicking **Range-of-Motion** displays the 5 ROM (Range-of-Motion) test exercises that can be performed. **Toe Raise, Knee Extension, Hip Extension, Hip Flexion, Half Squat.**

- We recommend that all 5 test exercises be performed in sequence and during the same testing time period.
- We also recommend that test exercises be performed once per week. This provides enough time for changes to training regimens to take effect; thus, providing new measurements for subsequent testing. This further allows for continued training adjustments to help the athlete achieve bilateral equivalence and higher level of performance.

Click the test exercise buttons (toe raise, knee extension, hip extension, hip flexion, half squat).The next screen is the "start" test exercise screen. You can also click the Video button prior to starting the test exercise for an example of how to perform the exercise. Exercises are pre-set for twenty repetitions and 5 second hold times per leg. The goal is to do 20 repetitions per leg in order to generate substantive data.

When performing each test exercise click the Start button to begin the exercise.

Perform 20 repetitions and 5 second hold times on each leg. (the feet icons will turn red) Click the stop button when finished performing the test exercise.

A dashboard will appear that will display the results of the exercise.

Click the yellow trash can icon in the bottom right of the screen to discard the data, otherwise it is saved. Saved data can be reviewed again by clicking the **History** from the main menu and can be saved for up to six months.

8.) How do I calibrate my inserts?

Calibration: You will need to calibrate your RPM² system each day prior to performing any running test exercise. RPM2 automatically walks you through calibration, with audible commands.

To Calibrate your RPM² system, simply click the Start button and follow the audible commands.

2

Your RPM

system is now calibrated.

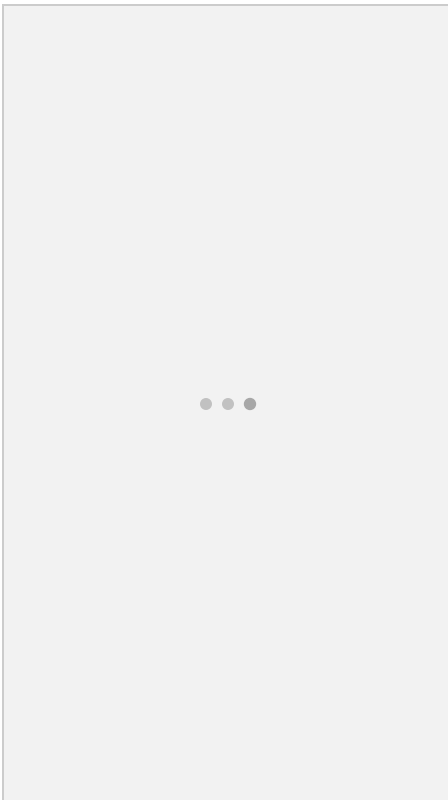
Click **Run** takes you to the calibration screen. The “video” button shows a demonstration of the 12 second calibration process. After the first viewing of the calibration process it is not necessary to click the video tab, as clicking the “start” tab walks the user through the calibration process using a synthesized voice. Once calibration is performed, clicking “start” begins the run. It is important to begin running immediately after clicking “start” to avoid white noise measurements that can affect data.

(NOTE: From the options menu, the time of the run can be set from 15 minutes to 4 hours) The length of your total run time appears on the “start” run screen.

We recommend setting exercise parameters prior to performing the calibration for that exercise.

If total run time is achieved, the device will sound and vibrate to signal that monitoring is complete and that you have reached the preset run time. Although the timer will sound and monitoring is complete the clock will continue to run until turned off. This allows you to exceed the desired run time. If the run is stopped before the pre-set run time is complete, it is important to immediately “click” stop. This may cause a partial display of data, which can be stored or trashed.

A dashboard will appear after clicking the stop button that will display 4 run gait measurements, including step time (milliseconds), ground time (milliseconds), flight time (milliseconds) and sequential force strike (represented as two feet with textual indicators of force placement, fore, mid or heel, as well as two circles with numbers, representing force).



Step time, ground time and flight time data will be collected over 10 second durations using 5 samplings of time over the course of the run (excludes 100 M dash). Therefore, you will see 5 sets of bar graphs, representing the data collected comparing left and right foot for the duration of the run.

9.) How do I use the “100 meter dash” feature?

Clicking **100 – Meter Dash** takes you to sprint gait analysis. The 12 second calibration sequence will be displayed and is audible. This calibration must be performed before every run. The 100-•-meter dash only measures the time when the athlete is in full gait. In doing so, provides a clear snap shot of the athlete’s bilateral equivalence when in full stride.

When ready to begin the sprint gait analysis, press **start**.

Press stop as you approach the finish line. Do not press stop after you stop running.

A dashboard will appear after clicking the stop button that will display Step time, ground time, flight time and when you click on the area below the data (yellow arrow), you will see an additional screen showing sequential force strike.

(Triathlete version)

10.) How do I perform the cycling exercises?

First go to the options tab. Scroll down and review the options for each of the following activities that can be evaluated using the application. Each of the exercise options can be preset in terms of either time, repetitions for sprint or interval training, as well as duration of sprints or intervals. These parameters should be set in advance of actually doing the exercise.

Once the parameters are set, simply arrow back and get to the RPM2 main screen. Find the exercise tab and click on it. Click on Cycling and select one of the following.

- Cycling: Distance
- Cycling: Time Trial
- Cycling: Interval Training
- Cycling: Sprint Training

Click Start and begin your ride.

If total cycling time is achieved, the device will sound and vibrate to signal that monitoring is complete and that you have reached your preset cycling time. Although the timer will sound and monitoring is complete, the clock will continue to run until turned off. This allows you to exceed the desired cycling time. If cycling is stopped before the pre-set cycling time is complete, it is important to immediately “click” stop.

A dashboard will appear after clicking the stop button that will display the 5 cycling pressure measurements.

Touch the feet icons to see specific pressure details during each measured analysis.

Data will be collected over 10 second durations during the 5 separate cycling pressure measurement snippets. The 5 separate data points are determined by dividing the total time into 5 equal segments.

11.) What do I do if my inserts disconnect?

If you inserts become disconnected, see the troubleshooting table found [here](#). Usually, it is a problem directly related to battery charge. Follow the instructions found under “Using RPM²” and charge each insert at least 1 hour.

If you completed your exercises and data could not be uploaded, this is an indication that the exercises may not have been performed properly. In this even you should review the videos provided regarding how to do exercises properly and then repeat the exercises.

If at any time you inserts register a data value for pressure that seems high, for example, greater than 100%. It may be an issue with not doing the exercise properly. Follow the steps.

- Hit back arrow to get out of the app
- Re-launch the app
- Start exercise again

If after three attempts, the data for pressure readout is still high, contact (855) 478-2564, option 1.

12.) What do I do if my data download takes a long time?

If the data download takes more than ten minutes to complete, take the following steps:

- Perform a hard stop on your smart device (turn it off)
- Turn you smart device on
- Ensure inserts are fully charged (See RPM² charging instructions under “Using RPM² on the website)
- Ensure smart device is fully charged
- Reboot the inserts as outlined under Question 2 in “Using RPM² App (Found under “Using RPM²” on the website)
- Relaunch the app
- Repeat the exercise

13). How to close the application:

When you back out of the application when exercise session is complete, the screen will present with three

options:

Cancel
Standby mode
Storage mode

If you are not ready to close the app, simply click “cancel”, which will take you back to the main screen. “Standby mode” is the recommended option for closing the app. This allows you to simply click on the RPM² app icon whenever you want to use the system again.

If you are not going to use the RPM² device for a longer period of time, ie more than two weeks, we recommend that you put the app in “storage mode”. In doing so, however, you must reboot both footbeds before you will be able to connect them with the RPM² app. “Storage mode” simply turns off most, but not all of the current, within the footbed and helps to preserve the battery. Do not leave the device in “storage mode” for more than two months, as this could be harmful to the battery.

Note: RPM² can be closed in “standby mode” and the insoles left on the charger indefinitely. This does not impact the life of the battery.

RECOMMENDATION:

Smart devices should be hard stopped/restarted once a week to maintain appropriate performance level. This procedure will help support optimal functions of the smart device as well as RPM². Don't forget! Anytime you

perform a hard stop on your smart device or anytime you want to use the RPM² device, it is a good idea to check to make sure Bluetooth is ON.