

## ACTIV5™ QUICK START GUIDE

**activ5**  
™

exercise anywhere™

- 1. DOWNLOAD APP**
- 2. REGISTER**
- 3. TURN ON DEVICE**  
*(1 AAA battery already installed)*
- 4. CONNECT DEVICE TO APP  
VIA BLUETOOTH**
- 5. START EXERCISING!**

## DOWNLOAD & REGISTER

1. Download the Activ5 App, available in the Android and iTunes app stores.



2. Follow the steps to complete your registration. Registering enables you to track your progress.

## TURNING ACTIV5 ON / OFF

**3.** To turn your Activ5 ON / OFF press and hold the power button down for 2 seconds.

 BLUE light means Activ5 is searching for available Bluetooth connections.

 GREEN light means Activ5 is connected to the app.

 RED light means the Activ5 device has disconnected from the app.



## PAIR YOUR ACTIV5

**4.** Make sure the Bluetooth on your mobile device is ON.



The Activ5 device name will appear as Activ5-XX-XXXX

**Note:**

*If Activ5 doesn't connect within one minute it will automatically turn off. To try to connect again, simply turn the Activ5 device back on.*

**5.** Follow the instructions in the Activ5 App screen to pair your Activ5 device.

When paired, the light will start blinking GREEN.



If there is only one Activ5 device trying to connect, it will automatically pair.

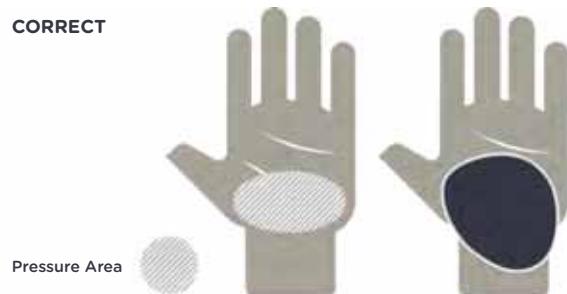
You're ready to workout, so Take 5 with Activ5™

If there is more than one Activ5 device trying to connect, the closest one to your mobile device will be first on the list.

## HOW TO HOLD ACTIV5

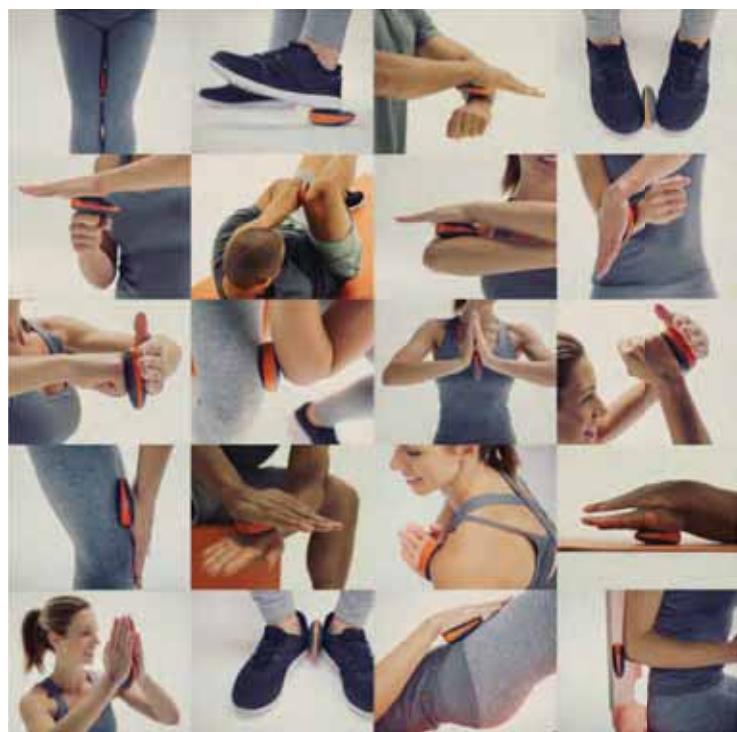
6. For best results, position the Activ5 device in your hands as follows.

**CORRECT**



**INCORRECT**





## SETTING MAX POWER

7. Every Activ5 exercise is customized to your unique strength level.

To personalize each exercise, you will need to set your MAX POWER before starting each exercise.

The Activ5 app will prompt you to set your MAX POWER as you start exercises and workouts.

During this step, the Activ5 app will ask you to adopt the correct exercise pose and apply maximum pressure to the Activ5 device. You will see your MAX POWER reading in the Activ5 App.

**Note:**

*To track your increase of strength over time, we recommend resetting your MAX POWER every 7-10 days.*

 SET MAX POWER

## SETTING MAX POWER

After you've selected an exercise in the app, be sure to set your MAX POWER for that exercise. To do so, adopt the correct pose and apply maximum pressure to the Activ5 device until the 5-second timer runs out.

By customizing your MAX POWER Activ5 ensures that each exercise is challenging, but achievable, helping you to get fitter, faster.

## HOW DOES ACTIV5 WORK?

The way you interact with the Activ5 App is through a marker, which represents the amount of pressure applied to your Activ5 device.

In the Activ5 App, the marker will be a dot or a skier.

In Activ5 Games, available for separate download in the Android and iTunes App Stores, the marker will vary.

Pressure you apply on the Activ5 device controls your marker.



*More pressure makes the dot go HIGHER, Less pressure makes the dot go LOWER.*



*More pressure makes the skier go RIGHT, Less pressure makes the skier go LEFT.*

## COACHING CURVES

The Activ5 App coaches you by creating curves for each exercise, based on your MAX POWER. We call this version of isometric exercise "Variobics™"

By applying more or less pressure to the Activ5 device

you can keep your marker on the exercise curve.

If MAX POWER isn't set for each exercise, the exercise will not be customized to your strength level and may be too easy or too difficult.



**Note:** Screens may not appear the same on all mobile devices.

## ISOMETRICS

Isometric exercise has been practiced for over 5,000 years and is the muscle strengthening foundation of both yoga and pilates.

What distinguishes isometrics from other forms of muscle exercise is that you tense your muscles against a static object (such as the floor) or against other muscles, so your joints are static while multiple muscle groups are fully engaged.

You may not be moving, but scientific research has proven that isometric exercise is one of the fastest and most efficient ways to build strength, burn fat and tone your body.

Because Activ5 isometric exercises are discrete and static, you can perform them at your desk, while watching TV, or on a plane, making powerful health-transforming workouts available to you anytime, anywhere.

Activ5 offers over 100 workouts ensuring you can always find the

perfect workout, wherever you are. Activ5 coaches you to vary the pressure exerted during each exercise rep, building muscle control and turning each rep into a game.

Activbody™ workouts are based on fractionalized exercise, or working out in short bursts throughout the day. Medical studies have shown fractionalized exercise can deliver all the results of longer workouts while contributing to heart health, overall well-being, and reducing the risk of chronic diseases, such as diabetes.

Activbody Isometrics are fast, fun workouts that make you stronger and toned, enabling you to burn calories faster and keep active throughout the day.

To learn more about the science of isometrics and ways to incorporate Activ5 into your daily routine, follow Activbody on social media and read our blog at [www.activbody.com](http://www.activbody.com).

## REPLACING THE BATTERY

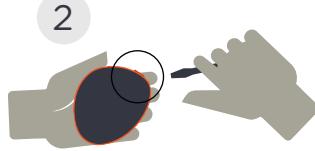
Activ5 comes with a standard AAA battery, which lasts between 6 and 12 months. To replace the battery, follow these simple steps.

1



You need a new AAA battery & a flat-head screwdriver.

2



Hold Activ5 and the screwdriver like this. The Activ5 logo should not be visible.

3



Insert the tip of the screwdriver in the opening.

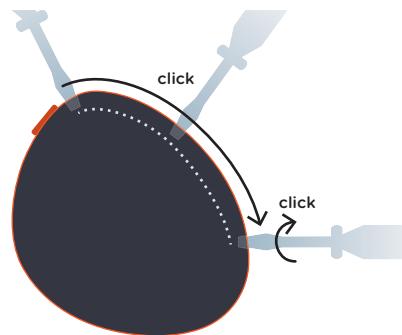
4



Softly turn until you here a CLICK sound. The lid pops slightly opened.

5

Gently slide the screwdriver along the edge of Activ5, keeping the tip inside the crevice, until you get to the spot as shown in the picture. Then stop and slightly turn until you hear a CLICK. The lid is now open and you can carefully remove it.



6



Replace the battery.

7



Snap the lid back on when you are done.

**Attempting to open Activ5 any other way may damage the lid snaps.**

**FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE STATEMENT**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/ TV technician for help.

**CAUTION:**

Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

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.

**Canada, Industry Canada (IC) Notices**

This device complies with Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

**Canada, avis d'Industry Canada (IC)**

Cet appareil est conforme avec Industrie Canada exemptes de licence RSS standard(s).

Son fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas causer d'interférence et (2) cet appareil doit accepter toute interférence, notamment les interférences qui peuvent affecter son fonctionnement.

## HAPPY?

Share your first #Activ5 workout on social media.

## QUESTIONS OR PROBLEMS?

Please email us at [service@activbody.com](mailto:service@activbody.com)  
or go to [Activ5.com](http://Activ5.com) and click Help



[@activbodies](https://twitter.com/activbodies)  
 [www.facebook.com/activbodies](https://www.facebook.com/activbodies)

Patent Protected. Activbody, Inc. ©2016 All rights reserved.  
Activbody, Activ5, Exercise Anywhere, Tiny Gym in Your Pocket and the Activ5 logo are all trademarks of Activbody, Inc. US Patent Nos. 8,334,013, 8,172,723, 9,230,064, 9,262,064. SG Patent No. 191094. Other U.S. and Foreign Patents Pending.