

SQUEGG™

Measure. Monitor. Improve



Quick Start Guide

Package Contents

- Squegg: Bluetooth-enabled strength training device that evaluates, monitors & improves grip strength through fun & engaging ways.

Disclaimer: It's not a standard grip strength measurement device. Do not compare with a Dynamometer as both devices has different grip positions and readings may vary.

- Cable charger (USB Port)
- Phone Holder: To support your mobile phone when using the app and to keep it from falling



Bluetooth Connection

1. Squeeze the Squegg a few times to activate the device, which will turn on the led light.
2. The Led will continue to flash until Squegg is paired with your smartphone.
3. Once paired with your smartphone's Bluetooth, the LED will stop flashing, and Squegg is now connected to your device and ready to use.
4. If the Squegg is disconnected and inactive, the LED will flash again. The Led will continue to flash and turn off after 2 minutes. This indicates that the device is turned off. Squeeze again to turn it on.



Low Battery and Charging

1. When the battery is less than 20%, the LED light will continue to flash until plugged in to charge.
2. Once Squegg is plugged in, the LED will flash at a slower pace until fully charged.



Getting Started

1. CHARGE YOUR SQUEGG

It is recommended to charge Squegg first before use:

- Connect the jack to the charging port of your Squegg - located on the side, marked DC.
- Push the jack into the port.
- Make sure the jack is inserted securely and properly.
- Squegg should vibrate once charging has started.
- Charge for a minimum of 2 hours to fully charge. One full charge will give you 90 days of standby time and 15 continuous working hours.



Getting Started

2. DOWNLOAD & INSTALL THE SQUEGG APP

- Simply scan the QR codes below or search for "SQUEGG" to find it.
- Download and install the app.



APP STORE



PLAY STORE



Google Play



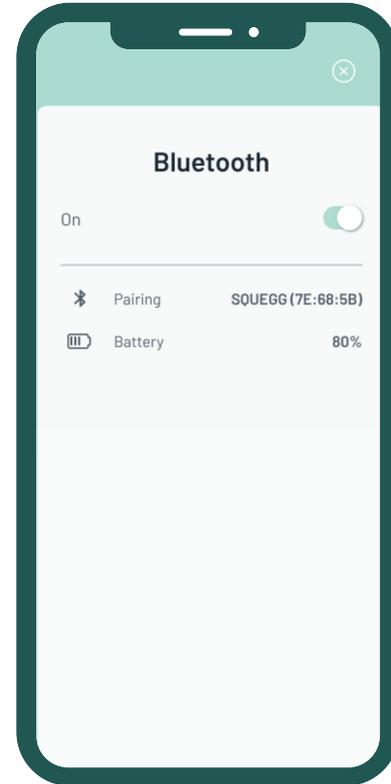
Getting Started

3. TURN ON BLUETOOTH

- On your phone, turn on Bluetooth before opening Squegg.

Note: If you have an Android device, please turn on your mobile's GPS (enable location services) - this is an Android requirement. Rest assured Squegg does not use your location in any way.

You may disable location services after pairing.

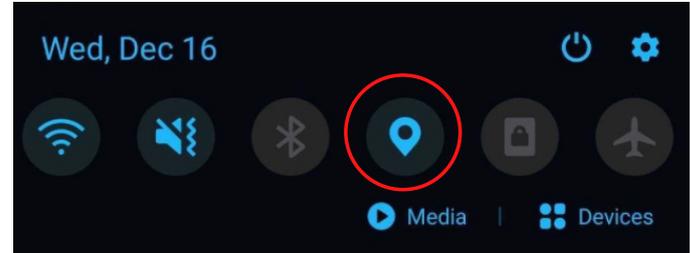


Turning on GPS/Location Services for Android Devices

1. Provide permission to the app.



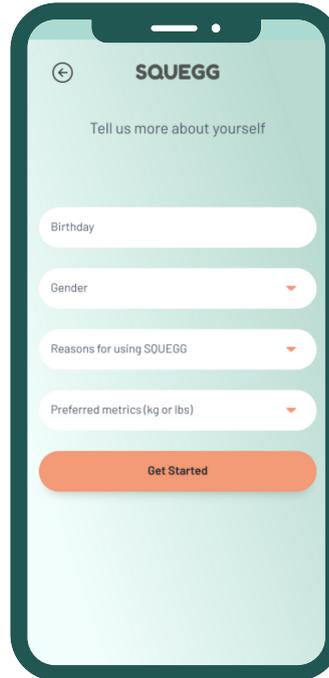
2. Enable location services by turning on Location in your device's quick settings - just swipe down from the top of your screen and tap on the location symbol.



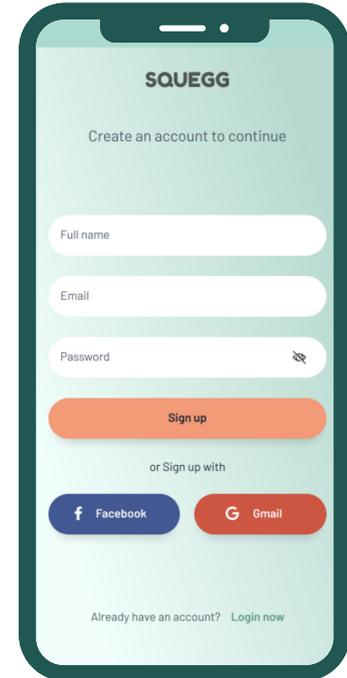
Getting Started

4. SIGN-UP

- Choose a way to create your account:
 - Email Registration
 - Facebook



A mobile app registration form for SQUEGG. The header shows a back arrow, the brand name 'SQUEGG', and the instruction 'Tell us more about yourself'. The form contains four input fields: 'Birthday', 'Gender' (with a dropdown arrow), 'Reasons for using SQUEGG' (with a dropdown arrow), and 'Preferred metrics (kg or lbs)' (with a dropdown arrow). At the bottom is an orange 'Get Started' button.



A mobile app registration form for SQUEGG. The header shows the brand name 'SQUEGG' and the instruction 'Create an account to continue'. The form contains three input fields: 'Full name', 'Email', and 'Password' (with an eye icon for visibility). Below the fields is an orange 'Sign up' button. Underneath, it says 'or Sign up with' followed by two buttons: a blue 'Facebook' button and a red 'Gmail' button. At the bottom, it says 'Already have an account? Login now'.

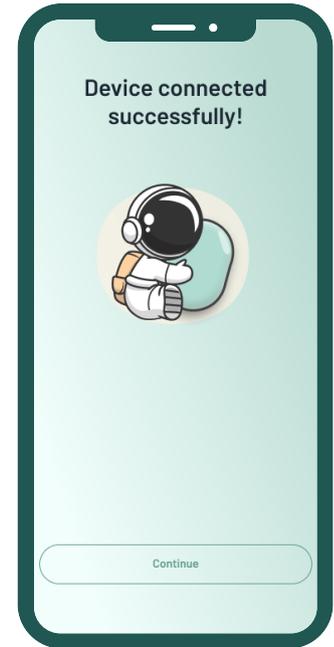
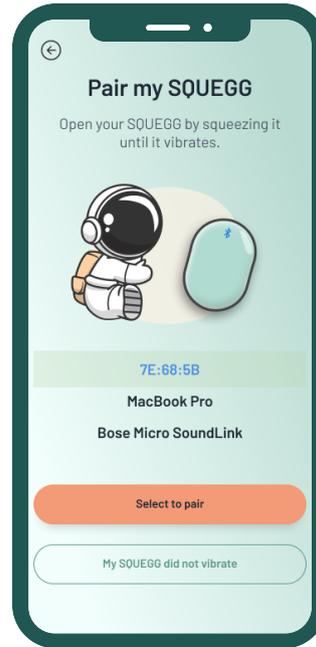
Getting Started

5. PAIR SQUEGG TO YOUR DEVICE

- Squeeze the Squegg to pair, following the on-screen instructions. It will gently vibrate when successfully paired.

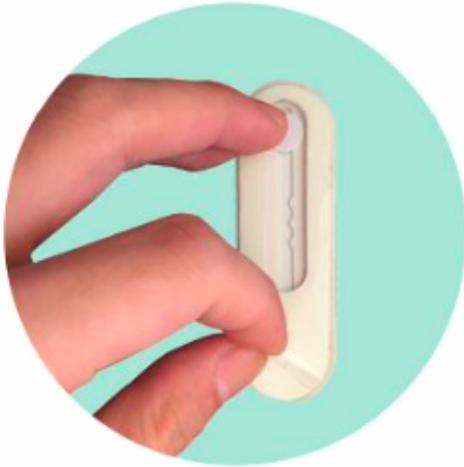
Note:

- *Android devices require location services to be enabled to connect to Bluetooth. Turn on your location and Bluetooth before opening the app. You may disable location services after pairing.*
- *If your Squegg doesn't vibrate after a few seconds, you may need to charge it. See page 5 for more instructions.*



How to Use the Phone Holder

1. Remove the plastic cover of the adhesive side of the holder. Stick this side in the back of your phone.



2. Push the lower end of the holder (where the Squegg logo is) upwards to create a curve/slot.



How to Use the Phone Holder

3. Insert your finger inside the slot to secure your hold on your mobile.



4. Turn your phone around in a landscape orientation and use the holder as a stand.



Troubleshooting Your Squegg

1. Check if your mobile's Bluetooth function is switched on before you open the app.
2. If you have an Android device, please enable location services - this is an Android requirement and we do not use your location in any way.
3. Make sure your mobile device is not running on VPN.
4. Check if your Squegg app is updated to the newest version.
5. Charge your Squegg as it might be lacking battery charge. Upon connecting it to the charger, squeeze the Squegg ball for 3 seconds and wait for it to vibrate.
6. While charging, if your battery is not showing charge, squeeze the Squegg for 3 seconds and wait for it to vibrate.
7. Every time you open the app, squeeze your Squegg for 3 seconds and wait for it to vibrate, or check if the Bluetooth symbol on the upper right side of the app no longer has the rotating arrows around it.
8. Connect the device with power supply, once the device vibrates, unplug it and try again. This should reset the Squegg.
9. If none of the above works, please reach out to hello@mysquegg.com and provide the following details:
 - Built: iOS or Android
 - Application Version
 - Phone name

If possible, share a video for the team to deep dive into the issue.

#StartSqueggingNow



www.mysquegg.com



hello@mysquegg.com



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