INNER ARMOR CORE

GETTING STARTED

Welcome to Inner Armor - Core!

1. Download the App
- Visit App store or Google Play store and search for "Inner Armor"

Inner Armor
Performance Training
★★★★★ 23
Sports | Health & Fitness | Inner Armor

FOCUS
Sharpening
100%
114 / 500
Focus Points

INNER ARMOR
★ 12 / 10   Seated
1:19

Skin Temperature

Skin Conductance

Calm   Centered

2. Log-in using your credentials
- Locate your welcome email and search for your password to use along with your email address

INNER ARMOR

Email
example@samplemail.com

Password

Forgot Password?

LOGIN

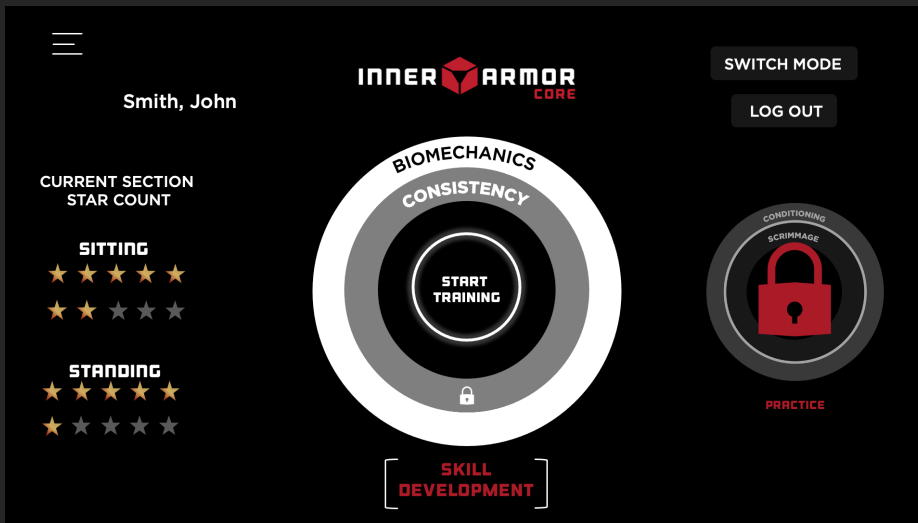Stay logged in? ☐

3. Select/Click Inner Armor CORE

4. Get breathing belt

- Hold power button on breathing belt for 3 -5 seconds to turn on. Green light should appear to indicate power

- Put breathing belt on so that the sensor is directly in front of you with the belt fastened and tightened to your comfort

- Sensor should rest directly above your belly button

- The Inner Armor helmet should be facing forward so you can see the green light
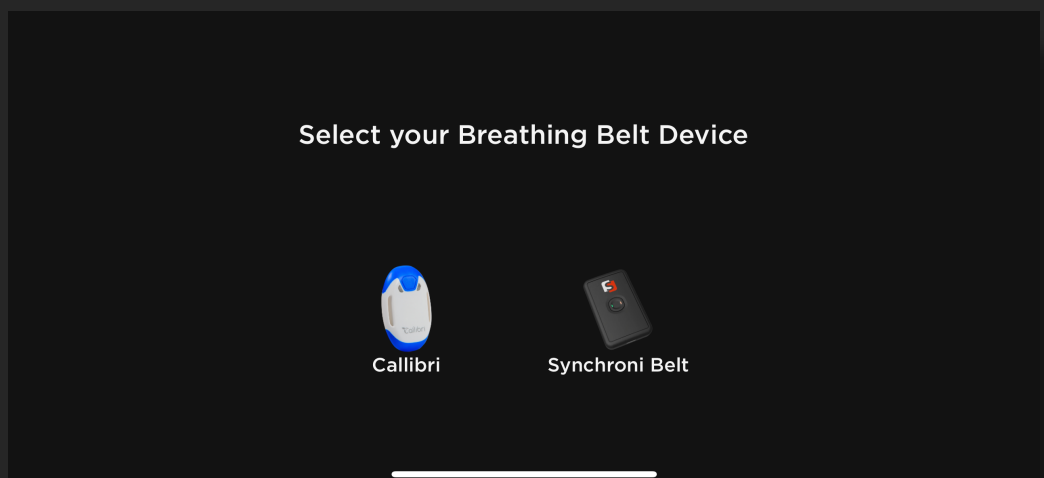
5. Press start session

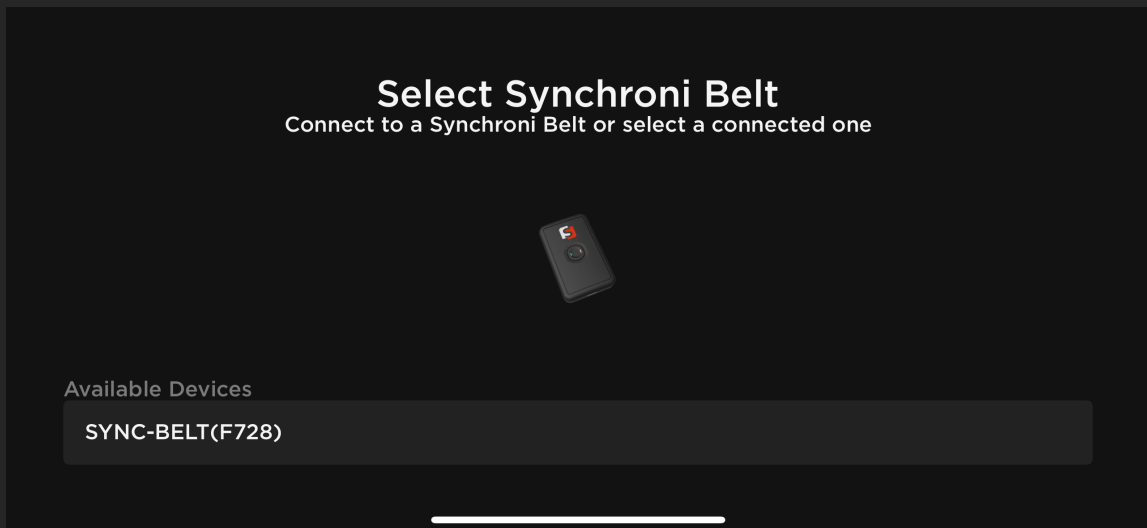- Make sure you are in a comfortable seated position with good posture for the first session

6. Connect the breathing belt via Bluetooth

- Back in the app select Synchroni Breathing Belt

- Search for the corresponding breathing belt number to appear under "Available Devices"
  - The last four digits on the top of the belt should correspond the four letters/numbers on the screen
- Select the number to pair the breathing belt (note in android you must pair the belt within the device settings, before paring in the app)

Select Synchroni Belt
Connect to a Synchroni Belt or select a connected one

Available Devices

SYNC-BELT(F728)

INNER ARMOR CORE

7. Once the belt is connected the warmup screen automatically appears with a breathing pacer of 10 seconds

- At the end of the 10 seconds the setting session will begin automatically

Please watch the next video for any overview of the session.

• • Check out our FAQs at www.forgeinnerarmor.com/core