

Motricity Exercise

Installation guide

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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

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

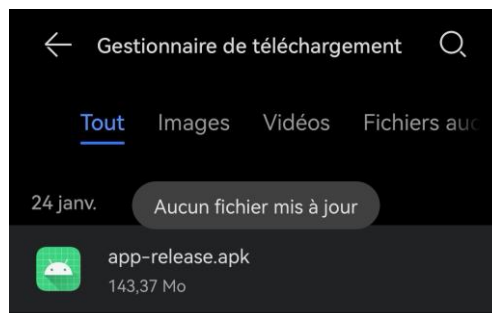
Package directly on the phone

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.