



1. Wellness Mat



2. Transportation bag



3. Velcro® straps



4. Foam tube



5. USB cable

Install the Wellness Mat

1. **Remove the content** from the transportation bag (element 2).
2. **Remove the Velcro Straps** (element 3) and **unroll the mat** (element 1).
3. **Place the Wellness Mat** on a flat surface
4. **Charge the Mat** using the USB Cable (Element 5) provided and a compatible USB transformer in your country for at least 2 hours.
5. **Switch On the mat** using the switch located on the side of the case. The white LED on the front of the case will start blinking.

Install the Demo Software

Recommended Requirements: Intel core® i5, Windows® 10, 4 GB RAM, USB, Bluetooth® connectivity. Using a system with lower features can cause malfunction of the software.

1. **Install the Demo Software as an Administrator to use all the features of the system.** You can find the installation file in the Dropbox® folder we provide in an email after you purchase.
2. **Connect the Sensing Mat to your computer.**
 - a. **Via Bluetooth:**
 - i. Go to the Bluetooth settings in your computer or device and pair your electronic unit. The requested password is 1234. The Sensing Mat and your computer must be at no more than 5 m to ensure proper connection.
 - ii. Identify the COM assigned to your electronic unit. To do so go to Control Panel > Hardware and Sound > Devices and Printers. Locate the unit, right click and go to "Properties". In the properties window, choose the "Hardware" tab, place the mouse pointer over the first tab, place the mouse pointer over the first line available and you will see the COM assigned to your electronic unit. The format is COM##, where ## is a number.
 - iii. Run the software and choose your Development Kit in the initial screen of the program.
 - iv. In the Software Window, select your COM from the Drop-down menu at the top-left of the screen and click the "play" icon. Now the Sensing Mat is successfully connected to your device and the "play" icon will change to a red "stop" icon.
 - b. **Via USB**
 - i. Plug the USB connector between the electronic unit and your computer.
 - ii. Run the software and choose your Development Kit in the initial screen of the program.
 - iii. Identify the COM assigned to your electronic. To do so go to Control Panel > Hardware and Sound > Devices and Printers. Locate the unit, right click and go to "Properties". In the properties window, choose the "Hardware" tab, place the mouse pointer over the first tab, place the mouse pointer over the first line available and you will see the COM assigned to your electronic unit. The format is COM##, where ## is a number.
 - iv. In the Software window, select your COM from the drop-down menu at the top-left of the screen and click the "play" icon. Now the Mat is successfully connected to your device and the "play" icon will change to a red "stop" icon.



The Fitness Mat Development Kit must be only used on flat surfaces and installed as instructed. Only store the product using the original packaging. Not following the installation instructions or altering the Fitness Development Kit in any form without prior authorization from Sensing Tex will cause a void warranty.

Please contact our support team at support@sensingtex.com if you have questions or need assistance.