



mTrigger® Biofeedback System: Quick Startup Guide

1. **Charge** mTrigger® biofeedback device using the provided charger.
Note: Do not charge device overnight. Maximum charge should be reached within 3 hours, and excessive charging may impact battery life. Charging is indicated by a red light, charge complete by a green light.
2. Search "mTrigger biofeedback" in the Apple App or Google Play store and **download** the mTrigger® Biofeedback App to your mobile device.
Compatible with Android and Apple phones and tablets.
3. Turn on device by sliding **power** switch on the right side. A white light will illuminate the m. Open app and select "**CONNECT**" in the upper right, matching the serial number on the underside of your mTrigger device.
If an error occurs, ensure location services are enabled, Bluetooth is ON, and visit our FAQ page.
4. **Attach** electrode connector cables to mTrigger EMG ports (left side of device), then attach custom sensing electrodes to cables.
5. **Place** one pair of electrodes on muscle belly of primary target muscle.
See Electrode Placement Database for guidelines. Add a second pair of electrodes to secondary target muscle if utilizing dual channel mode.
6. From the Home screen, go to **Settings** to set up treatment parameters.
See our Settings training video at mtrigger.com/setupandnavigatingtheapp
7. **Save** settings and return to home screen.
8. From the Home screen, tap to enter **Train:**
 - a. Modify MVC goal if needed using the slider bar. *See: Setting your MVC Goal*
 - b. Hit the play button on the bottom bar to begin recording your timed session, or utilize Train without recording reps
 - c. Save results when prompted at session completion to see output in the **Track** module.