


# MPOWER

## MUSCLE ACTIVATION MONITOR

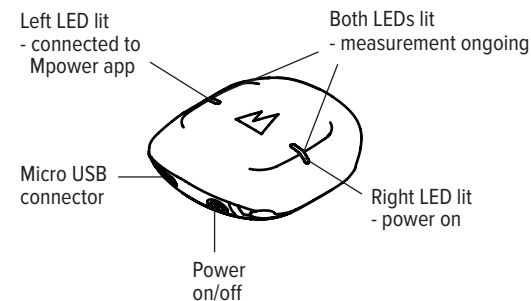
### Getting Started Guide / English

## CONGRATULATIONS ON YOUR GREAT PURCHASE!

To start using your Mpower muscle activation monitor

1. Download the Mpower app from Google Play.
2. After installation open the app  from the application grid.
3. The app will guide you through a process of creating a Mpower account and connecting (pairing) your Mpower pod(s) with your mobile device. Power-on the pods and connect them one at a time until all the pods are connected.
4. Charge your pod(s) fully before the first use.

## GET TO KNOW YOUR MPOWER



After setup you are ready to start measuring and exercising.

## TRAINING WITH YOUR MPOWER

For measurements during the training the pod(s) always require the mobile device with the app to be present and connected to the pods as the pods constantly transfer measurement data to the app.

## START TRAINING

Power on the pod(s). Open your app.

### Putting on your pod(s)

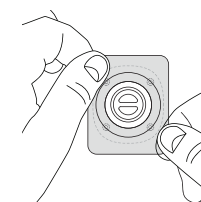
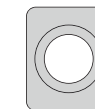
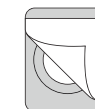
Mpower pods need to be in skin contact on top of the muscle to be measured. The skin does not need to be prepared in any way, but it is important the skin contact is maintained during the measurement at all times.

**IMPORTANT:** Do not move the pods when the measurement is on as this may cause undesired signal spikes and distort the measurement. Always turn off the measurement first before adjusting or moving pods.

You can attach the pod(s) to your muscle(s) either by using the adjustable straps or double-side adhesive tape.

### Using double-sided adhesive tape.

1. Take one pod and one adhesive sheet.  
Remove the white cover paper.



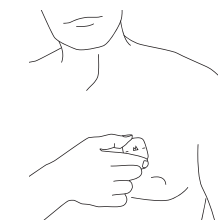
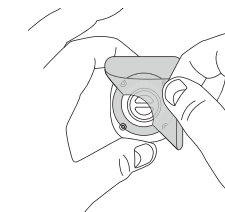
2. Focus adhesive sheet onto the bottom of the pod around the metal ring. Make sure the adhesive does not overlap with metal ring.

Press finger on the circular part of the adhesive to secure the tape on the pod.

3. Remove the transparent liner from the adhesive from the corner.

The circular adhesive stays attached on the pod.

Pod is now ready to be attached on the skin.



4. Make sure the skin is dry before the attachment. Attach the pod on top of the muscle to be measured. Press the pod tightly for few seconds on top of the skin.

After training detach the pod by pulling from the corner of the pod.

[www.mpower.com/support](http://www.mpower.com/support)

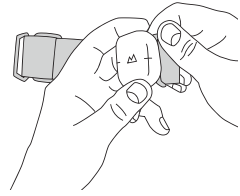
[support@fibrux.com](mailto:support@fibrux.com)

Designed and manufactured  
by Fibrux Oy, Finland

## Using the adjustable straps

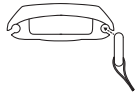
1. Take one pod and one strap. There are two sizes of the strap. Select the short strap for the arm and long strap for the leg.

Attach the other end of the strap to the pod. Make sure the buckle stays on the outside of the strap.

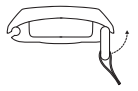


### 2. Attachment of the strap to the pod:

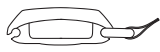
Press the strap connector into the groove of the pod in this angle



Turn the connector straight



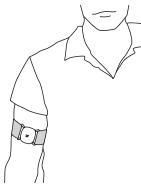
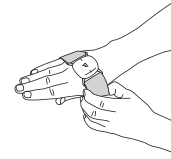
The strap connector is attached to the pod



3. Make sure the skin is dry before the attachment. Pod needs to be in skin contact.

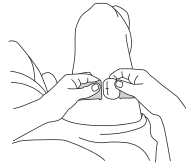
### 4. Attachment to the arm:

Attach the other connector to the pod as in previous picture. Pull the strap around the arm. Use buckle to adjust the appropriate length of the strap. Focus the pod on top of the muscle to be measured.

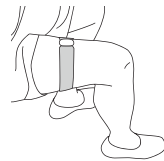


### 5. Attachment of the strap to the leg:

Tie the strap around the leg and attach the connector to the other end of the pod as in step two. Use buckle to adjust the appropriate length of the strap.



6. Focus the pod on top of the muscle to be measured.



You may now choose the first measurement setup by selecting the muscles to be measured from the main screen: Pods & Muscles.

Important: the measurement always requires first the muscle selection which needs to be confirmed by the pod selection from the bottom bar.

You can start measuring and training either with Instant Measurement or by Workout Plans.

## DURING TRAINING

See your muscle activation and fatigue in real-time.

Choose what's shown on the UI

- If you are measuring with more than two pods you can see more information by tapping the activation power monitor on the screen.

- You can see activation power curve by swiping the screen sideways.

- You can modify the load and the number of repetitions information between sets, after set or in the training summary.

- In the Routine Results you can see the activation power curve showing each repetition by clicking the cumulative Activation Volume bar.

## AFTER TRAINING

Get instant summary of your muscle activation and fatigue. You can also compare different muscles and exercises with each other.

## KEY FEATURES

When you start your first measurements for a new muscle you will get a lot of "new max"-indications, as Mpower records the maximum activation values for each measured muscle. Mpower uses these maximum values to calibrate the activation power monitor and shows each repetition as a percentage of your muscle specific maximum.

Activation Power

- Total Activation Power-indicator shows you activation power of each repetition produced by your muscle during the training.

- Fast Activation Power-indicator shows you activation power of each repetition produced by your muscle fast-twitch fibers during the training.

- Activation Power Curve shows the absolute (not relative) activation levels over time.

Activation Volume

- For each set Mpower calculates your muscle specific cumulative activation power as Activation Volume. This makes it easy for you to see activation produced by each muscle in each exercise and to be able to compare the training efficiency between sets of the

same exercise and between exercises. By clicking on the Activation Volume bar you can see the activation curve of individual repetitions.

Fatigue Index

- See how your muscle fatigue develops. You can use Fatigue Index -indicator for speed strength training to monitor when your muscle fast-twitch fibers start getting tired. You can also use it for effective endurance strength training to stress the muscle appropriately and strive to desired muscle fatigue level.

## TECHNICAL SPECIFICATIONS

### MPOWER POD

BATTERY TYPE  
300 MAH LI-POL (LITHIUM-POLYMER) RECHARGEABLE BATTERY

CHARGING  
THROUGH MICRO-USB CONNECTOR (WITH CABLE INCLUDED)

OPERATING TIME  
UP TO 4 HOURS OF MEASUREMENT TIME

WATER RESISTANCE  
SPLASH PROOF. NOT SUITABLE FOR SHOWERING AND SWIMMING.

DEVICE MATERIAL  
DEVICE MATERIAL ABS (ACRYLONITILE BUTADIENE STYRENE) PLASTIC, TPU (THERMOPLASTIC POLYURETHANE), STAINLESS STEEL (WIDELY USED IN MEDICAL GRADE APPLICATIONS).

STRAP AND BUCKLE MATERIALS  
POLYAMIDE, POLYURETHANE, ELASTANE, POLYESTER, LATEX. THIS PRODUCT CONTAINS NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS.

ADHESIVE MATERIALS  
MEDICAL GRADE SKIN ADHESIVE (3M 1522)

### MPOWER APP

COMPATIBILITY  
ANDROID OS 4.4 OR LATER. IN THE CASE OF ANDROID SMARTPHONES AND TABLETS THERE MAY BE SOME COMPATIBILITY ISSUES AS BLUETOOTH TECHNOLOGY VARIES BETWEEN DIFFERENT MODELS OF ANDROID DEVICES.

LANGUAGES  
ENGLISH

UNITS OF MEASURE  
METRIC OR IMPERIAL

### CUSTOMIZE WITH ACCESSORIES

Straps  
Attach Mpower pod to your arms or legs. Two sizes available, Small and Medium.

Adhesives  
Attach Mpower pod to any individual surface muscle, eg your glutes or lats, with the double-sided adhesive.

Availability information at [mpower-bestrong.com/support](http://mpower-bestrong.com/support)

### MPOWER SUPPORT

Find all below support material from [mpower-bestrong.com/support](http://mpower-bestrong.com/support)

HELP  
You can find troubleshooting and assistance for your Mpower.

LEARN MORE ABOUT YOUR MPOWER POD AND APP  
You can download the full-length user manual and the latest version of this guide.

RETURN POLICY AND WARRANTY  
You can find Warranty information and Return Policy.