

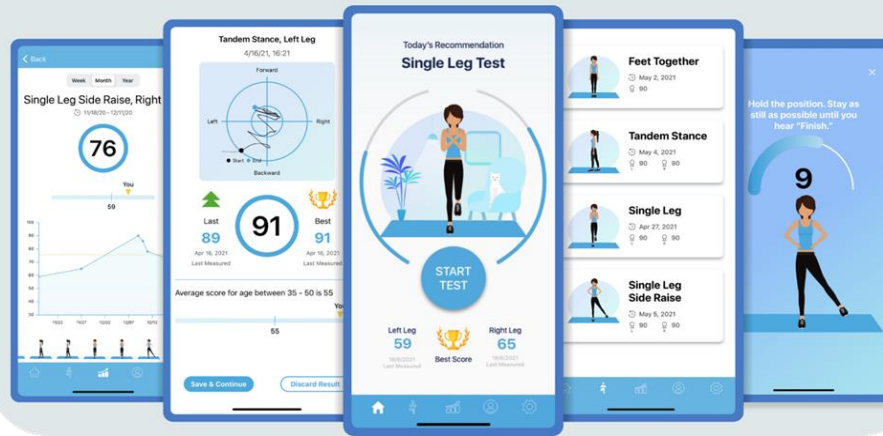


# ASPIRE BALANCE™

Model No.:B322P



步固，走進美好生活  
Move Better, Live Better



[www.balance.aspiremotion.com](http://www.balance.aspiremotion.com)

## 1. APP installation





Install the **Aspire Balance**  
app on your smart phone  
or tablet



**Aspire Balance**  
Surge Motion Inc.

Please search for "Aspire Balance" in the  
App Store or Google Play, or scan the QR  
code above to find our app.

## 2. Wearing the sensor belt



## Sensor position - Correct Wearing



1. The side with the logo facing outward

2. USB port facing downward

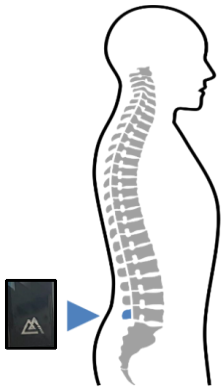
### Wrong wearing1



### Wrong wearing2



## Belt position - Correct Wearing



✓



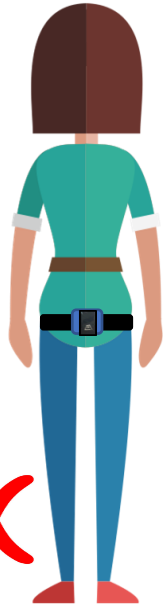
Correct position  
No more than  
the navel

✗



Wrong:  
Too high

✗



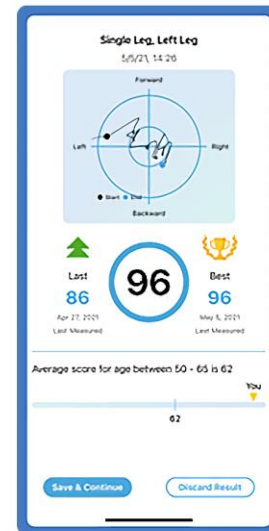
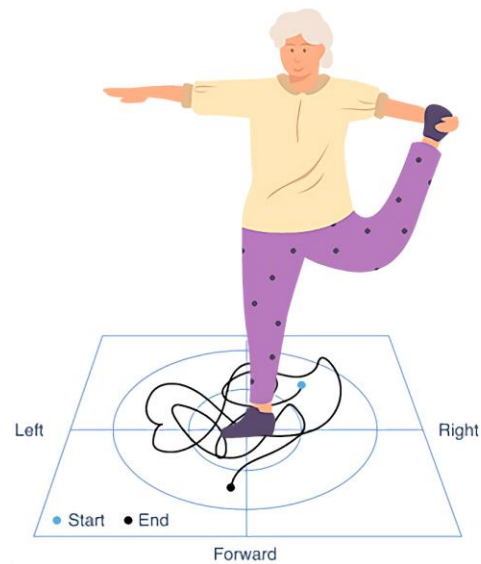
Wrong:  
Too low

**Extra belts**

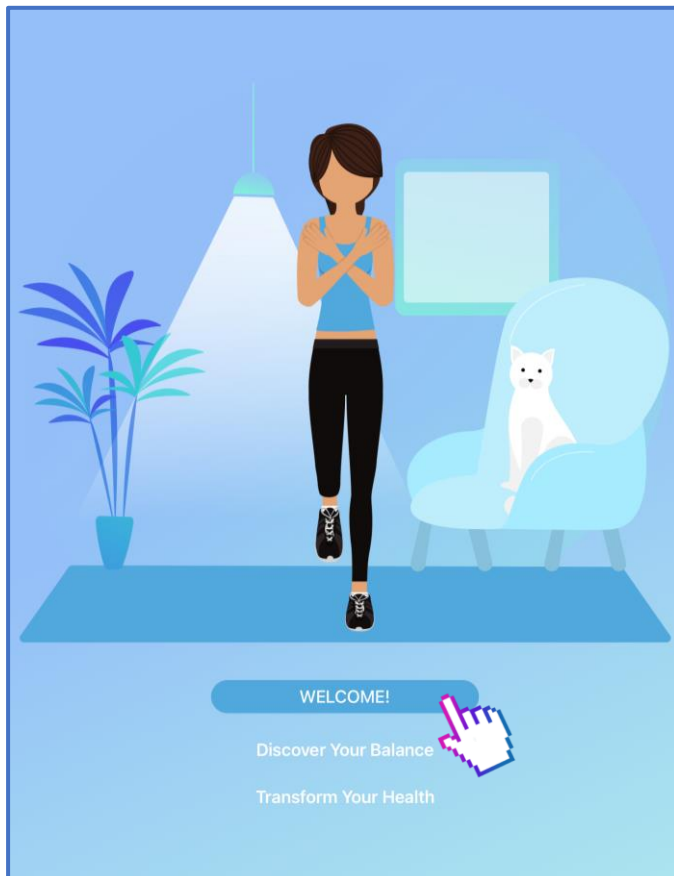
There are two extra belts in the product box, if necessary, you can replace the belts.



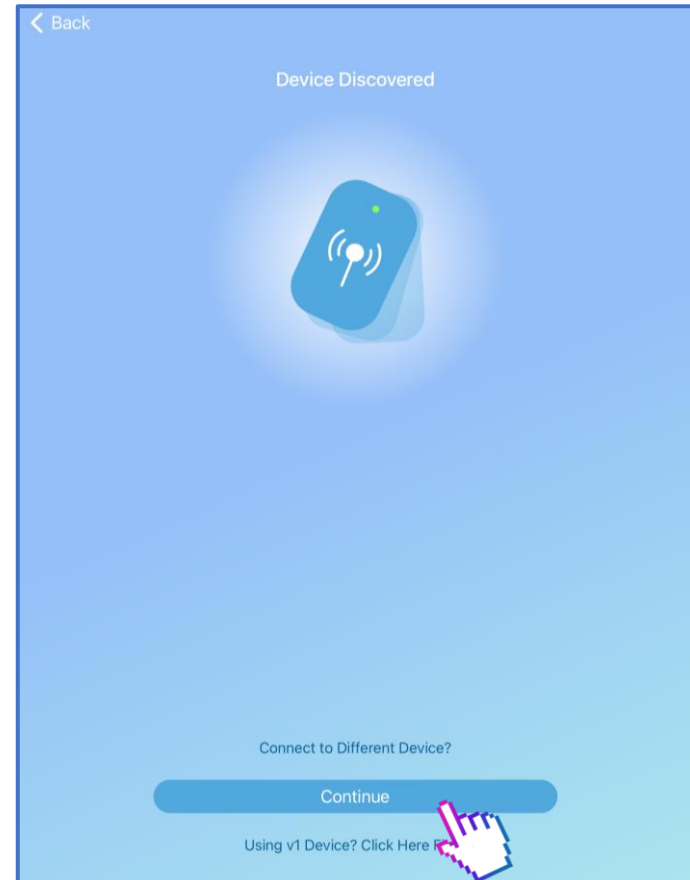
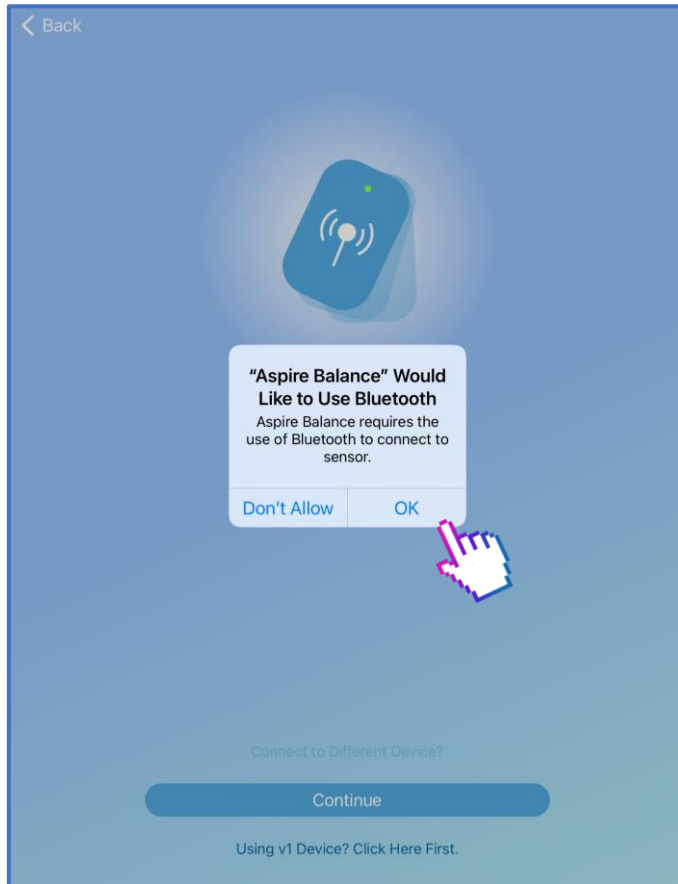
### 3. Start Testing & Training



- The first time you open the app, you will see the "Welcome" page, click "Welcome!" and go to the personal information entry page.
- Enter the email address where you can receive the verification code. Enter also your name, birthday, gender, height and weight.
- Select to "Enable Voice Over Countdown". Click "Continue" to start pairing the device.

The image shows the personal information entry page of the app. It has a white background with a blue border. At the top left, there is a blue arrow pointing left and the text "Back". Below this, there is a line of text: "We need some basic information to score your balance tests. We respect your privacy and will safeguard and protect your data." The form contains several input fields: "Email" with the value "12345@gmail.com", "Name" with the value "AA", "Birthdate" with the value "1 Jan 1985", "Gender" with radio buttons for "Male" and "Female" (the "Female" button is selected), "Height" with the value "160 cm", and "Weight" with the value "50 kg". At the bottom, there is a toggle switch for "Enable Voice Over Countdown" which is currently turned on. A blue button labeled "Continue" is at the bottom right, with a hand icon pointing to it.

In the device and phone pairing page: follow the instructions, place the sensor-belt close to the phone and select “OK”. The phone’s Bluetooth must be turned on, allowing the connection with the device. The phone will automatically search for nearby devices and connect with the nearest device. The device that is connected to the phone will have a blue light on, as shown in the picture on the right below. Click “Continue”.



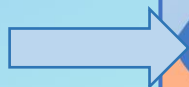
< Back

Your device is paired!

You will receive a confirmation code in your email within a few minutes. Please enter this code in Profile page to confirm your email address.

You can also update your profile at any time in Profile page.

Continue



Continue

After the device is successfully paired, click "Continue" and an animated video will appear explaining the proper wearing of the belt. Click "Continue" below to start the first test. Follow the text instructions and click "Ready" to enter the three-second countdown preparation time, followed by the immediate start of the 20-second test.

< Back

Let's try your first test!

Follow the instructions below and tap "READY".

You will have 3 seconds to get into position.

Relax when you hear "Finish"

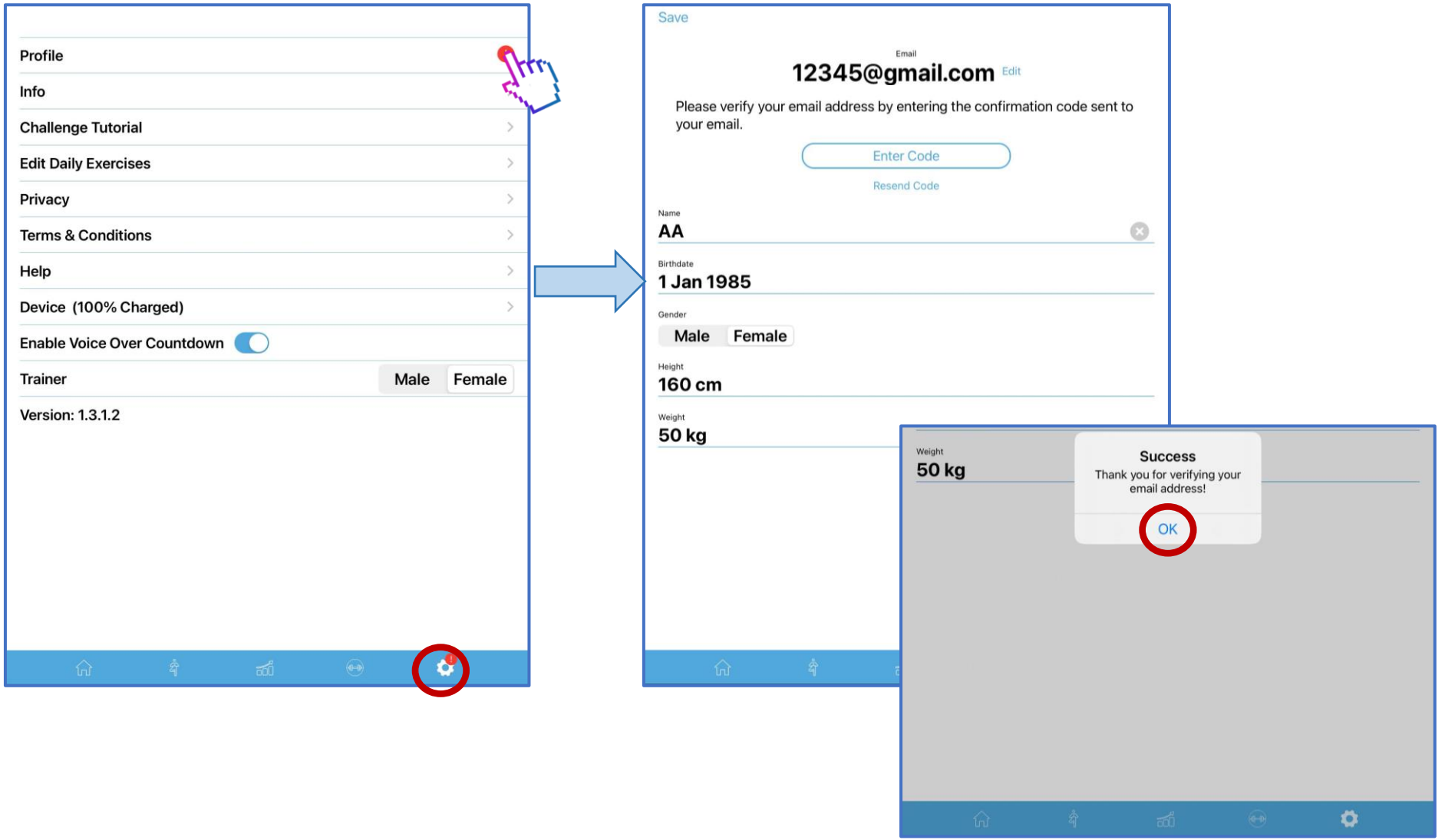
Insides of feet touching

READY

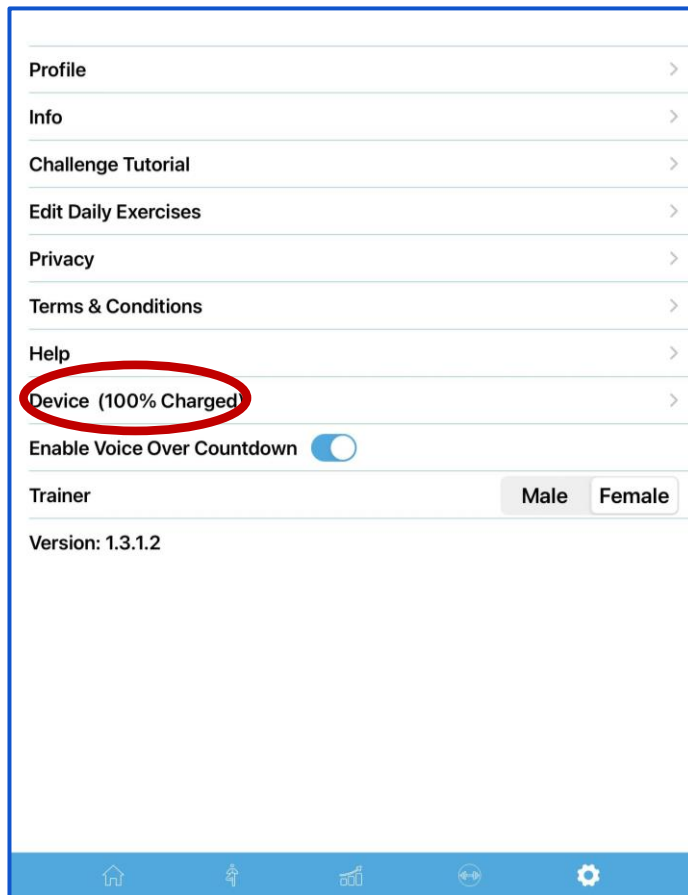
Feet Together



User verification code is sent to your registered email. Click the Settings icon at the bottom right corner to enter the setup page. Select "Profile". Then click "Enter code". Enter the verification code that you received in the registration mailbox. If you don't receive the email, you can choose "Resend code". When you see the pop-up window of successful verification, click "OK" to confirm.



After clicking “OK”, you will be automatically returned to the settings page, where you can check the battery level of the paired device. We recommend that the battery should be charged when the battery level is below 20% to avoid low battery levels affecting accuracy.



Red light during charging

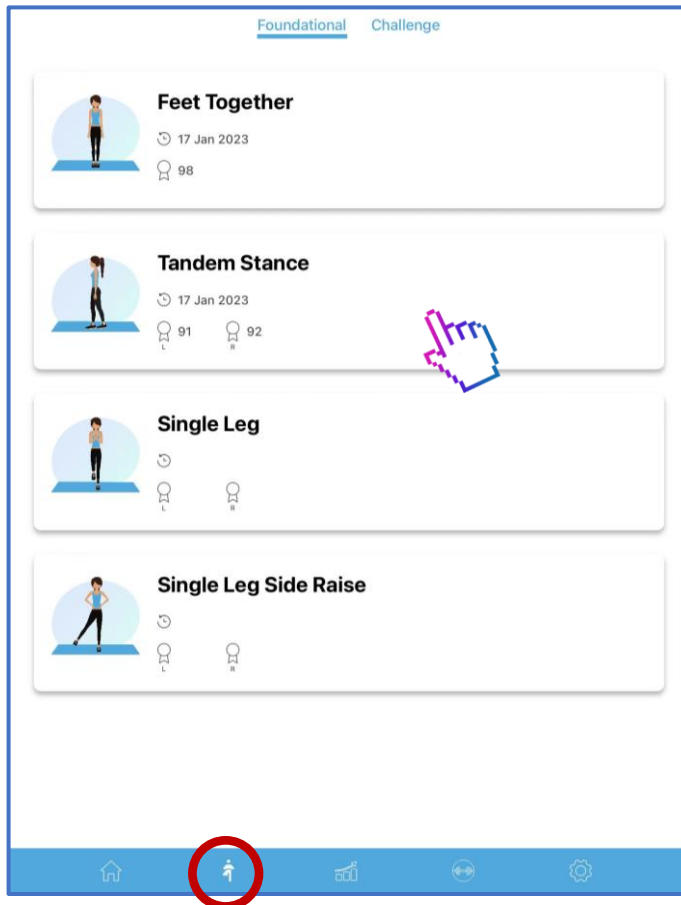


Green light when fully charged

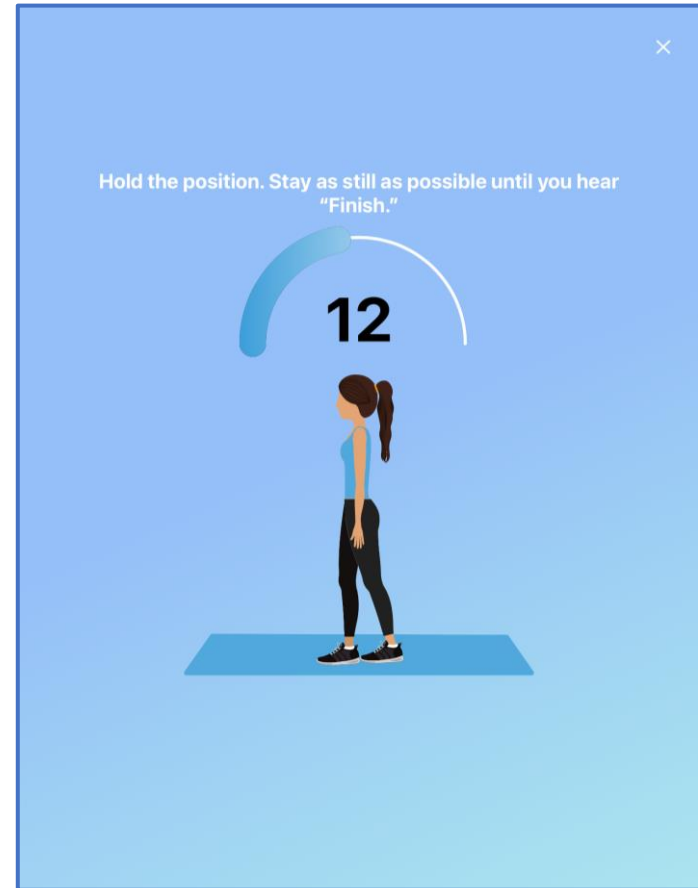
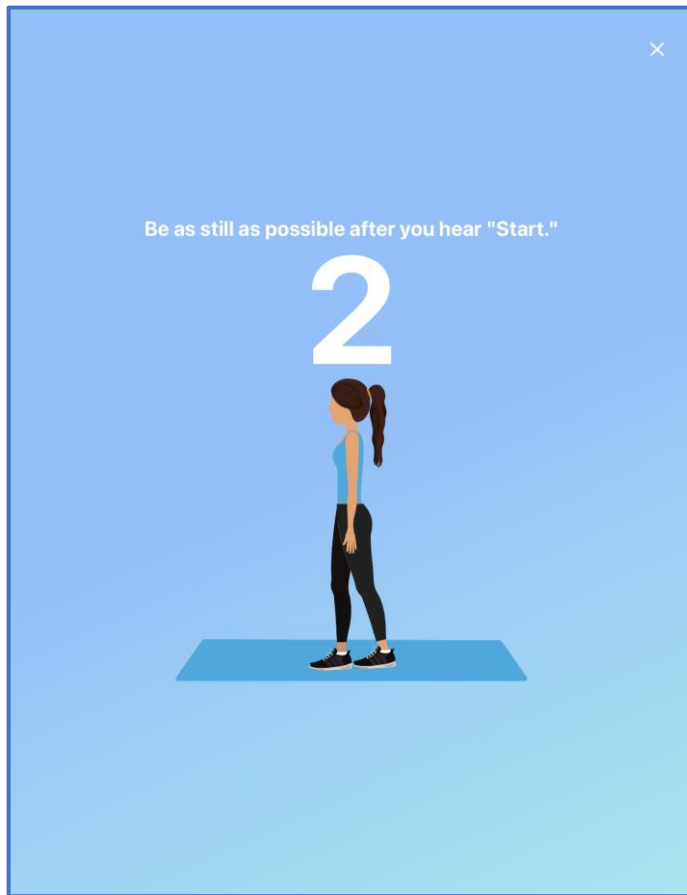
After the green light comes on, stay for 15~30 minutes to ensure the battery is fully charged; it is recommended to charge for one hour every week to maintain the battery life.

So far, the pairing and settings required for the first time use of the app have been completed. let's start testing and training!

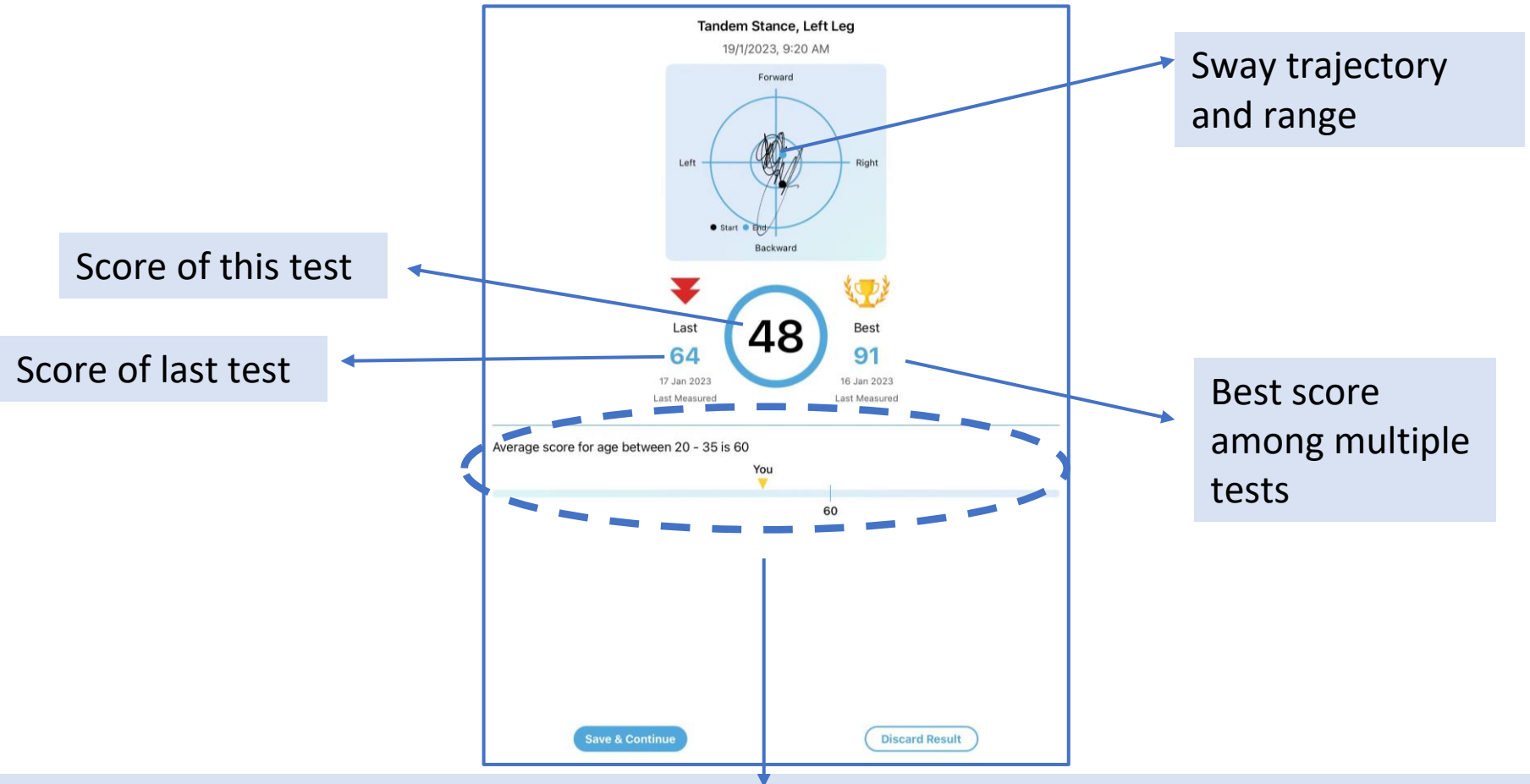
Test: Click the Exercise-test icon at the bottom to enter the test interface, the APP comes with four foundational tests, users can choose according to their needs. For example, click on “Tandem Stance”, and start the test. According to the text description, confirm the position of the left and right foot, and then click “Ready”.



There will be a three-second countdown with a voice prompt as preparation time, please do not move during this time. When the countdown is over, you will hear the "Start" voice prompt and the 20-second test will begin automatically. During the test, you will also hear a voice prompting the remaining test time, before hearing the "end" voice prompt, please try to maintain the action. Do not be disturbed by the outside world, do not shake or talk to avoid affecting the test results. Breathe normally !

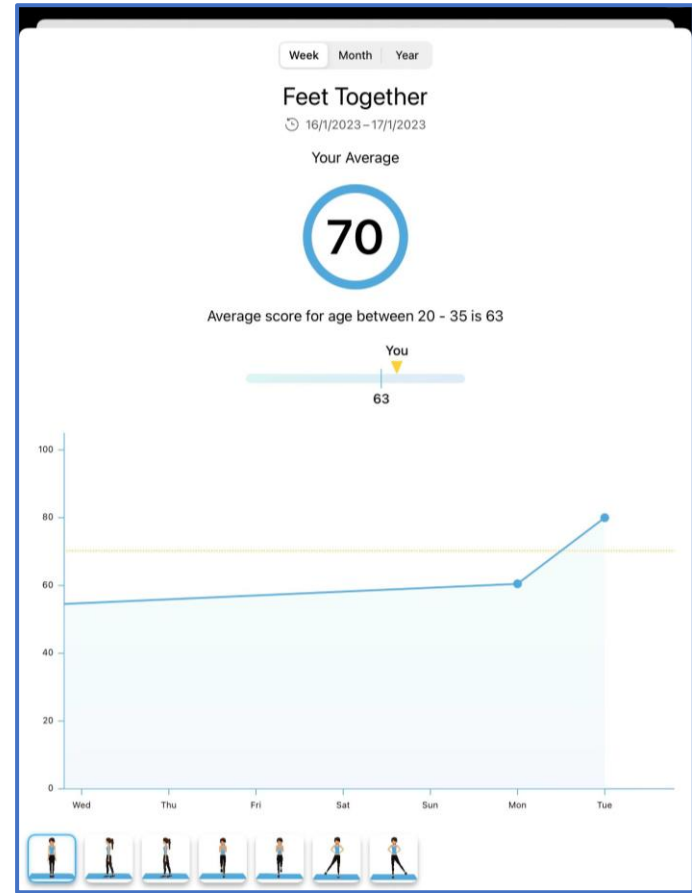
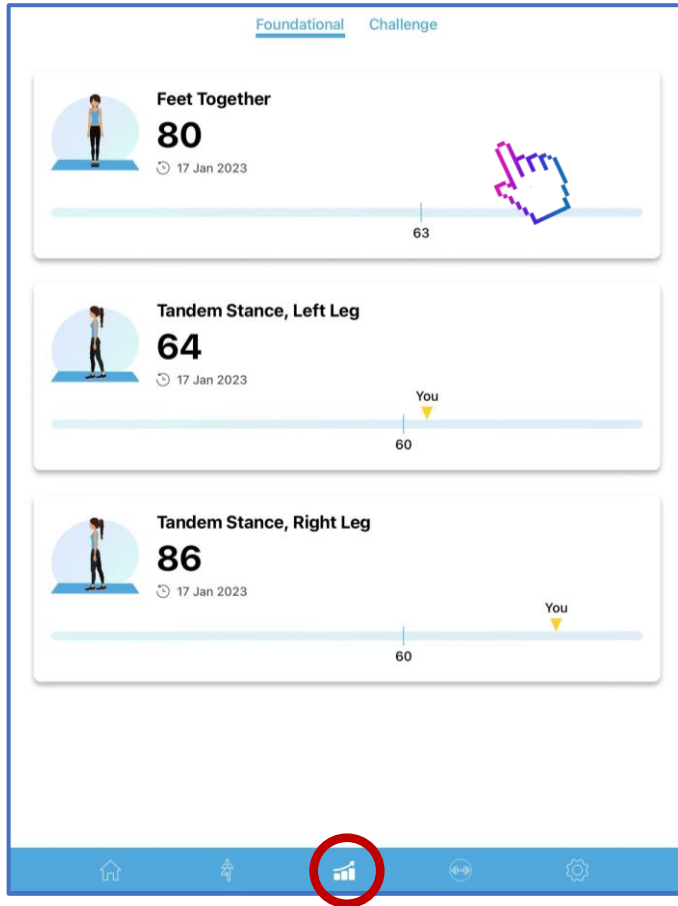


The result will be displayed automatically after the test is finished, as shown in the figure below. You can click "Save and Continue" at the bottom left corner to save this test score and proceed to the next test automatically. If you are not satisfied with the result, you can also choose "Discard Result", then the test will be repeated.

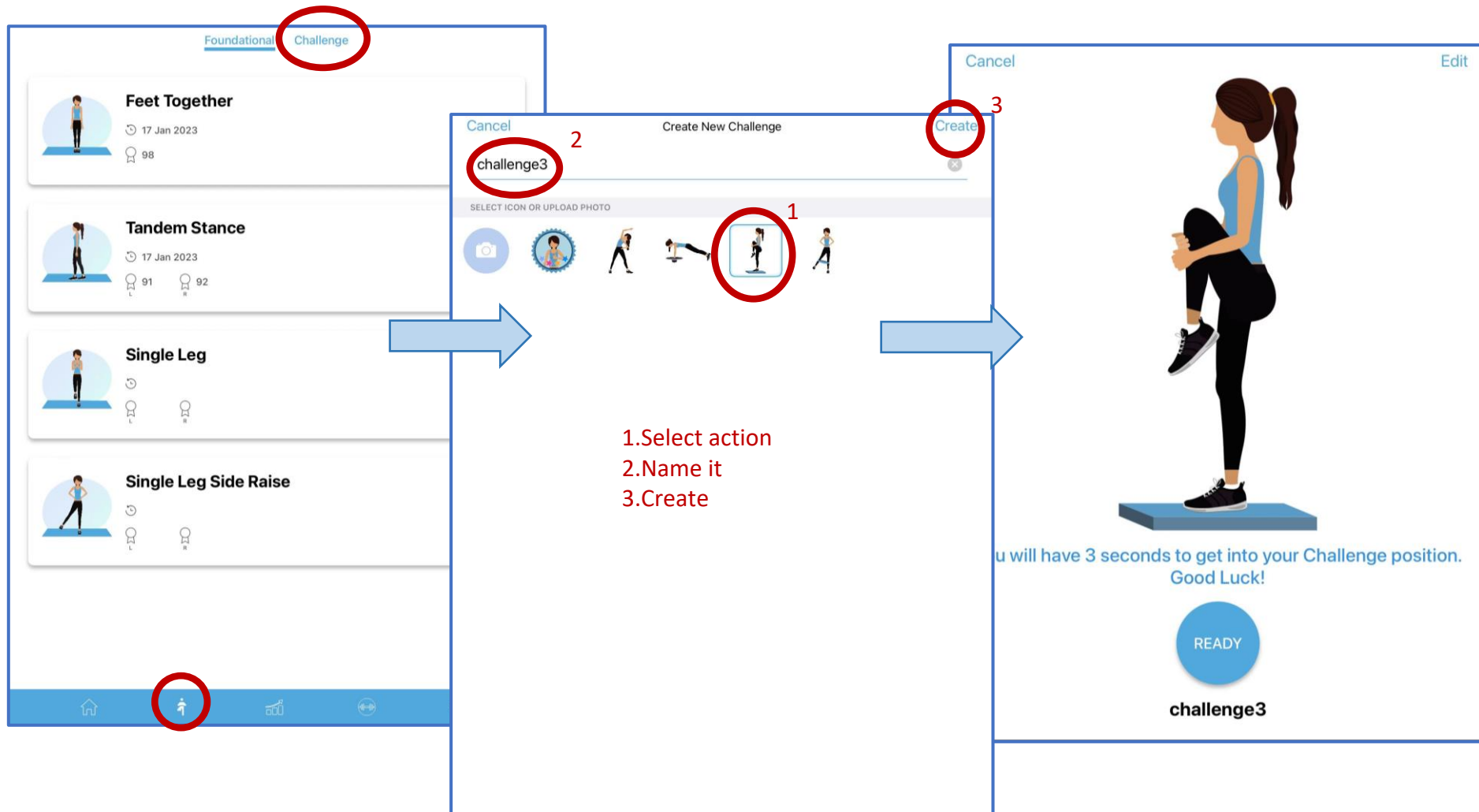


The average score of the user's age group. For example, the user is in the 35-50 age group, and the average score for this test for this age group is 55. The user scored only 48 points this time, which is lower than the average score of this age group, and needs to work hard to improve his balance ability.

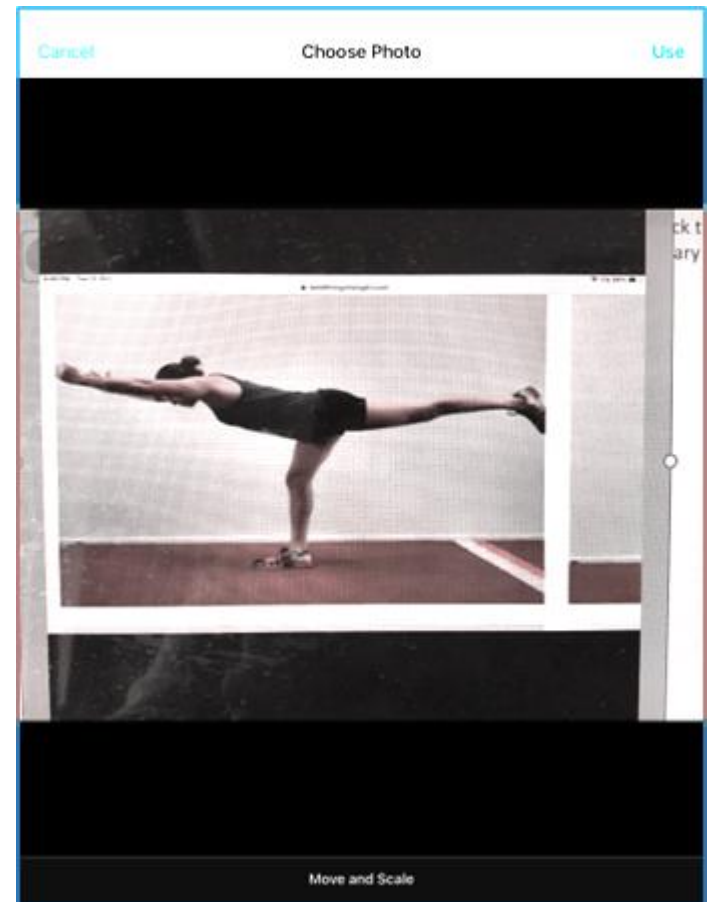
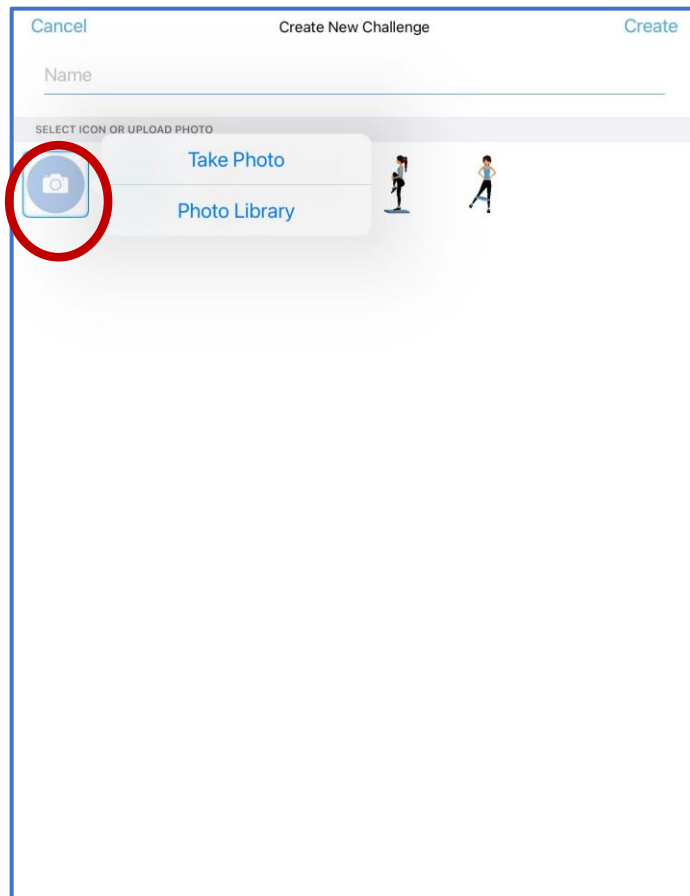
Click on the progress icon at the bottom of the page to view the results of the completed tests. Select to click on any of the tests to see the completion status and progress of the test.



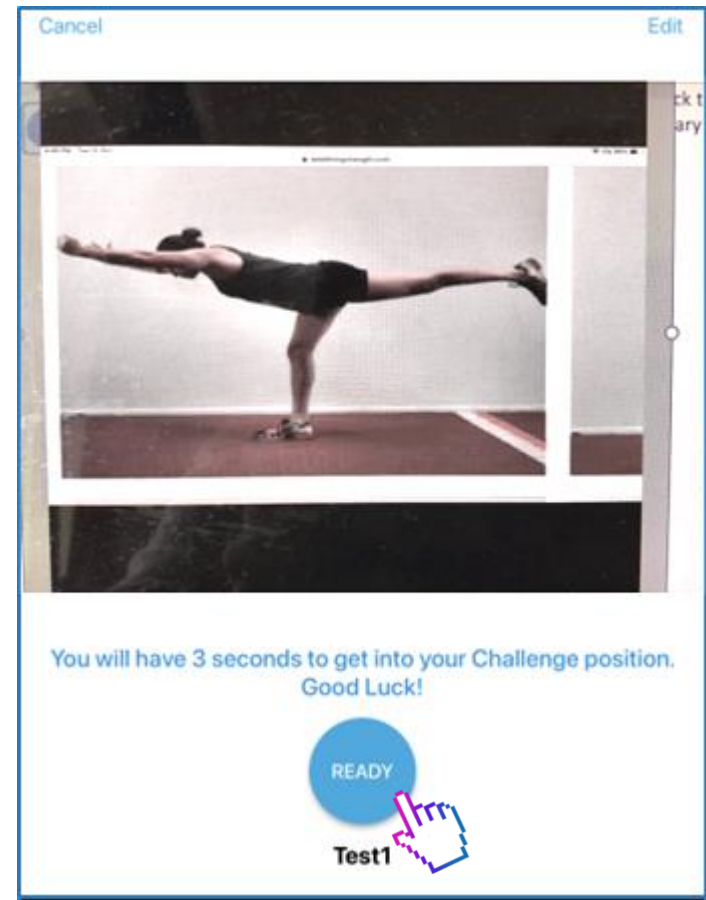
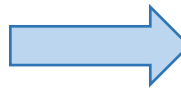
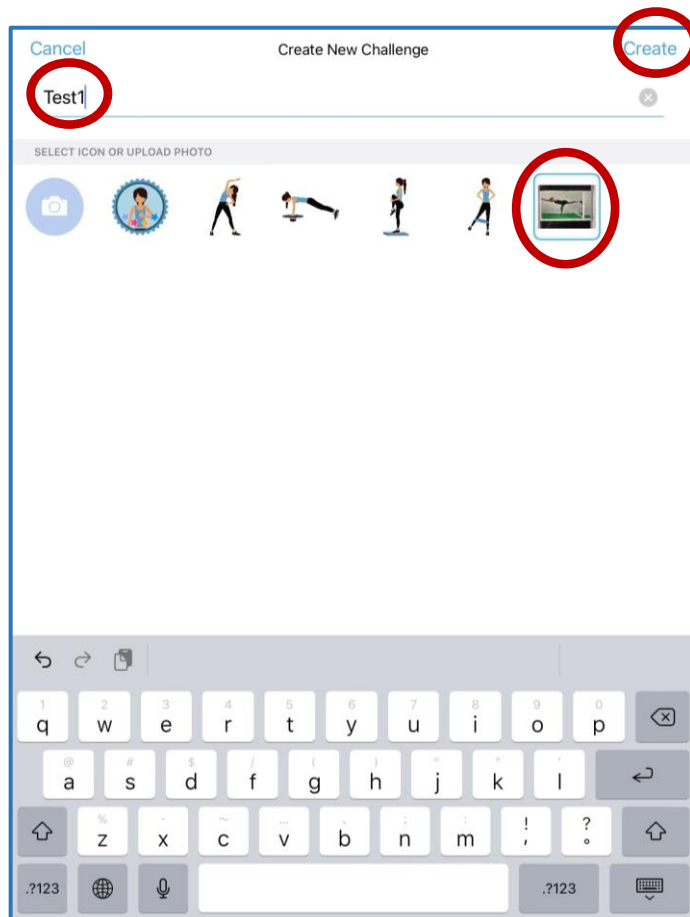
In addition to choosing the foundational tests, users can click "Challenge" on the top of the test page to enter the Challenge page, select the system recommended higher difficulty action for the challenge, name it, click "Create", and then you can proceed to the challenge test. The challenge test is conducted in the same way as the foundational test, which requires 20 seconds for each test.



Users can also add custom actions to complete unique challenges. Click the camera icon to take a picture directly or select a posture from photo library and add it.



After naming the newly added posture, click Create to do the custom challenge.





## Eyes Closed Tandem

Strengthens leg and trunk muscles while building spatial coordination



## Side Plank Star

Strengthens and stabilizes shoulder, hips, and spine without putting strain on the back.



## Yoga Ball Sit

Builds strength in your core and stabilizer muscles that support the spine.



## Single Leg on Foam Mat

Improves ankle and leg strength and core stability muscles.



## Side Plank

Strengthens and stabilizes shoulder, hips, and spine.



## Squat

Builds strength and endurance in the legs while increasing flexibility in the hips.



## Plank on Yoga Ball

Strengthens the obliques and lateral hip extensors used to stabilize the hips.



## Warrior 3

Strengthens the whole back side of the body, hamstrings, calves, and ankles



## Eyes Closed Tree Pose

Strengthens ankles, calves and core.



## Split Squat

Strengthens the glutes and quads. Boosts hip flexor mobility and flexibility.



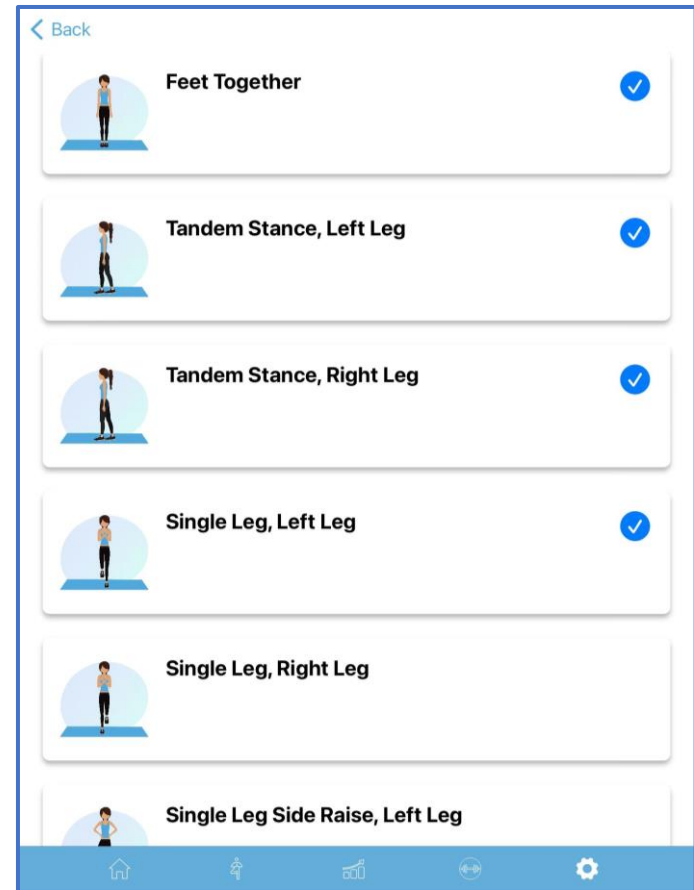
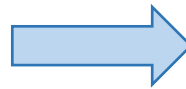
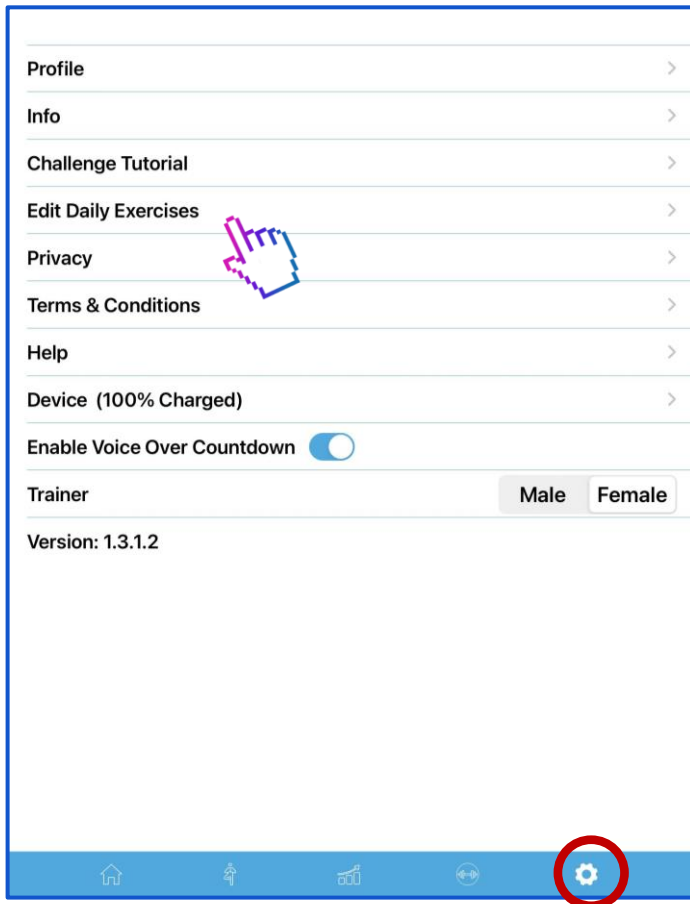
## Single Leg on Foam Mat With Eyes Closed

Improves ankle and leg strength and core stability muscles

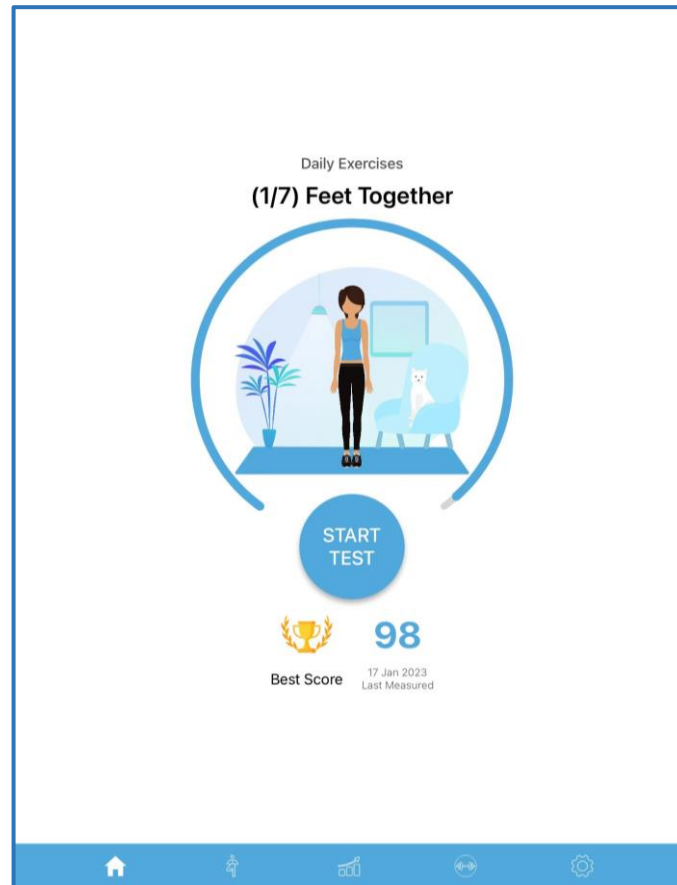


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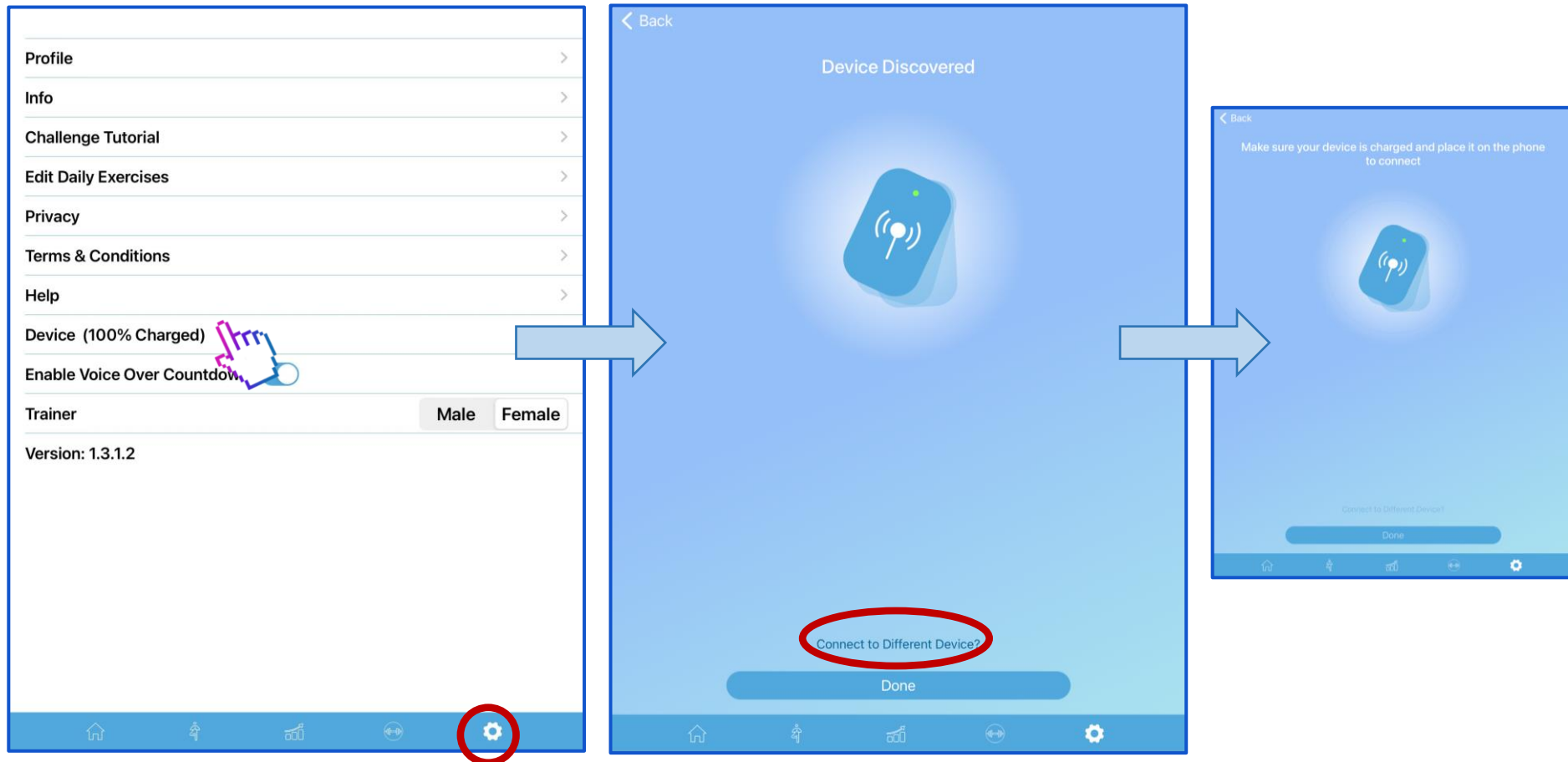
Click the settings icon at the bottom right corner to select "Edit Daily Exercises".  
(This feature will be supported by new app updates).



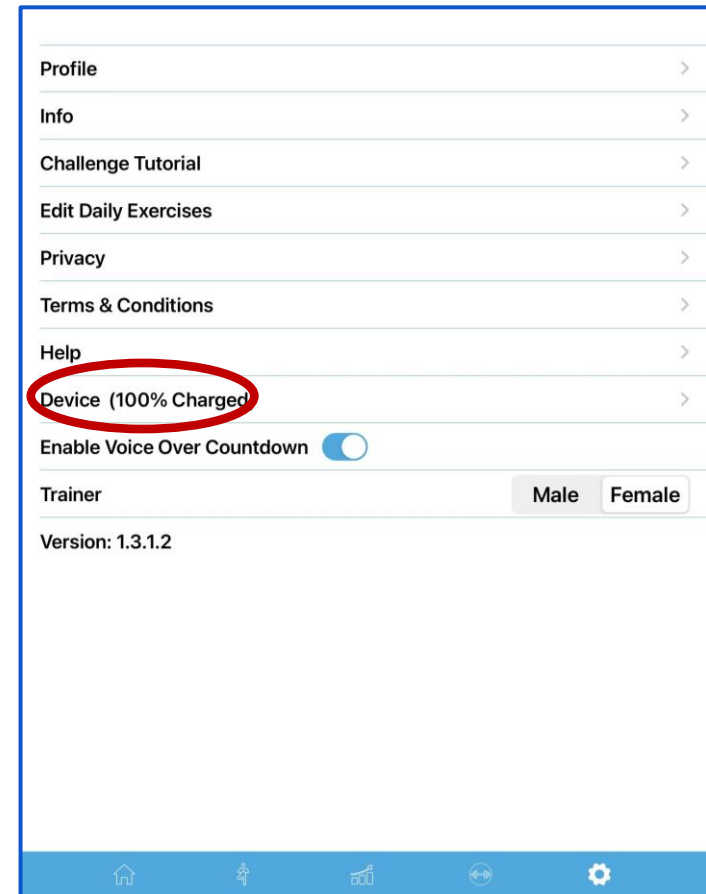
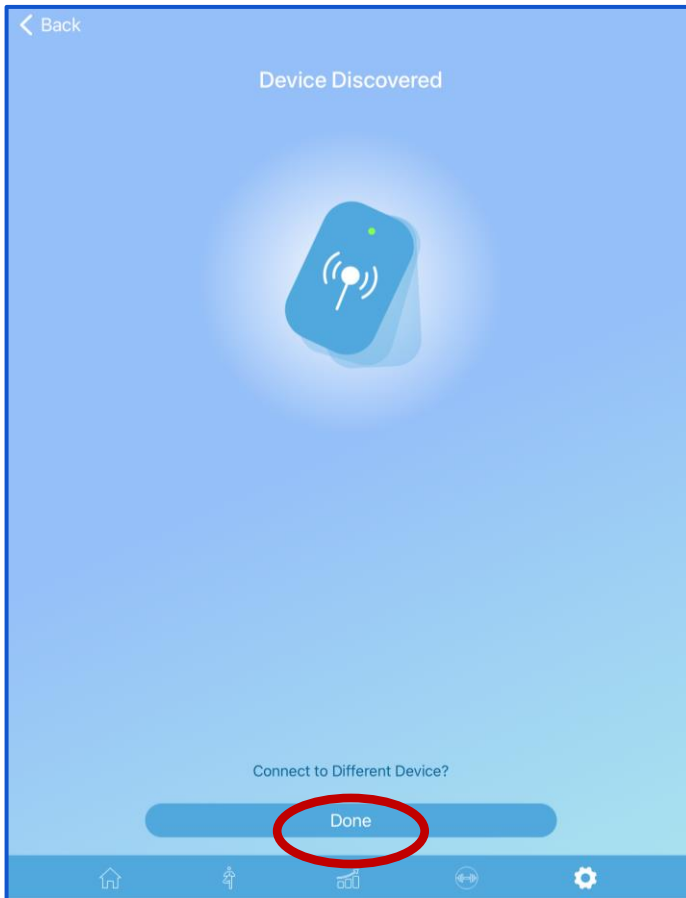
After editing daily exercise, it will be updated and displayed on the main page.  
You can click "Start Test" directly.



If purchased two or more sets of this product, users can also change the connected device. Select "Device" on the "Settings" page. Then click "Connect to different device". Place the other device close to the mobile phone or tablet and wait for the connection.



After connecting to the new device, the new device will light up in blue, check that the connected device is correct. Click "Done" on the page, return to the "Settings" page, the new device's power is displayed in the "Device" column, then the connection to the new device is complete. If the blue light is not on the device you want to connect, you can continue to click "Connect to different device" and repeat the above operation until the correct device is connected.



# Start the Balance journey!

Video Tutorials:

<https://www.balance.aspiremotion.com/balance-help-videos>



## FCC 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.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. 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.

## **Caution!**

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.