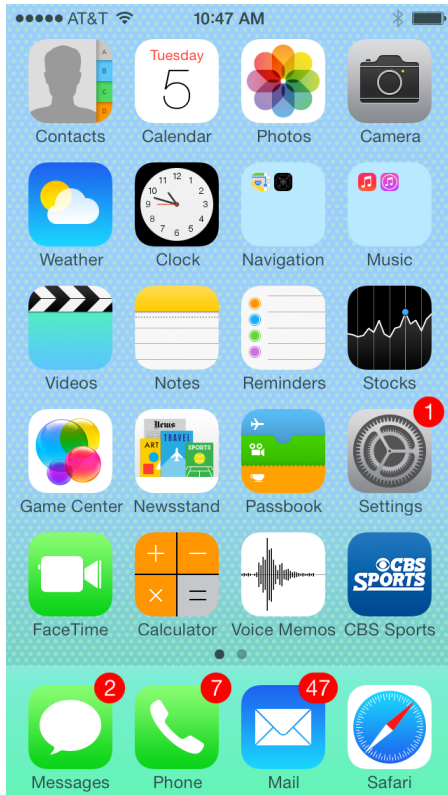


How to use the RPM² App (iOS)

Touch white wire to black wire to reboot the insoles.

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

Click on your phone settings.



Click on Bluetooth.

You will see your left and right insoles that are “Not Paired”.

Click on your left insole.

You will see a Bluetooth Pairing Request. Click pair.

Repeat this step for the right insole.
The screen will now show both insoles (devices) as “Connected”.

If your insoles lose pairing to your phone, it will say “Not Connected”. Click on the blue circle

Click on “Forget this Device” then on “Forget Device”.

You will see your left and right insoles as “Not Paired”.

Pair both insoles like you did previously. You will need to repeat this process everytime your insoles lose their pairing. You will need to clear the RPM2 app from your phone when this happens.

Double tap your Home Button and swipe the app upward to clear from your phone.

Go back to settings and scroll down to the RPM² App in the phone settings.

Set parameters for exercises you wish to do.

Running Time, Cycling Distance Time etc, should be set in advance of performing exercises.

1.) How do I turn on the App?

Click on the RPM² icon.

The first time you open the RPM² App, it will ask you to enter your Registration Code. This is the number you received when you entered your Serial Number/Pin Code when registering your

insoles. Click "OK". If you entered the information correctly, it will say "Registration Successful". Click "Done".

Click on status at the bottom right of RPM² screen.
A screen will open showing you the status of the inserts.

From this screen you can also rename your insoles. Simply click on “Rename”. Once they are named, it will simplify your ability to pair and connect with your device when in a room with other individuals that have Bluetooth devices. You will be able to recognize which devices from the list under Bluetooth belong to you.

You are ready to start exercising.

Once in the RPM² App, you will see a menu as follows. You can select any exercise.

For illustrative purposes, we will select “Pressure”.

You will know that the device is measuring when the feet turn yellow.

Once exercise is complete, you will see a download screen and the percentage (%) of data transferred from each insole.

The dashboard opens up and shows your standing pressure, left vs. right insole. It will also show where the pressure is being placed on the four quadrants of your foot.

Now you are ready to attempt other exercises like the 100-yd dash. Click on “100 yd dash”.

You will hear audible commands that take you through a Calibration process. Follow the commands. Again, as for any exercise that is recording, the feet will be yellow. After completion of this calibration, as for the completion of all exercise, you will see a download screen and the percentage (%) of data transferred from each insole.

When you are ready to sprint, "Click Start".

Once download is complete, you will see a dashboard. As for all running exercises, not just the 100 m dash, you will initially see three data sets (Step Time, Flight Time, Ground Contact Time) comparing left vs. right insole.

Click on the arrow at the right next to the trash can, you will see another dashboard. This represents the Sequential Strike Force which indicates the location of impact when you are running, i.e. Heel, Mid, or Fore Foot Striking . Additionally, the dashboard shows Push off Force within the circles.

Click “back” on phone until you return to the exercise menu screen.

Click “Cycling”. For illustrative purposes, we will use “Sprint Training”.

Remember, the options can be set for up to 12 reps for Sprint Training, each ranging from 10 seconds to 30 seconds. As you are riding, you simply click “Start” when you are ready to sprint. The application counts down the seconds for you 3...2...1...

Don't touch the screen again until you are ready to do another sprint. Click "Start" again. Once all reps are completed, a dashboard appears showing a number of feet that match the number of reps performed. For this dashboard, it is clear that 3 reps were completed.

By clicking on each of the feet, more dashboards become available.

The first of these dashboards, represents data from the first sprint. It shows Cadence (revolutions per minute) as well as Average Peak Power. Time and calorie expenditure will also be presented.

If you would like more information regarding left vs. right force application during the ride and in particular during the push or pull of the pedal stroke around the crank, click on any of the bar

graphs. The bar graphs on the right half of the pedal represent push part of the stroke and those on the left half of the pedal represent the pull part of the stroke.

The dashboard appears for that point in time of the stroke and provides comparative information regarding what is happening left vs. right foot in terms of overall force applied , but also where the force is being applied.

At any point in time, if you want to see a history of the exercises performed you can access this by looking at the bottom of the RPM² screen and click the History button.