FlexPro Grip User Manual

1. App Settings
    a. System color mode: when turned on, system color mode will match the color mode of the app to the color mode of your phone
    b. Dark mode: when turned on, the app will be put in dark mode independent of your phone's color settings
    c. Play sounds: when turned on, the app will beep to indicate when you have reached your target force and when your hold time has expired
    d. Show "recalibrate" button: when turned on, a recalibrate button will appear at the top of the reading screen. This button allows you to recalibrate your device at any time.
    e. Show readings box: when turned on, a box will appear on your reading screen which shows the raw readings from your device. This only needs to be turned on if you encounter device reading errors and you require our assistance to troubleshoot.
    f. English/Español: allows users to select whether app language is in English or Spanish

2. The Tutorial, which can be accessed at any time from the Profile page in the App, covers:
    a. Turning on your device
    b. Connecting your device
    c. Fitting your device
    d. Navigating your Home page
    e. Navigating your History
    f. Navigating the Protocols page and how to perform a training session
    g. Navigating the Profile page, Settings page, and naming your device
    h. How to use your device

3. The Getting Started page under the user portal on our website (www.flexprogrip.com) covers:
    a. How to charge your device
    b. Downloading the app
    c. Creating your account
    d. Fitting your device
    e. Connecting your device to the app
    f. App navigation
    g. How to perform each exercise
    h. Training protocol options and where to start
    i. Troubleshooting