

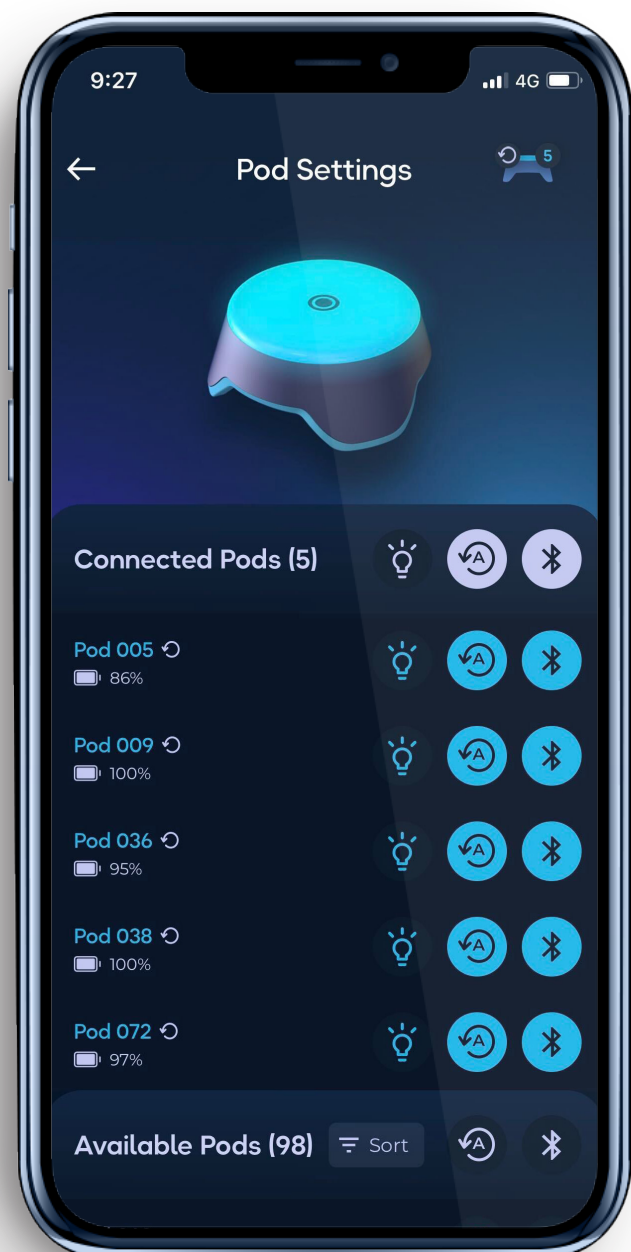
UPDATE YOUR PODS

USER GUIDE



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Open the app



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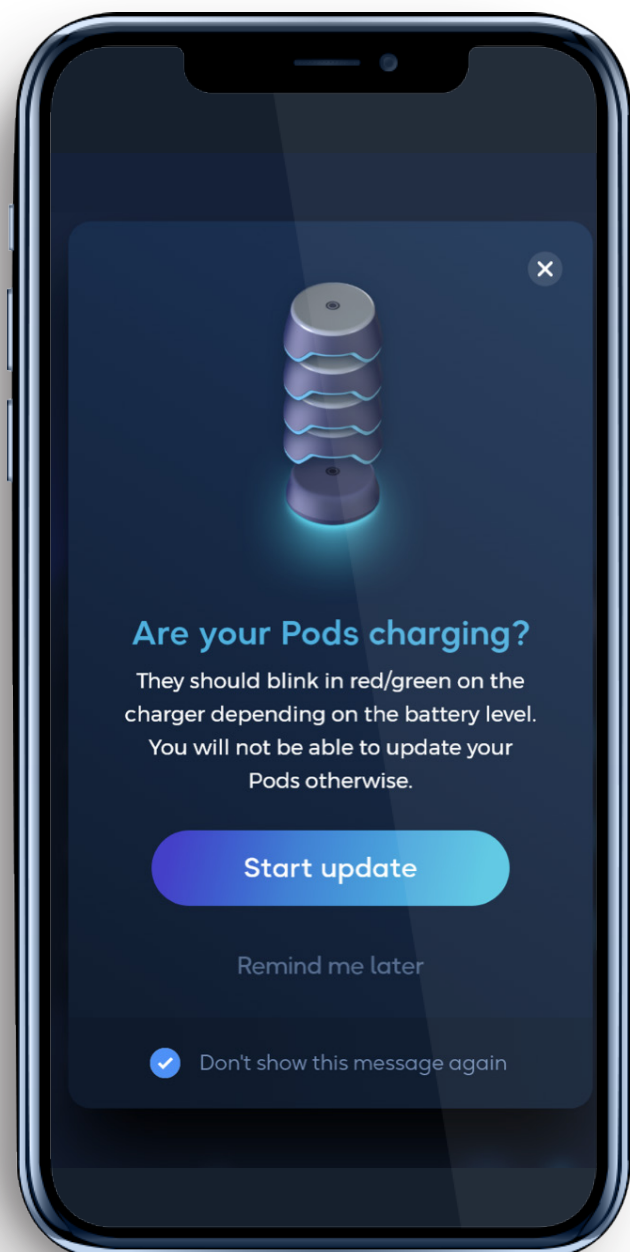
Connect to your Pods. Do you see the small icon on the Pods setting screen, indicating you have Pods to update?



- Press on the update sign. A popup will appear requesting that you place your Pods on the charger.
- Make sure to place all the blinking Pods on the charger. If you have more Pods around you that are not on the charger, collect them as well and put all your Pods on the charger.

** Reminder- 6 Pods on each charger. If you have more than 6 Pods, use your second charger as well.*

- Make sure the charger is connected to the electricity (use a wall socket, not a computer) and that the Pods are sitting tightly on the charger, stacked one on top of the other.
- This step is very important, if your Pods are not charging you will not be able to update them.
- Are all your Pods charging on the charger? Press "Start the update"



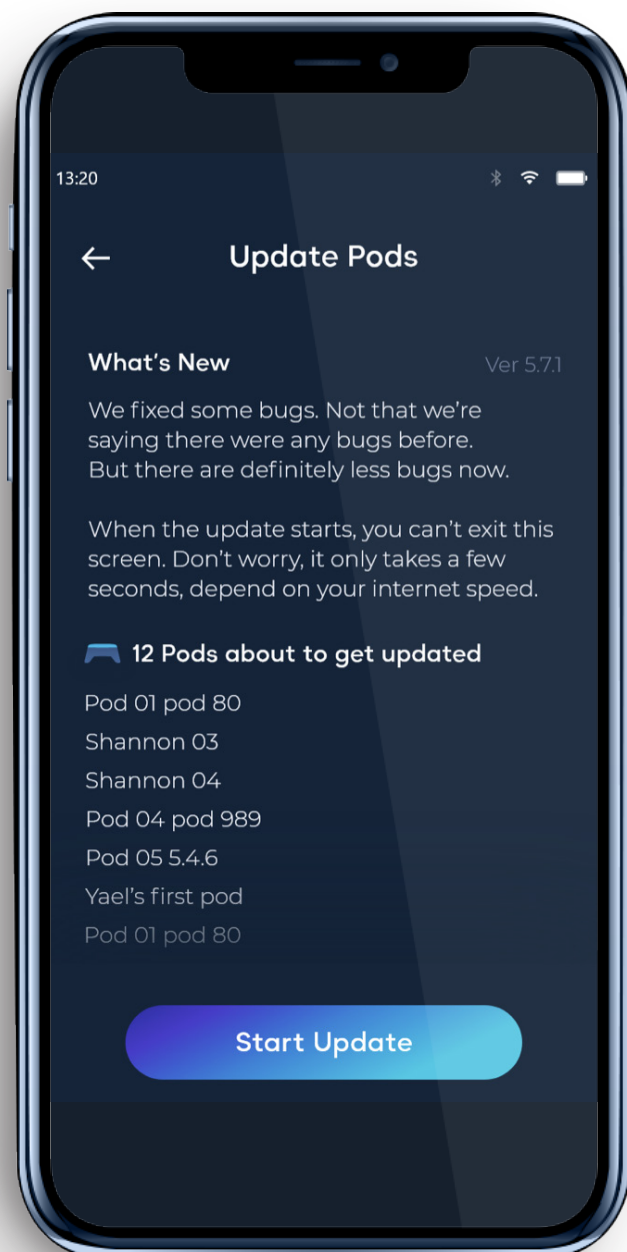
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A new screen will appear, with a description of all the new features in the new version. Read carefully and start the update.



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During the update process, don't move your Pods from the charger and wait until all your Pods are updated. This may take a few minutes.

If a problem occurs, we recommend making sure that all your Pods are charging and restart the process.



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Your Pods been successfully updated? Amazing! You can remove them from the charger and start training!

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If you experience technical issues - please contact us
(Reply to this email)

Explain exactly what happened, a screenshot or videos of the problem may help.

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We would love to hear feedback from you about the update process, so feel free to send us an email and share your feedback!



We are available for any questions and feedback, hope to hear from you soon! Enjoy your upgraded Pods.