

# Motricity Exercise

## Installation guide

Préambule :.....	2
Prérequis :.....	2
Installation : .....	2
Package sur un ordinateur.....	2
Package directement sur le téléphone.....	4
Désinstaller l'application .....	4

## Preamble:

Due to the wide variety of Android distributions, we cannot provide precise instructions for installing our application. Therefore, we often refer to the official documentation of your smartphone model.

## Prerequisites:

- Download the APK (on a computer or on the phone where the installation should take place)  
Download link: <https://github.com/RGouaud/MotricityExercices/>
- A smartphone running Android version 6 (Marshmallow, starting from 2015)
- The charging cable for your phone

Referring to the documentation specific to your smartphone model:

- Know how to access the file explorer of your application
- Allow the installation of applications from sources outside the Play Store via the "Files browser" application (**CAUTION**: risky action)

## Installation:

Two possible configurations:

The package has been downloaded on a computer

The package has been downloaded directly on the phone

### Package on your computer

When the APK is downloaded on your computer, you will need to transfer it in your phone.

For this, you will need to connect your phone to your computer, using the phone's charging cable.

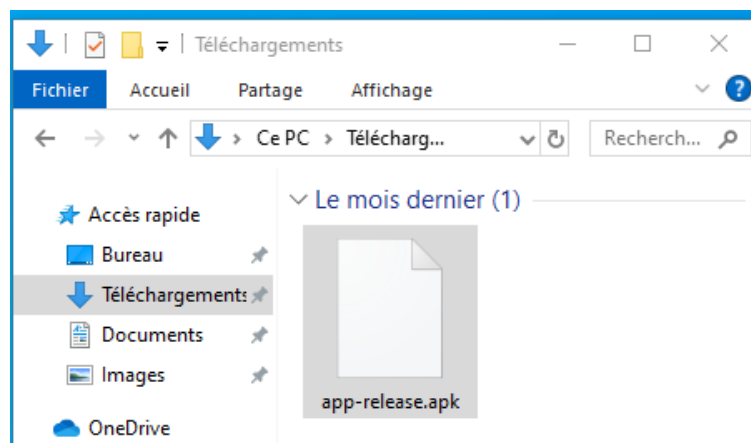


Now, you should see your phone appears as an external disk on your computer



If it doesn't appear, it's okay, it's probably because your phone blocks the file reading while you don't unlock it at least once.

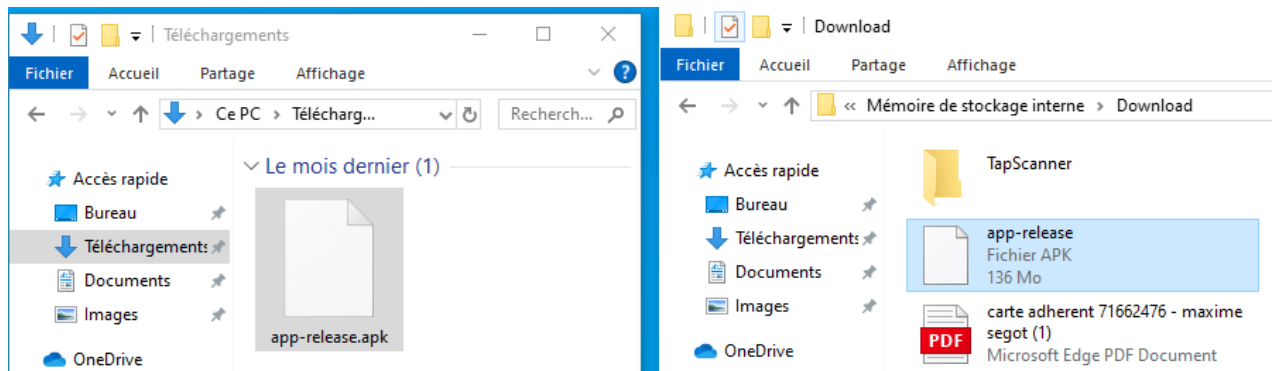
Now, to transfer the application to your phone, you will need to open a file browser on a side of your computer screen and find the application on your computer.



Then, open on the other side of the screen, another file browser on your phone. Follow a path looking like /internalStorage/Download



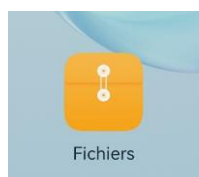
Then drag and drop the application from your computer to your phone download's directory.



Once the package is on the phone, refer to the following: Package directly on the phone

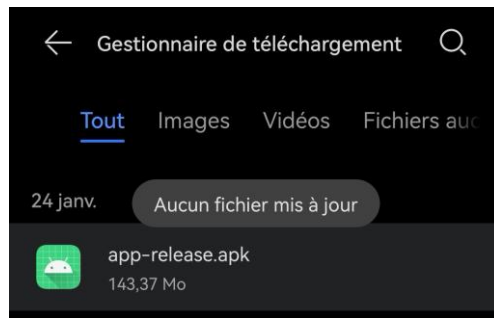
## Package directly on the phone

Now, you will need to find and open your file explorer (the method to access it may vary depending on the brand of your smartphone, refer to the specific documentation for your model).



Navigate to the "Downloads" folder.

You will notice that the previously downloaded APK of the application appears there.



You will need to click on it to initiate the installation of the application.

The application will then install like a typical application, as if it were installed from the Play Store.

## Uninstall the application

To uninstall the application, simply perform a long press on the application's icon in the application explorer, then continue to press on it. This will open a contextual menu with an option to uninstall the application.



**Caution:** This action will delete the application, as well as all associated exercise results.