



mTrigger® Biofeedback System: Home Use Quick Start Guide

1. **Download** the *mTrigger* Biofeedback app to your mobile device.

iOS (Apple):



Android:



2. Slide switch on right side of mTrigger down to **power on**. Open app and select "**CONNECT**" in the upper right; tap the serial number that matches the one on your mTrigger device. Calibration will begin.
NOTE: When prompted, enable Bluetooth / Location services.
3. **Attach one pair** of electrodes to the connector cables. **Place** one pair of electrodes on muscle belly of primary target muscle and plug into CH1 port on left side of mTrigger device.
NOTE: Add a second pair of electrodes to secondary target muscle and plug into CH2 if using Dual Channel mode.
4. Tap "**Advanced Settings**". Select Single or Dual Channel mode. Set MVC goal to 1000uV (or as instructed by your PT). Set time parameters based on instructions from your PT; if custom settings are unknown, set to: 5 min. total, 10 seconds contract, 10 seconds relax. **SAVE**. Return to home screen.
5. From the Home screen, tap to enter **Train:**
 - a. Hit the play button on the bottom bar to begin recording your timed session.
 - b. Complete your prescribed home exercises.
 - c. Save results when prompted.