Myotester Guide

1. Welcome Page: hit ***I'm ready*** to continue. (Fig. 1)
2. Information Page:
    a. Please ***grant all permission*** to ensure the functionality of the App. (Fig. 2)
    b. Make sure you enter all necessary information of the current test session. (You must do 3 groups for each weight, so select from 1 to 3) (Fig. 3)
    c. When finished, hit ***confirm*** to continue.
3. Workout Page: (Fig. 4)
    a. Hit ***Demo-run*** to check and familiarize the protocol with animated illustrations.
    b.
    c. Hit ***START*** (or use the ***volume up button***) to start a group of real workouts. During the test, please ***follow*** the voice instructions.
    d. If you get fatigue or feel hard to follow the protocol, hit the ***STOP*** (or use the ***volume down button***) to terminate the current group. (The process will stop after current workout finishes) (Fig. 5)
    e. When completing a group, please ***select*** whether the last workout is done properly or not. (Fig. 6)
4. Results Page: this group of workouts is finished, please ***follow the time suggestions*** shown to prepare for the next group of workouts. (Fig. 7)

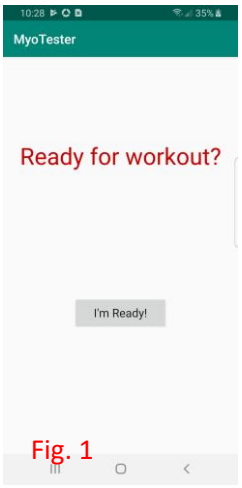

Fig. 1

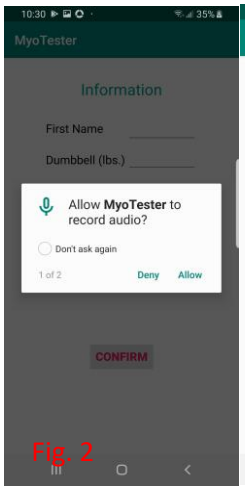

Fig. 2

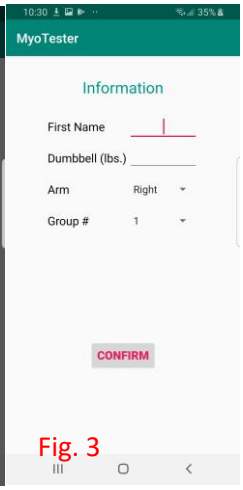

Fig. 3

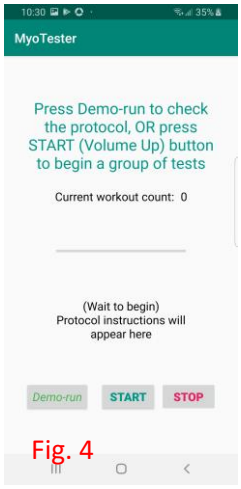

Fig. 4

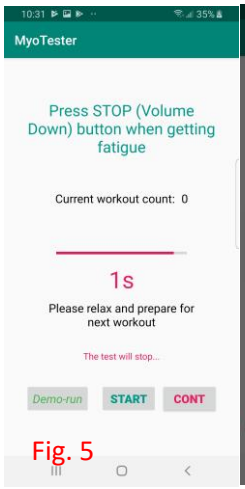

Fig. 5

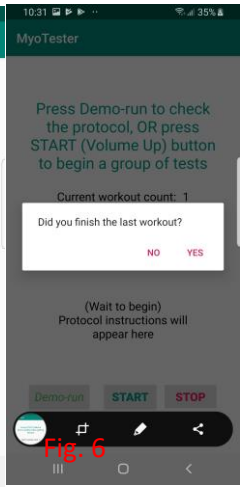

Fig. 6

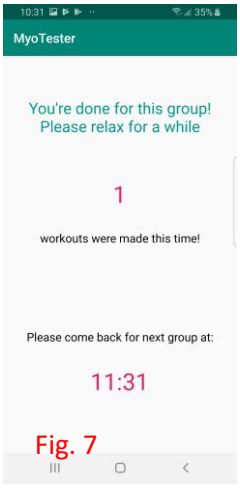

Fig. 7