

IM-Home Set Up And Equipment Guide



Setup your equipment as shown to the left. Make sure both LED lights are blue. If they are not, unplug the USB cable from the computer and plug it back in. If this still doesn't work, try using another USB port on the computer.

Insert the batteries provided into the hand and foot trigger.



Hand Trigger

<http://www.youtube.com/watch?v=JbmhFz99ZdU>



Foot Trigger

<http://www.youtube.com/watch?v=4YY6dEGexlk>



Hand Trigger

Insert thumb in hole and Velcro strap on the back of hand. Place trigger in the palm of hand to clap on.

Foot Trigger

Place trigger on floor where you plan to begin training.

