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USER MANUAL

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The logo for Bionic Gym features the word "bionic" in a bold, orange, sans-serif font, with a white lightning bolt icon integrated into the letter "i". The word "GYM" is in a bold, black, sans-serif font. Below the text, there are three parallel, slightly curved lines in orange and black, suggesting motion or a stylized underline.

bionicGYM

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1. A special word of thanks!

We believe that BionicGym will make the world a little better. Almost 20 years ago, I had a vision for a technology that could greatly improve quality of life by making it easier for people to exercise.

I sincerely appreciate all those supported this vision over the years. Thank you to the kind and brilliant people in hospitals, universities, space agency and companies who helped push this technology and prove its effectiveness. And to the many volunteers who partook in our studies.

A heartfelt thanks to my friends and family who put up with me, believed in me and encouraged me all these years.

A huge thank you to the Indiegogo Backers of BionicGym. After trying everything to bring this technology to market, your support made it finally possible. Our success is your success.

About the company you've helped sustain:

We will try to always act in people's best interests. We will give 10% of *disbursed*, after-tax profits to charity, 10% in-kind and 10% to our staff (exact details of how this will be done will be considered when we employ staff!) We will concentrate on products that will improve lives.



Sincerely,
Dr Louis Crowe, Inventor & CEO

thankYOU

2. Overview: Exercise happily, safely and comfortably

Congratulations!

You are one of the first owners of BionicGym – a wearable exercise machine.



EXERCISE IS WONDERFUL! Build BionicGym into your life; **make it a habit** - *part* of your routine. Stick with it, love it and enjoy the benefits.



LEARN TO USE: Read this manual and watch the **video** tutorials before using. Check our website and read our email updates. These contain important safety guidelines.



ALWAYS TRAIN WITHIN YOUR LIMITS: If you are young, fit and completely healthy, listen to your body. Otherwise, check with your Doctor before engaging in vigorous exercise of any sort, including BionicGym.



ALWAYS THINK SAFETY FIRST: BionicGym contracts your muscles. Never use while driving, operating machinery, on stairs or at anytime you need full muscle control or balance. Never use under the influence of drugs or alcohol.



MEDICAL ISSUE? If you have a medical problem or condition, get your Doctor's approval first. This is an exercise device for healthy adults.



BE AWARE: As with all forms of exercise, stop training immediately if you feel unwell in any way, including pain, dizziness or weakness. Then call your doctor or seek help.



AUTO-STOP OPTION: The Auto-Stop *option* ramps down the intensity every few minutes. (See chapter 10).



HEART CONDITION? Do not use if you have an implant or heart condition. Read the list of contra-indications in this manual.



Do **NOT** use if you are pregnant, nursing, or if you have epilepsy. Read the full list of contra-indications in this manual.



STAY IN CONTROL: You can press the orange button to Pause a session or a longer press will switch the unit OFF (Press it until LED goes out). You can also Pause or Stop a session via the app. In an emergency, you could also remove the control unit from the pocket.

3. Tips to get the most out of BionicGym



TAKE IT EASY at first: Start easy, increase gradually but steadily (even fit bodies need to get used to it!). Start with the Beginner Programs. Train *regularly* to improve. We recommend at least three sessions per week for the first two weeks.



ROUTINE: Get into a routine / habit and keep to it. For example, you could set a personal rule only to watch TV at home while using BionicGym. Reward yourself when you work-out too (not with food if weight conscious!).



Net/TV/Game/Work: Distract yourself as you exercise (assuming it is safe). Watch a program, play a videogame, read or (at low levels) work on your computer.



ENJOY! Enjoy your sessions: enjoy the feelings of freshness and the many benefits exercise brings to your life.

4. Safety Information

BionicGym is an exercise device for the healthy adults. It gives you a workout by exercising the legs. Use in safe situations and settings.



You should ask your doctor if it is safe for you to exercise (any exercise, including BionicGym) **especially if you are injured, over 40, smoke, are obese or diabetic, have heart disease** or any potentially serious condition.

INTENDED USE:

The BionicGym is intended to stimulate healthy muscles in order to exercise, improve or facilitate muscle performance. It is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. None of the training programs or operational parameters are designed to target injured or ailing muscles.



Contra-indications:

Do not use BionicGym if:

- You have an electronic **implant** (e.g. cardiac pacemaker or defibrillator). Consult your doctor if you have any other **heart problem** prior to using.
- You are pregnant, or have given birth, or had a caesarean section within the last three months.
- You suffer from cancer, epilepsy, or are under medical supervision for cognitive dysfunction.
- You recently had acute trauma or subject to a surgical procedure - seek your Doctor's advice.
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g. phlebitis, thrombophlebitis, varicose veins, etc.
- If you suffer from any vascular problems, including clots /DVTs.



Warnings



The long-term effects of chronic electronic stimulation are unknown.



Stimulation should not be applied over the carotid sinus nerves, particularly in individuals with a known sensitivity to the carotid sinus reflex.



Stimulation should not be applied over the neck or mouth. Severe spasm of the neck or airway muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.



Stimulation should not be applied near your heart in that the introduction of electrical current into the heart may cause cardiac arrhythmias.



Stimulation should not be applied on your head.



Stimulation should not be applied over, or in proximity to, cancerous lesions.



Do not use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment, as this may produce instability in the controller's output.



Do not use if injecting drugs /medicines into your thighs.



Do not resell BionicGym or use BionicGym if you've purchased a used one.

Precautions

Safety of powered muscle stimulators for use during **pregnancy** has not been established.

Caution should be used for individuals with suspected or diagnosed **heart problems**. Do not use unless your doctor recommends that it is both safe and good for you.

Caution should be used for individuals with suspected or diagnosed **epilepsy**. Do not use without your doctor's permission.

Caution should be used in the presence of the following:

- When there is a tendency to haemorrhage (bleed) following acute trauma or fracture.
- Following recent surgical procedures when muscle contraction may disrupt the healing process. Do not use without your doctor's permission.
- Over the menstruating or pregnant uterus.
- Over areas of the skin which lack normal sensation.

Some individuals may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium.

Electrode placement and stimulation settings should be based on the guidance of this manual.

BionicGym should be kept out of the reach of children.



BionicGym should be used only with the leads and electrodes recommended for use by the manufacturer.

BionicGym must never be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

Adverse Reactions

Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators.

Note: It is normal for there to be mild skin redness after a stimulation session. This should disappear within a half hour.

Important



Do not over-exert yourself when using muscle stimulation. Any workout should not exceed your comfort level.

Stop using the product if you are **feeling light headed or faint, have pain or breathlessness** -beyond what you'd expect with the exercise. Consult your doctor if this happens or if in any doubt.



Do not touch the electrodes or metal studs with your fingers while the controller is switched on / during use.



Never use BionicGym over open wounds or damaged skin or if you have abnormal feeling. If you have a minor nick, cut or bite you can mask that with a small band-aid. (Only use BionicGym on clean, healthy, intact skin).



BionicGym is intended for **adults** (over 16 years old). If you are 16-18 years old, you must get a parent's or guardian's permission.



Always follow the guidelines, watch the tutorials and read the whole manual before use. Only use BionicGym as directed in this manual



ONLY use BionicGym when and where it is **safe** for you and others. It contracts your muscles which you need for **balance** and **control**. Wear flat shoes.

5. BionicGym – The Science

We mimic shivering! Nature's hack.



Nature's way of creating heat or burning calories is to shiver. As you get colder you shiver more intensely but at the same rate (7-8Hz). This is because the energy consumption is not related to the force or tension generated but rather the shortening and lengthening of the muscle fibers. What happens is that more muscle fibers contract and relax at this magic rate.

Impulses through the BionicGym Wraps stimulate the motor-neurons [nerves-to-muscles] in the legs and gluteal [bum] telling them to contract repeatedly. (They relax or lengthen by themselves). If enough muscle is actively contracting at optimal rates they will shout out for blood to supply the oxygen and energy. Your cardiovascular system [heart and blood vessels] works harder to deliver this blood, i.e. it trains. You'll become more breathless and in time heat up – even sweat... after all it's nature's way to warm up.

I, Dr Louis Crowe, have done thousands of mini-experiments to optimize the technology. I've done larger studies with wonderful colleagues in universities, hospitals, in three countries (even in zero-gravity with the European Space Agency!). I've suffered and been elated with the science. Please visit our website and read the peer-reviewed scientific publications.

6. In the BionicGym box

DEVICE & ACCESSORIES DESCRIPTION

The BionicGym Powered Muscle Stimulator is a portable muscular electrical stimulator intended to deliver electrical stimulation to the thigh muscles.

BionicGym is available in Small, Large and XL sizes.

Each BionicGym includes:

1. 1 x left thigh wrap
2. 1 x right thigh wrap
3. 1 x control unit
4. 1 x connecting cable
5. 8 x adhesive gel electrodes
6. 4 x thigh wrap extension pieces (XL size only)
7. 1 x instructions for use
8. 1 x charging cradle
9. 1 x charger adapter
10. 1 x battery charger

On chapter 9 ('download and install the app') of this manual:

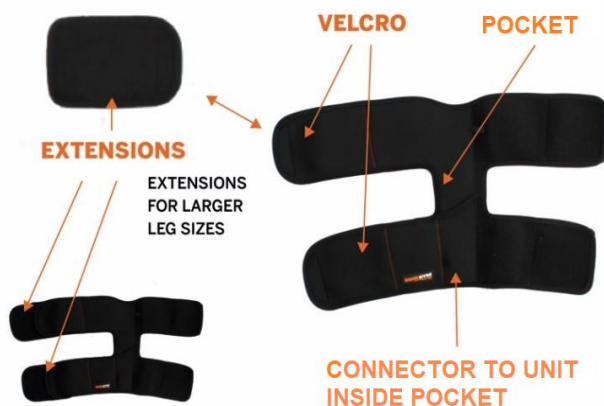
1 x mobile 'app' (downloadable by the user; necessary for device use).

Each BionicGym is available in two versions:

'BionicGym' ('standard' version),
and 'BionicGym PRO'

BionicGym PRO allows the user access to a greater number of workout programs. The workout programs are accessed via folders on the mobile app (smartphone/tablet). The user enters a PRO key during the log-in process to access the larger suite of programs, including programs involving greater intensity.





Thigh Wraps: one for each leg

There are two thigh wraps provided, one for each leg. The wraps fit around the thighs. The wraps are available in two sizes: small or large. On the right-leg wrap there is a pocket where the control unit is inserted. Near the bottom of this pocket is a dock that contains magnets that lock the control unit in place. On the left-leg

wrap there is a small socket where one end of the connecting cable is inserted. The other end of the cable is connected to the control unit. If you have ordered wrap extensions you should also have 4 of them which velcro to the wraps.

Wrap Extension Set

The wrap extension set, consisting of 4 pieces, is available for users requiring the XL size (the 'Large' size is supplied together with the extension set). The wrap extensions, two per wrap, are added onto the large wraps to extend their length to fit larger thighs.



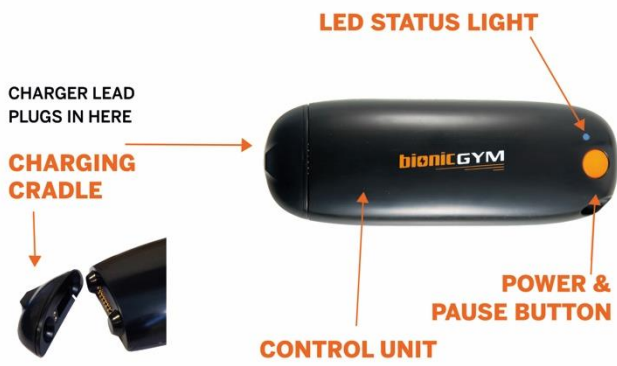
Connecting Cable

The connecting cable is a standard cable used to connect the control unit positioned on the right-leg wrap to the designated socket on the left-leg wrap. The main function of the connecting cable is to have both wraps simultaneously connected to the control unit to guarantee effective workout sessions.

BionicGym Control Unit

The Control Unit is inserted into a pocket in the BionicGym right-leg wrap. Within the pocket is a dock part similar to the charging cradle, but with connectivity for the electrodes rather than the charger. Electrodes of the left-leg wrap are connected by the connecting cable to the socket on the control unit. The socket on the control unit is open circuit until the control unit is connected to the dock within the right-leg wrap.

The right-leg wrap dock is held to the control unit by the attraction of two pairs of magnets. These have a pull force sufficient to hold the parts together. The control unit includes an orange button. There is an LED next to the button which is used to display the control unit status. The button and LED are above the top of the pocket of the right-leg wrap, so they are visible and accessible.



Charging Cradle

The charging cradle mates with the control unit before connecting it to the charger which then provides power to the battery recharging circuit within the control unit. The charging cradle snaps to the end of the control unit (with magnets).



Charger: it charges the control unit via the charging cradle using local domestic mains supply.

Charger Adaptor

The charger is supplied with an adaptor that matches the charger with the mains socket types. Align and twist the adaptor into position. It should snap into place



Electrodes

The electrodes are a key component. They attach to the thigh wraps and deliver the current from the control unit to the body. The electrodes have been designed to be comfortable to wear. In the box, you will find a set of 8 electrodes. They are two sided: the printed side sticks to the inside of the wrap and the plain black side goes against the skin. (Extra electrodes may be ordered via the App

and at bionიცgym.com)

TIGH WRAP CONFIGURATIONS

Depending on the body of the user and in particular on the size of his/her legs, BionicGym has three configurations for the thigh wraps, as measured by the upper thigh circumference. The table below shows the configuration for each user, based on his/her upper thigh circumference.

Thigh wrap / upper thigh circumference relationship		
SIZE	Upper Thigh Circumference	
	Inches	cm
Small – Large	16 ½ – 23 ½	42 - 60
Large – XL	21 ½ – 28	55 - 72
XL + Extension	27 ½ - 33	72 - 84

7. Getting Started

Quick way: Install BionicGym App and watch the in-app videos

Before using, watch the short training videos in the App (also available via links on our website).

These videos cover:

- Safety considerations
- Using BionicGym for the first time
- How to position the electrodes correctly – important!
- What it should feel like
- Downloading the App on your iOS or Android device
- Tips to get the most out of your BionicGym



Don't skip this step. Watch the videos now. From time to time, new videos will be added so check back regularly.

Charge the Control Unit



Assemble the charger (the adaptor twists into position) then plug **firmly** into the cradle. The cradle connects to the bottom of the control unit to charge. The battery takes an hour to 80% charged, and about two hours to charge fully.

LED Status Light:

- Red Flashing: battery charging
- Alternating Blue and Red: battery charged

8. Setup and First Use

Have you:

1. Reviewed the safety information? And checked with your Doctor if you have any doubts or medical issues?
2. Watched and understood the training videos?
3. Completed the Getting Started section?

If so, then you are ready to use BionicGym for the first time.

What to wear for first time use

RECOMMENDED CLOTHING



The first time you use BionicGym wear something loose so you can easily access BionicGym and press the Power/Pause button.

WEAR CLOTHES THAT ARE COMFORTABLE, LOOSE ENOUGH TO PUT OVER BIONICGYM, ALLOW MOVEMENT AND ACCESS TO THE CONTROL UNIT.

Where/how to exercise

BionicGym may impair your balance or ease of movement because muscle contractions are stimulated. This can take a while to get used to and it is important only to use BionicGym as recommended.

The first time you use BionicGym stand beside a solid table, desk or the back of a couch for support. Afterwards you will learn what is the best position for you.

Electrode Positions – important!

1. Understand where the electrodes should go:
Correct placement → comfortable, effective stimulation
2. Once you have them correctly positioned, you can leave them stuck to the garment (until they need replacement).

HINT: THE VIDEOS EXPLAIN ELECTRODE POSITIONING WELL



In use the electrodes/gel pads should be mid-line on the leg:

FRONT VIEW – ELECTRODES IN THE MID-LINE

✓ CORRECT

- ✓ GEL PADS ARE CENTERED WITH THE MIDLINE OF LEG, HIGH UP THE LEG AND JUST ABOVE THE KNEE.



✗ WRONG

- ✗ GEL PADS ARE TOO FAR DOWN.
- ✗ GEL PADS ARE ON SIDE OF THIGH.
- ✗ GEL PADS ARE INSIDE OF THIGH.
- ✗ GEL PADS ARE OVER KNEE.

REAR VIEW — ELECTRODES ALSO MID-LINE

✓ CORRECT

- ✓ GEL PADS ARE CENTERED WITH THE MIDLINE OF LEG, JUST BELOW GROIN AND JUST ABOVE THE KNEE.



✗ WRONG

- ✗ GEL PADS ARE TOO FAR DOWN.
- ✗ GEL PADS ARE ALONG INNER SIDE OF THIGH.
- ✗ GEL PADS ARE ALONG EDGE OF KNEE.
- ✗ GEL PADS ARE BEHIND KNEE.

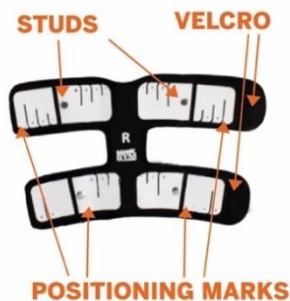
This is where the electrodes should end up, **MID-LINE**. You will stick them onto the wraps so that they will be correctly positioned when in use.

Correctly positioning the electrodes on the wrap

Try on the BionicGym Wraps without electrodes beforehand to determine the correct position to place the electrodes on the wraps

Easiest to put wraps on as shown (with foot on chair).

The studs make electrical contact with the unit and the electrodes must cover them.



1) Pick up the right wrap. (**R** printed on the inside).

2) Close it around your leg so that **the pocket is on the *inside* of the leg.**

The BionicGym logo should be above the knee/towards the front. Close the upper arm of



the straps *high-up* the leg (say, an inch from crease as this will give better stimulation). Note if you cannot close the straps you may need a larger size or an extension to the straps. (Order via app or webstore). The wraps should be tight (gives better stimulation) but not constricting.

3) Check where to position the electrodes. The electrodes attach to the inside of the wrap. In use, they should be in the mid-line of the leg (front and back). It may help to pinch the garment at the midline and position one electrode at a time.



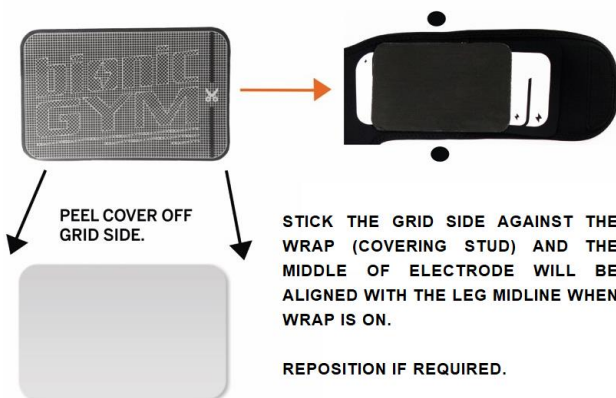
WITH THE BIONICWRAP WRAP IN THE CORRECT POSITION, PINCH THE WRAP ALONG THE MIDLINE OF YOUR LEG AND OPEN CAREFULLY.

4) Remove the plastic cover fully from the grid side and stick the electrode onto the garment.

(Note, sometimes the plastic covering the grid side is divided in two, remove *both* sides).

The electrodes must cover the studs as they make contact with the control unit.

The printing and bolt icons are to help with electrode placement.



5) Put the wrap on and check the electrode position(s). Reposition the electrode(s), if required. Note you can also **stretch** the wrap as you put it on to make small adjustments.

For larger legs (applicable to both small and large size) you will position the electrodes further apart. Covering the large 'bolts'.



For smaller legs the electrodes will be closer together, especially the lower electrodes. Covering the smaller 'bolts'.



Some people with **thin legs** may need to make an **adjustment** if the electrodes are overlapping or if the flaps are getting in the way / become awkward / too bulky. **Please see the video on Sizing issues. (Video available via app).** The *inner* flaps can be shortened and, with care, the electrodes made smaller. (See also FAQ section).

Remove the plastic from the skin side of the electrode. [Keep the plastic covers for after]. Put on the wrap and check if the electrodes landed *midline*. If not, they can be easily repositioned. Adjust electrode positions until all four are correctly positioned, i.e. midline on the body. The wrap can also be pulled tighter or looser while closing it for minor repositioning. When happy with the electrode positions press the edges down **firmly**.



Once this is correct for your right leg, mirror the pad positions for your left leg. Check that they are correctly positioned on the left leg too. (Remember that when the wrap is put on correctly **the pocket is on the inside** of the leg, both sides).

The electrode positioning does not need to be super-accurate provided they fall over the midline of the leg, front and back. Reposition on the wrap until correct. If the upper electrodes are placed too much on the inner leg that can cause cramping – unwanted.

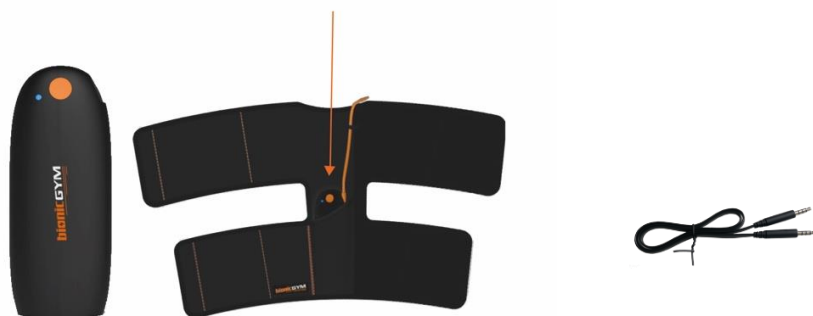
For best results, the top electrodes should be **HIGH up the leg** (say an inch or two from the crease) and the lower electrodes just above the knee.

The wraps should be *tight* but not constricting (you can move about freely).

Well done! That's the hardest part done.

Next, slide Control Unit into pocket, and connect left wrap to Control Unit with the connecting cable.

With the control unit fully charged, you can slide it into the pocket in the right leg wrap. It should snap into position. (It is held firmly in position by a magnet).



The unit should be now on your inner leg with the orange power/pause button facing out.



INSERT WIRE HERE AND ON LEFT WRAP (IN POCKET).

The control unit also has a connector socket at the top for the wire to connect to the left wrap. It connects to the socket in the top of the pocket of the left leg. Push it in **firmly**.

You can keep the wire tidy by running it under your shorts or clothes. There are also velcro tabs you can use to keep the wire tidy. (Look for the tabs along the neoprene seam).



CONNECTING THE LEFT BIONICWRAP

THE LEFT BIONICWRAP CONNECTS WITH THE CONTROL UNIT IN THE RIGHT VIA A CABLE. THE CONNECTION IS SLIGHTLY SMALLER THAN A HEADPHONE JACK.

ON / Pause / OFF



To switch BionicGym **ON** press the orange button for a second (the blue LED light goes on. The blue light flashes when it is trying to pair with the app and remains on when it is paired with the app).

You can **Pause** a workout by briefly pressing the orange button. (A **double-press** will resume the workout, or use the app control).

To switch **OFF** keep the button pressed until the LED goes out (normally 2 seconds).

Make sure you can always access the Power button.

Congratulations! You are now ready to download the App and use BionicGym for the first time.

9. Download and install the App

Using your smartphone /pad find “BionicGym” in the Apple Store / Play Store. (You can also find links to the app via bionicygm.com). You may have received an email from us with these links too. It uses BLE – Bluetooth Low Energy to communicate with the unit. The App will be updated occasionally. The screens may vary from what is printed here.



Download and install the App.



Click on the BionicGym icon to open it.

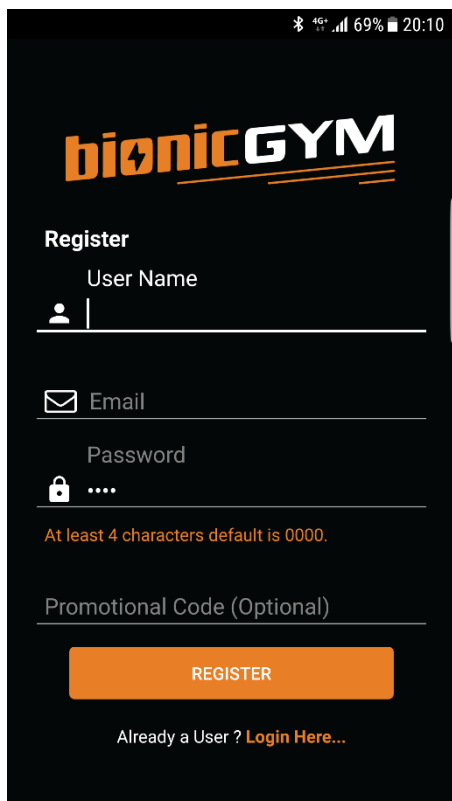


App Compatibility

The App is compatible with modern iOS /‘Apple’ and Android /‘google’ devices [less than 4 years old and many older models, see below]. If you have an old phone / pad you may need to update your software/operating system. The pad/phone must be able to support Bluetooth Low Energy (BLE). Typically, these and more recent operating systems will be fine:

iOS / Apple	Android / Google
iOS 8	Lollipop 5.0 – 5.1.1
iOS 9	Marshmallow 6.0 – 6.01
iOS 10	Nougat 7.0 – 7.1.1


Registering the device



To register you will need your phone/pad connected to the internet.

You will be asked to enter your name, email and a password. (Default 0000).

If you ordered BionicGym PRO, you should enter the coupon code here. (Or you can return to this screen anytime by logging-out via the Settings Menu).

The code will be in the  email you received.

You can Upgrade to PRO from links within the App store too.

Tick **“Remember me”** if you don’t want to enter your details every time.

Click Register.

OPT-Ins.

You’ll then be brought to an Opt-In screen. This may take a moment to load. You’ll need to tick you have read the Precautions and accept the Terms and Conditions.

You can now watch the in-app videos! *Short* videos on how to set up, safety messages for exercise and top tips in getting the most benefits from your workout.

These can be accessed in several places including the Setting Menu > Help.

Switch ON the unit and Pair with your phone/pad

The first time you use BionicGym (or if switching phones/pads) you will need to 'pair' the unit and the App. Turn on the BionicGym control unit. (Press the orange button for a second until the LED lights up. **A flashing blue light indicates that the unit is trying to find the App**). The Bluetooth on your phone / pad normally switches on, if not you can do this manually.

LOAD APP & PAIR WITH CONTROL UNIT



If the device pairs automatically, you may be brought straight to the Workout Selection screen or your last workout. More often, you will first be brought to the Devices page where you can select your BionicGym unit for pairing. If there is more than one BionicGym the easiest thing is to switch on and pair one at a time.

In the Settings Menu, you will be able to select Devices and check if the unit and app are paired or see what device(s) are available.

Once successfully paired, the LED on the unit will be a solid blue and you will be brought to the Workout Selection screen.

Troubleshooting Pairing

If your phone/pad cannot detect BionicGym it may request that you 'Scan again'. Switch the **Unit OFF and ON** [long-press of the orange button until the LED goes out to switch OFF] and scan again. Note, to save battery power, the unit may have switched itself OFF if it was not paired within a couple of minutes.

Make sure the unit is ON (LED is Blue and flashing if trying to pair to the app) and CHARGED (the LED turns solid Blue when the unit is fully charged in the charging-cradle).



You can check the Bluetooth pairing anytime through the Settings Menu at the top left of most screens (see next Section). Settings > **Devices**. This may be important if there are multiple BionicGym units in use or you use more than one device to control the unit. If more than one device, move away / switch OFF other device during pairing.

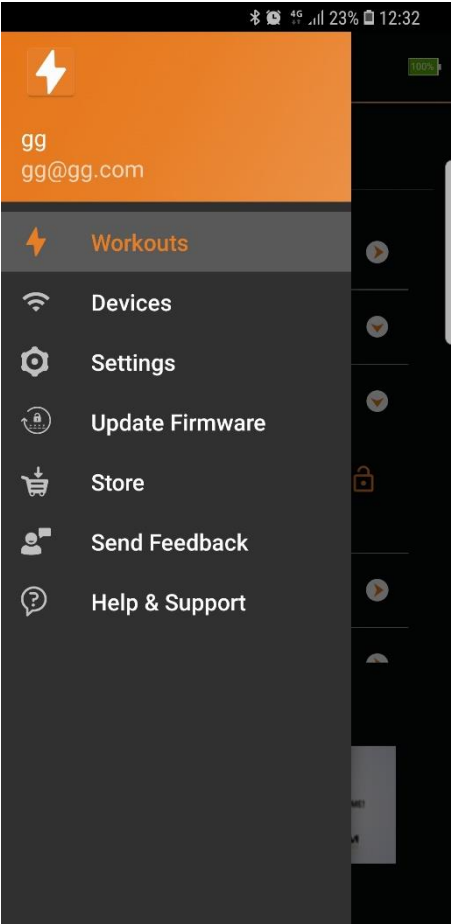
More suggestions in the **Help** section of the app under the **FAQs** (Frequently Asked Questions).

Drop-down Menu and Settings



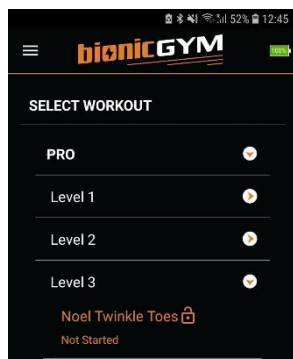
Access these at the top left of most screens.

Browse through it: it includes **FAQ's** (Frequently Asked Questions) in the Help & Support and tutorial video links.



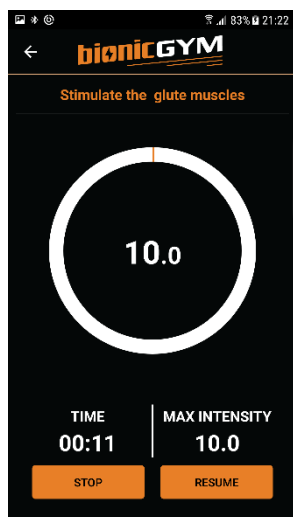
Workout Selection

BionicGym offers you several workouts to choose from, including Beginners' programs and other workouts. It also offers several 'Zones' so you can choose the stimulation that is best for your body (see chapter 11).



Initially you will only be allowed to select a **Beginner** program. All the other programs have a lock symbol to indicate that they are not available yet.

The Beginner program ensures you enjoy your first session. It takes a number of sessions to 'get used to' BionicGym. This program ensures you cannot increase the intensity too quickly. (See "What does it feel like" section). Every five minutes or so you are allowed to increase the intensity by using your phone/pad's volume control.



After you have completed Beginner 1, you are allowed to use Beginner 2 which allows you to increase the intensity more rapidly. After finishing Beginner 2, you're free to set your own pace.

When you select a workout it may need to be downloaded onto BionicGym – this may take a minute. Once ready press START.

Your phone/pad communicates with the Control Unit.

Use the **Volume** control to increase /decrease the intensity. It is normal not to feel much until the intensity reaches 10-15. The intensity level is displayed in the circle. Press PAUSE to pause the session. Press RESUME to restart. Press STOP to stop the session.



The session may also be paused by pressing the **orange button** on the control unit. Keep it pressed for 2 seconds to switch the unit off. Double press to resume the workout. The circle changes from white to orange as you progress through the session. If the unit loses connection with the App it may pause after a while (for safety reasons) and you may need to un-pause/restart the program. Even when the connection is

lost, you can always stop a workout by pressing the orange button.

Introductory /Beginners' Session

You are ready to start.

DURATION: The first session lasts for 1 hour (but, of course, you can stop anytime).

LIMITS: The Beginners' Session has limits on how quickly you can increase the intensity. As you reach a limit, you cannot increase it again for 5 minutes. This encourages you to increase the intensity slowly. Often if you increase the intensity quickly, the **body needs to adjust** to each new level for a few minutes before moving higher again. Feel free to go down an intensity level for a few minutes and then go back up. For this program, the maximum intensity, at the end, is 60.0.

STAND UP: When using BionicGym for the *first* time, it is recommended that you use it standing next to something that can help you balance, such as a desk or the back of a couch.

STAND SUPPORTED

STAND NEXT TO A DESK TO
ASSIST YOUR BALANCE.



START THE SESSION: Press start on the app and gradually increase/decrease the intensity using the volume buttons.

WHAT TO EXPECT: At first you may feel nothing, then a tingling on your skin as you increase the intensity, then the muscles contracting rhythmically.

For most people, as you increase the intensity there is a pulsing/shaking sensation which is unusual but comfortable.

COMFORT & INTENSITY: If there is skin discomfort, reduce the intensity slightly, wait a few minutes and then increase it again slowly. If this persists, see the FAQ or tutorials.

Note: If during the session there is tightness or discomfort in the inner leg, it is often because an upper electrode needs to move outward (see set-up section and FAQs).

PAUSING: try pausing using the app and with the orange button too – good to know. (Un-pause using the app).

END OF THE SESSION: When the session is nearly over, most of the workout programs have a 'warm down' period for about 5 minutes.

Congratulations, you've used BionicGym for the first time.

SWITCH OFF THE CONTROL UNIT: Firstly, switch off the control unit using the POWER & PAUSE button by holding this button for two seconds. The light will turn off to confirm it is switched off. It will switch off automatically after a while if you forget.

MOVING AROUND SAFELY

AS BIONICGYM PRODUCES INVOLUNTARY MUSCLE CONTRACTIONS, YOUR BALANCE, MOTION AND COORDINATION CAN BE IMPAIRED.

WHILE BIONICGYM CAN BE USED SITTING, LYING DOWN OR STANDING IN SAFE SITUATIONS, IF YOU NEED TO MOVE OR WALK AROUND, MAKE SURE THE UNIT IS POWERED-OFF.



REMOVE BIONICGYM:

Unplug the wire from the left wrap then take it off. Place it flat on a surface with the electrodes which should be still attached to the wrap and facing up. No need to remove electrodes from the wrap between sessions.




GEL PAD COVERS

Replace the plastic covers over the electrodes. If you lose them, cling-film will do. Then repeat with the right wrap.

10. Auto-Stop



BionicGym has an optional Auto-Stop feature that you can enable in the Settings menu (in the  drop-down menu). If enabled the unit will automatically dial down unless you interact with the app / your phone/device every few minutes.

11. Workout Sessions

When you complete the Beginners' Programs you can move on to the proper training sessions. There are no intensity limits (except the max, of course) on these so gradually increase the intensity of your exercise during the session. Let your body adapt at each new level. And from one session to the next you should aim to increase your workout level (within your limits).

The workouts have a brief description. Mostly they are an hour-long and include a five-minute warm-down phase. They each have different characteristics. Find which works best for *you*, e.g. which gives *you* a better overall workout (not necessarily the highest intensity).

The sessions may change from time to time based on user feedback and our on-going testing and research. The App automatically finds updated Workouts if your device is internet connected.

If you have the BionicGym (standard) you will not be able to access the PRO (and HIIT) workouts.

12. Zones

We are all different. Some people need extra quadriceps stimulation (front of leg), others hamstring or gluteal (bum). Find what balance works best for *you*. You can select the zones when selecting the workout (available for most but not all workouts).

In different situations, you may prefer different zones. For instance, when sitting you may prefer a different zone to standing.

If unsure which is best for you ... use our default/standard setup.

13. Workout Programs (standard BionicGym)

These may be updated from time-to-time. Updated programs will be described in the PDF version of the manual available at www.BionicGym.com

At each level there is a selection of programs that helps you find the ones more suitable for you.

Beginner Level 1 (Standard). This is the program you should start with. It is a gentle introductory program lasting 1 hour. You are limited in how quickly you can increase the intensity. It starts with a 'warm up' for five minutes. This will cause gentle contractions of your thigh muscles. After five minutes the contractions increase slightly in speed. After a further 50 minutes the tempo will decrease again and the intensity will ramp down (get easier) towards the end of the hour.

Beginner 1 - Zone: less Ham. Some people like less stimulation of their Hamstring muscles (at the back of the thigh). So in this program we reduce the strength of the impulses that target the back of the legs. (Otherwise similar to Beginner Level 1 Standard).

Beginner 1 - Zone: more Quads. If you choose this program the strength of the quadriceps muscles (at front of thigh) will increase relative to the other muscles. (Otherwise similar to Beginner Level 1 Standard).

Beginner 1 - Zone: more Glutes / bum. If you choose this program there will be increased contraction of the gluteal or bum muscles. (Otherwise similar to Beginner Level 1 Standard).

Beginner Level 2 (Standard). After using Beginner Level 1 you should progress to this workout. Also 1 hour long. You are able to increase the intensity of the stimulation more rapidly. It is similar to Beginner Level 1 except that the contractions are at a slightly higher tempo.

Level 2 - Zone: less Ham/ Zone: more Quads/ Zone: more Glutes / bum. As above you can choose these programs to optimize the contraction balance for you.

Level 3 This is the same as Beginner Level 2 except there are no limits on how quickly you can increase the intensity. We recommend increasing the intensity steadily.

Level 3 - Zone: less Ham/ Zone: more Quads/ Zone: more Glutes / bum. As above you can choose these programs to optimize the contraction balance for you.

Level 4 This is similar to Level 3 except the tempo of the muscle contractions is slightly faster -more challenging. As usual, it starts with a 'warm-up' for five minutes. For the following 50 minutes the muscle contractions are slightly faster. There is a five minute 'warm-down' (slower tempo and automatic ramping down of the intensity) to complete the hour workout.

Level 4 - Zone: less Ham/Zone: more Quads/ 1 Zone: more Glutes / bum. As above you can choose these programs to optimize the contraction balance for you.

Level 4 TWO HOURS. This is the same as Level 4 except it lasts two hours. Five minutes 'warm-up', one hour and 50 minute workout followed by a five minute 'warm-down'.

Level 4 TWO HOURS Zone: less Ham/ Zone: more Quads/ Zone: more Glutes / bum. As above you can choose these programs to optimize the contraction balance for you.



14. BionicGym Pro (and PRO+ HIIT mode)

BionicGym Pro features more intense workout sessions as well as high-intensity-interval-training (HIIT) programs.

Registering BionicGym Pro

If you've ordered the BionicGym Pro or the PRO+HIIT, you will have received an email with the registration code. This may be entered on the log-in page. (Note: some users will be automatically registered for PRO. The registration codes are limited and tracked).



You can enter this code when you **Register for the first time** or later via the **Setting** menu; Log OUT and you will be brought to the login page where you can enter the code.

You can order an **Upgrade** code to PRO at any time via the in-App links or at bionicingym.com. Once updated the Logo will have PRO added to it and there will be more Workouts available (the PRO and HIIT workouts will be unlocked).



More intense workouts with PRO

In the Select Workout screen there will be a new folder with PRO workouts. These are similar to the Standard session except more challenging and the impulse intensity is stronger. [Note intensity 50 at the PRO level is much stronger than intensity 50 at the standard level].

PRO Workouts

From time-to-time these may be updated. The updated files will be described in the PDF manual available at www.BionicGym.com

PRO Level 1 - This follows the standard pattern: 5 minute 'warm-up', then 50 minutes at a faster tempo [this is also faster than the standard programs] then 5 minutes 'warm-down'.

Level 1 - Zone: less Ham/ Level 1 Zone: more Quads/ Level 1 Zone: more Glutes / bum. As above, you can choose from these programs to optimize the contraction balance for you.

PRO Level 2 - This will be the optimal training pattern for most people. 5 minutes 'warm-up', 50 minutes workout at a higher tempo than PRO Level 1, 5 minutes 'warm-down'.

Level 2 - Zone: less Ham/ Level 1 Zone: more Quads/ Level 1 Zone: more Glutes / bum. As above, you can choose from these programs to optimize the contraction balance for you.

PRO Fast-Twitch: This program is suitable for some people with (it is thought) a pre-dominance of fast-twitch fibers. 5 minutes 'warm-up' followed by a very fast-tempo workout and 5 minutes 'warm-down'. Most will find the contractions come too quickly and will find they can get a better overall workout with other programs.

PRO Fast-Twitch Zone: less Ham/ Level 1 Zone: more Quads/ Level 1 Zone: more Glutes / bum. As above, you can choose from these programs to optimize the contraction balance for you.

HIIT: High Intensity Interval Training

These workouts are inspired by the popular HIIT training programs. They automatically alternate easier and tougher periods (You always control the overall intensity). The different workouts challenge your body in different ways. Some are tough – be warned! **Use within your limits.** The HIIT programs may be updated from time to time.

HIIT Workouts:

Tabata 20:10 - Twenty seconds intense exercise is followed by 10 seconds of easier exercise. Your leg contractions are more frequent during the 20 seconds and the intensity ramps up to a higher level, i.e. the contractions are both stronger and more frequent. It also ramps down so there is a smooth transition to the easier level. This alternating hard and easy is repeated 56 times (=28 minutes).

Tabata 20:10 - Zone: less Ham/ Level 1 Zone: more Quads/ Level 1 Zone: more Glutes / bum. As above, you can choose from these programs to optimize the contraction balance for you.

Masochist: This program is intended to be tough. It is designed to progressively fatigue muscle as you move through the workout. The strength of the muscle contractions is much stronger than in the regular programs. Every couple of minutes the repetition rate of the contractions change. [At 5 minutes, +3 minutes, +3 minutes, +2 minutes and + 2 minutes = 15 minutes in total]. Within a section they ramp up and down [the contraction gets stronger and easier]. For the last two sections the contractions flip to a much lower frequency – which also ramps up and down (but still not easy!). This sequence lasting 15 minutes is repeated once.

15. FAQ and Troubleshooting

Check out the Troubleshooting / Frequently Asked Questions links via the App as they can be updated and have more info.

It is cramping on the inner leg:

This may happen if the electrodes are positioned too close to the inner leg. See section on how to correctly position the electrodes (page 16 of this manual).

I'm getting sharp sensations on the skin:

Skin dryness /nicks /bites.

If your skin is dry or cracked this may lead to uneven impulses causing stinging sensations. Use a water-based (creamy) moisturizer to prepare the skin. Rub it in well. Or you can wet the skin in the electrode areas before use. Sometime if you leave the wraps on for a while before starting the stimulation the gel surface dries out and you need to wet the skin before continuing.


If you have a small cut or blemish the stimulation may concentrate there causing a localized stinging so simply cover the area e.g. a *small* band-aid/ piece of tape. Shaving the legs causes micro-cuts ... so don't shave for an hour or two before using.

Check the electrodes:

They may be folded back. The stud should be covered by the electrodes – grid side to wrap/stud. (The grid should *not* be visible when the electrodes are on the wrap). Electrode(s) may be too worn, frayed or dried out. Often wetting the skin or the electrodes will increase the lifespan of the electrodes. (Consider ordering more -via in-app store / bionicgym.com).

NOTE: it is normal to feel skin sensations (occasionally sharp) the first few times you use BionicGym. **Reduce the intensity** if uncomfortable. *Stay with it* at a level where you are comfortable (say, for 10 minutes) and then gradually increase the intensity. Most commonly your body just needs to adjust to new sensations. **Make sure the wraps are tight** – as this improves the electrode contact.

BionicGym won't pair to your phone/pad?

Is this unit charged and turned ON? Is your Bluetooth turned ON on your phone/device? Close the App and turn the unit off. Restart both. In the  Settings menu select Devices to check which Bluetooth devices are available. There may be more than one BionicGym in range. (Select the BionicGym you wish to use. Hint: move away from other unit so that only one BionicGym is available for connection).

Too strong on the back of the legs (hamstring) / front/ bum (glute), etc.

Each of us is different, so we have zones that help you get the balance right for you. See Section on Zones.

BionicGym won't turn ON /OFF...

Is the battery charged? Press the orange button for 2 seconds until a Blue LED appears to switch ON.... Press it for 2 seconds to switch OFF.

Do I need to consult my doctor?

Exercise is good for nearly everybody, however if you have an injury, medical condition or at higher risk you should consult your doctor first. Before engaging in vigorous exercise of any sort many countries recommend that people over 40, smokers, obese or have a family history of heart problems should consult with their doctor. [Consider using the AutoStop function... this ramps down the contractions periodically unless you keep the app active.]

Stimulation decreases/stops every few minutes:

The AutoStop feature may be enabled. Untick this Option in the Settings Menu.

Sizing issues:

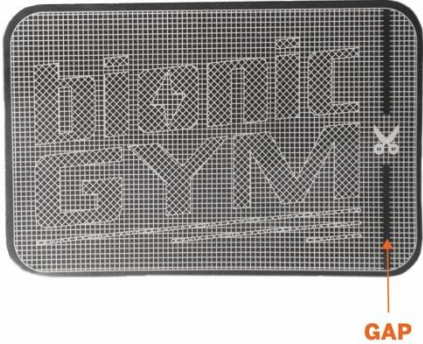
Wrap too small: if you have a small wrap consider getting a larger size via the in app store or bionicgym.com. If you have a Large wrap you may need wrap extensions. (If not ordered with the unit find them in the in-app store /bionicgym.com).

Wrap too big and cumbersome: See *video* on sizing issues.

Small/thin user and electrodes are touching or garment flaps overlapping too much: See video on sizing issues. (Video tutorial links in-app). May need to make adjustment.

Sizing Issues and Trimming Electrodes:

See sizing videos (in-app tutorials).



If you have very thin legs, the electrodes may overlap despite having them in the smallest position. In that case, you cut along the gap in the grid (look for the scissors sign). **Reduce the size of all 8 electrodes** to keep the stimulation balanced. At the cut edge **squeeze the gel edges together**. This reduces the chance of feeling a prickling sensation at the cut edge. [Note: it is easier to cut the electrodes with the plastic covers on].

Trimming the inner flaps of the wraps:

On smaller legs the inner white flaps (that the electrodes stick to) may be bulky or get in the way of easily closing the wrap. You can shorten the end of this flap by cutting away the excess material of the *inner* flaps. Note **never** cut the outer layer of material and be sure to cut only the part of the flap you will never need. (Hint: leave the electrode in position as you cut. See **video tutorials**).

Understanding the LED Lights:

LED Light	State
Blue Flash	Bluetooth 'advertising' but not connected
	Bluetooth connection lost during workout for a period
Blue Solid	Bluetooth connected
Purple Solid	Workout paused
Off (unit turns off)	Bluetooth did not connect during advertising period (80s)
Red Solid	Failed electrode check
	Unit fault
Red Flashing	Battery charging
Red and Blue alternating	Battery charged

16. Ordering Replacement Electrodes



The gel will degrade with use. The edges will fray and the surface will become uneven and collect skin/dust/hair, etc. They need to be replaced when this affects your workouts. Typically, the skin sensation may become sharper, especially at the beginning of a session.

You can follow the in-App links to purchase replacement electrodes. Or you can find them at the bionicingym.com webstore.

While waiting for replacement electrodes you can **wet** your legs with a little water in the electrode areas. You can also **tighten** the wrap – this improves electrode contact with the skin. You can increase the intensity more slowly allowing your skin nerves to get used to the sensations more gradually.

17. Support

Email: hello@bionicingym.com

Visit www.bionicingym.com

18. Care and Maintenance

Maintenance

BionicGym does not require any calibration or maintenance.

BionicGym device and its accessories should be kept in the BionicGym box and stored on a secured surface.

Keep replacing your electrodes after 20-25 uses as recommended.

Repair

BionicGym does not contain any User serviceable parts. Do not dismantle the Control Unit or the charger as they contain high voltage components which could cause electric shocks. Repairs must only be carried out by Medical Currents Ltd, approved technicians or repair services. If your BionicGym contains parts that appear to be faulty, please contact hello@bionicgym.com.

Cleaning

The control unit can be cleaned with a soft dry cloth. Avoid using chemical products and keep the control unit dry. The garment can be cleaned with a damp sponge.

Disposal



The BionicGym control unit contains batteries that must be disposed of in accordance with current national regulations. The BionicGym control unit and charger contain electronics that must be disposed of in accordance with current national regulations.



The garment is constructed from neoprene with a PVC logo patch, electrical cabling. The left leg pocket contains an ABS+PC dock for the control unit. The hard plastics of the BionicGym are constructed from ABS+PC.

19. Technical Information

General Information

Product: BionicGym.
Intended Use: Neuromuscular Electrical Stimulation.

The BionicGym is intended to stimulate healthy muscles in order to exercise, improve or facilitate muscle performance. It is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. None of the training programs or operational parameters are designed to target injured or ailing muscles.

Physical Dimensions

ITEM	DIMENSIONS			WEIGHT (g)
	W (mm)	L (mm)	H (mm)	
BionicGym Box	249 x 333 x 82			388
Wearable Wrap Large – R Leg	647 x 376 x 20			284
Wearable Wrap Large – L Leg	647 x 376 x 16			266
Wrap Extension	225 x 130 x 1.5			67
Wearable Wrap Small – R Leg	567 x 347 x 20			242
Wearable Wrap Small – L Leg	567 x 347 x 16			234
Connecting Cable	644 x 6.4 x 6.4			11
Control Unit	141.57 x 56.74 x 19.50			109
Charging Cradle	50.33 x 18.71 x 15.27			8
Charger	71.2 x 73.2 x 36.2			91
Charger Adapter US	39.98 x 39.98 x 26.30			10
Electrode (Gel Pad)	168 x 112 x 2.4			57

Power

BionicGym Adapter:
Input: 100 to 240 V_{AC}; 0.6 A; Output: 12 V_{DC}; 1500 mA.
BionicGym Control Unit:
2 x 3.7 V, 1250 mA. Hr Lithium-polymer (LiPo) Internal Batteries.

Environmental

Operating Range



Temperature: 0°C to 45°C (32F to 113F)

Humidity: 20% to 90% RH (Non-condensing)

Transport and Storage Range



Temperature: 0°C to 45°C (32F to 113F)

Humidity: 20% to 90% RH (Non-condensing)

Keep the unit dry at all times.

Neurostimulation

All electrical specifications are supplied for a load impedance from 500 to 1,000 Ω .
Pulse Waveform Shape: Rectangular, Symmetrical bi-phasic, Zero Net DC.
Pulse Width: 10 μ S to 400 μ S.
Maximum Pulse Current: 200 mA.
Maximum Average Current: 9.6 mA.
Maximum Current Density: 1.38 mA.cm⁻².
Pulse Intensity Increments: User adjustment of stimulation intensity from 0 to 100% in increments of 1 mA via Smart Device Application.
Maximum Charge per Pulse: 80 μ C.
Pulse Frequency: From 1 to 50 Hz.

EMC Information

The BionicGym complies with ANSI AAMI IEC 60601-1-2:2014 standard for Electromagnetic Compatibility.

Electromagnetic Emissions

The BionicGym is intended for use in the electromagnetic environment specified below. The user should ensure that it is used in such an environment.		
Emissions Test	Compliance	Guidance
IEC 61000-3-2:2014	Complies	The BionicGym is suitable for use in all establishments, including domestic and those directly connected to the public low-voltage power supply network that supplies Harmonic emissions buildings used for domestic purposes.
IEC 61000-3-3:2013	Complies	

Electromagnetic Immunity

Standard	Item	IEC 60601-1-2 Test Levels	BionicGym Test Levels
IEC 61000-4-2:2008	ESD	± 8 kV contact; ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 2 kV, ± 4 kV, ± 8 kV contact; ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air
IEC 61000-4-3:2010	RS	10 V/m 80 MHz – 2.7 GHz 80% AM at 1 kHz	10 V/m 80 MHz – 5.785 GHz 80% AM at 1 kHz
IEC 61000-4-4:2012	EFT	± 2 kV 100 kHz repetition frequency	± 2 kV 100 kHz repetition frequency
IEC 61000-4-5:2014	Surge	± 0.5 kV, ± 1 kV	± 0.5 kV, ± 1 kV
IEC 61000-4-6:2013	CS	3V 0.15 MHz – 80 MHz 6V in ISM and amateur bands between 0.15 MHz and 80 MHz 80% AM at 1 kHz	10V 0.15 MHz – 80 MHz 80% AM at 1 kHz
IEC 61000-4-8:2009	PFMF	30 A/m 50 Hz or 60 Hz	± 0.5 kV, ± 1 kV
IEC 61000-4-11:2004	Voltage dips & voltage variations	Voltage Dips: 1) 0% UT; 0.5 cycle at 0°, 45°, 90°, 135°, 225°, 270°, 315° 2) 0% UT; 1 cycle; Single phase at 0° 3) 70% UT; 25/30 cycles; Single phase at 0° Voltage Interruptions: 0% UT; 250/300 cycle;	

Radio Frequency Wireless Information

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.

FCC ID: 2ARJQBG01

Radiated output power (RF): 2.4 GHz, 3 mW Max.

Recommended Separation Distances

The BionicGym contains a Bluetooth® Radio Module and it is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The user of the BionicGym can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the BionicGym as recommended below, according to the maximum output power of the communications equipment.

Recommended separation distances between portable and mobile RF communication equipment and the BionicGym.			
Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	$d = 1.17 \sqrt{P}$	$d = 1.17 \sqrt{P}$	$d = 2.33 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.37	0.37	0.75
1	1.17	1.17	2.33
10	3.70	3.70	7.36
100	11.70	11.70	23.50

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (w) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.















NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.










EU Only



Wireless communication equipment such as wireless home network devices, mobile phones (other than your own), cordless telephones, base stations and walkie-talkies of between 1W to 10W can affect this equipment and should be kept a distance of least 2.3 to 7.3 metres away from the device.



Explanation of Symbols

The following markings and symbols may appear on the BionicGym device, App, or in the manual:

	Read and follow the instructions in the manual.
	Warning, Caution and Precaution to note.
	CE Mark
	Federal Communications Commission
	Manufactured By
	Use By
	Batch Number
	Serial Number
	EC Authorised Representative
	Temperature Range
	Humidity Range
	Type BF Applied Part
	Class II Equipment
	Indoor Use Only

	Important.
	Do.
	Do Not.
	Consult your doctor, as advised.
	Auto-Stop Option: Pauses your workout program if you do not interact regularly with your phone/device.
	WEEE: Waste Electronic and Electrical Equipment. Dispose of in accordance with national current regulation
	Recyclable material.
	This device uses Bluetooth®
	Do Not Bleach

	Do Not Tumble Dry
	Hand Wash Only

	Do Not Iron
	Do Not Dry Clean

Patents /copyright /trademarks

BionicGym incorporates features and innovations with patents pending. All the stimulation patterns, code, app etc. are the copyright of Medical Currents Ltd and the BionicGym name, logos, etc. are trademarks of Medical Currents Ltd. The terms of use specify that no attempt to be made to reverse engineer or copy any aspect of the device, outputs or associated app/ software, etc., without the written permission of Medical Currents Ltd. BionicGym name, etc. has international trademarks.

How to get help

For customer assistance, contact hello@bionicgym.com



Manufactured for Medical Currents Ltd. by:
Gentian Services Ltd.,
Bay 89.3, Shannon Free Zone,
Shannon, Co. Clare, Ireland,
V14 E177

20. TOP TIP

Make BionicGym a habit! Always use it, say, after lunch, standing at your desk for an hour or watching your favourite program at home.... *every* time you watch the program.

The more you use it the more you will love it. Especially in the first few weeks as your body adjusts it is important to use it *regularly*. Use it at levels that you are comfortable with and then gradually increase. (Within your limits) increase the intensity slowly within a workout and from one workout to the next.

More tips from users in BionicGym forums.

If you think others will benefit from this exercise please help spread the word.

Thank you for your interest in BionicGym, especially to our backers on Indiegogo that have made this possible.

