



**iVibe**

POWERED BY  **LECHAL**

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**USER GUIDE**

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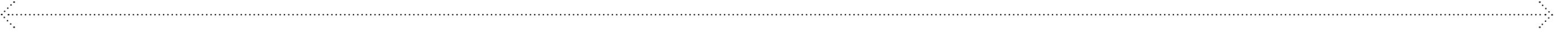
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# Get started

# 01



## 1.1 WHAT'S INCLUDED

With your purchase of Lechal insoles, you get a pair of Lechal pods, a pair of buckles, a charging dock and a USB cable.

- ▼ Pair of Lechal insoles



- ▼ Pair of pods



- ▼ Charging dock



- ▼ USB cable



## 1.2 CHARGE YOUR PODS



### STEP 1

Insert one of your Lechal pod into the charging dock.



### STEP 2

Connect the power cable into the charging dock & wait for the pod to vibrate.

This should take less than a second.



### STEP 3

Now insert your second pod and wait for the vibration to indicate charging.

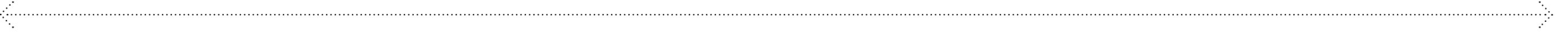
Charge your pods for **2.5 hours** before the first use.



### STEP 4

In case any of your pods are not charging:

- reinsert the pods in a different orientation
- connect to the charging cable,
- now your pod should vibrate.



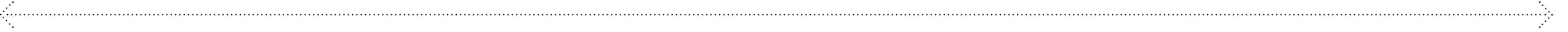
## 1.3 SIZE YOUR INSOLES

Place your foot on the insole, mark the outline of the front of your foot with a pen.

Remove your foot and cut along the outline.

For your convenience, the insoles already have certain size guidelines marked.



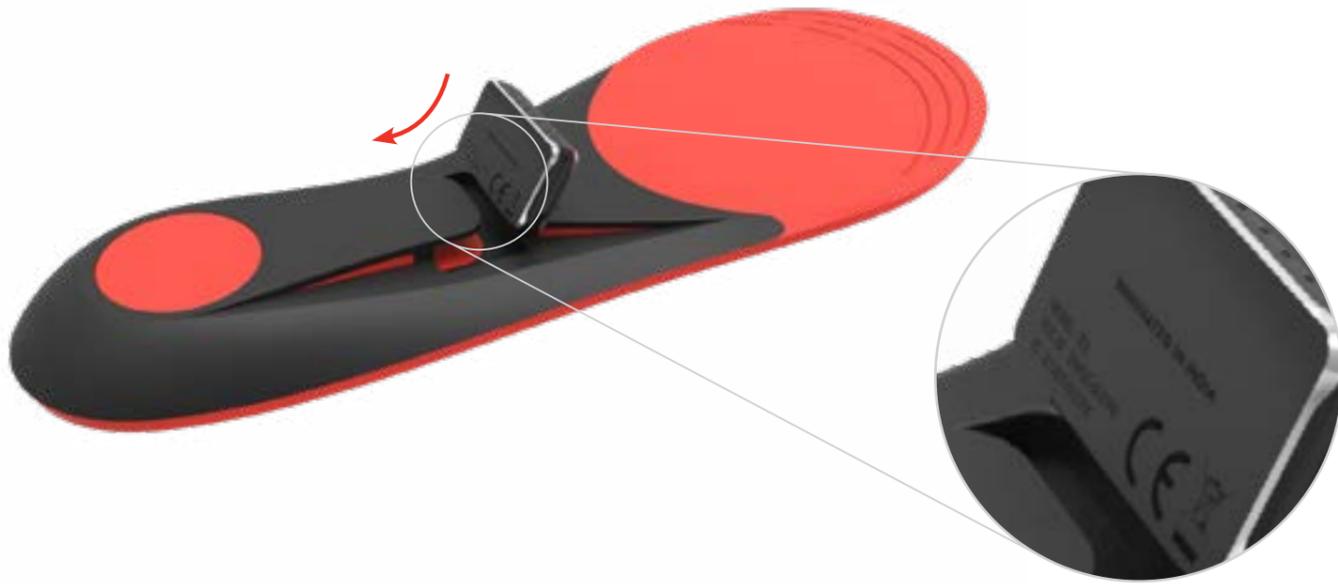


## 1.4 INSERT YOUR PODS

### Insert into your insoles

To insert your pods into your insoles, slide the pod into the slot from the top.

To remove the pod, bend the insole slightly and slide the pod out.



# Set up iVibe on a mobile device

# 02

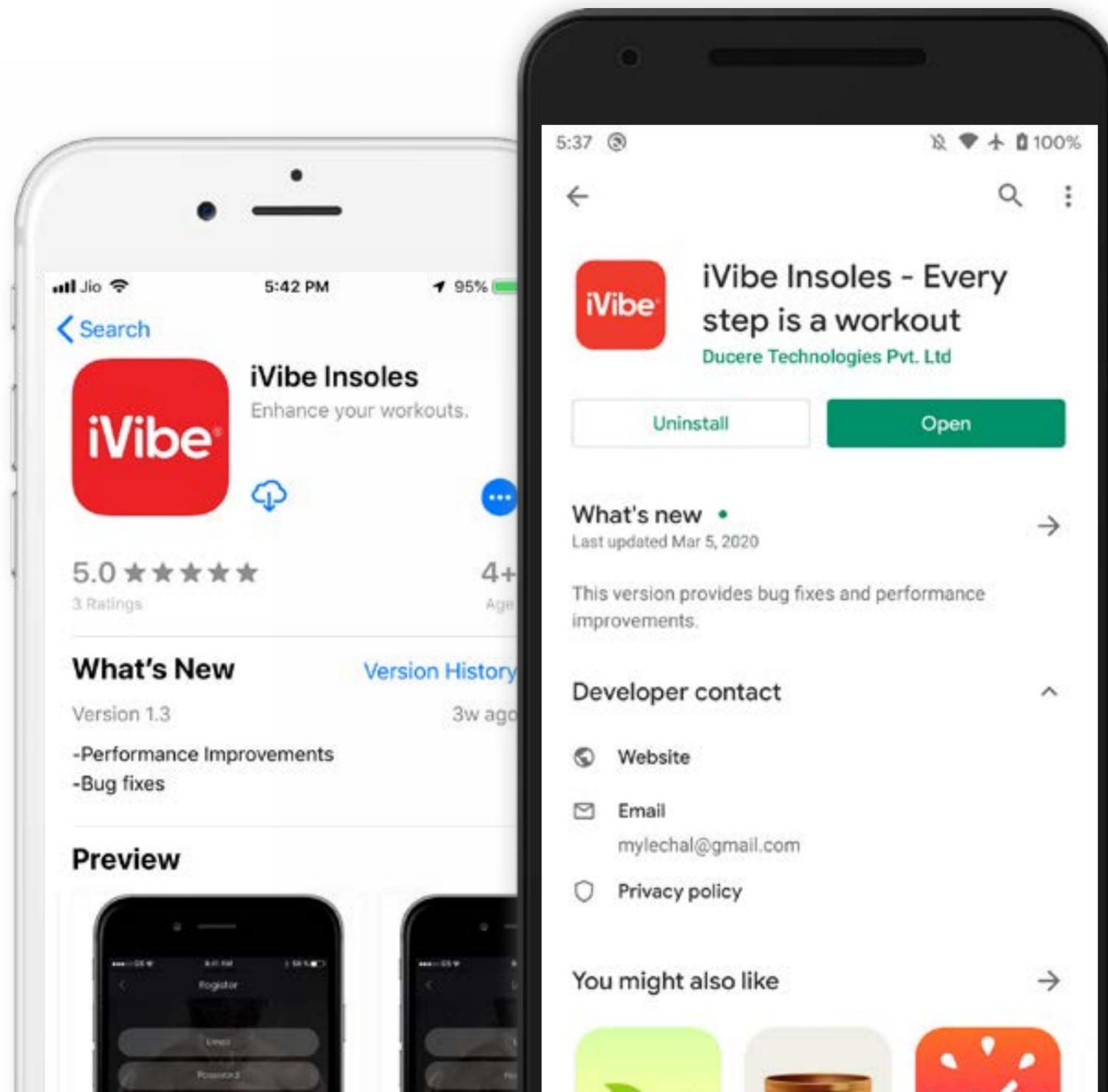
## 2.1 MOBILE DEVICE REQUIREMENTS

iVibe is capable of syncing with mobile devices that support:

iPhone 5 and later.  
Selected Android devices with  
Android 5.0 and newer.

## 2.2 DOWNLOADING AND INSTALLING THE APP

You can find the iVibe app on the App Store for iOS devices or Google Play Store for Android devices by searching for "iVibe Insoles." If you already have the iVibe app installed, check regularly for updates to make sure you have the latest version.



# Get started with iVibe app

# 03

## 3.1 REGISTER

Once you have downloaded the app, you can register using:

- Email ID
- Existing Facebook Account
- Existing Apple ID (For iOS app)

Please ensure you have read the safety instructions in the User Manual that came with the insoles before registering.

### Registering with Email ID

Enter your Email ID & create a password with at least 5 characters. Enter your name and press Register.

You will receive an account verification email on your registered email id. Press Verify and Log into the app with your email id and password.

### Create your fitness profile

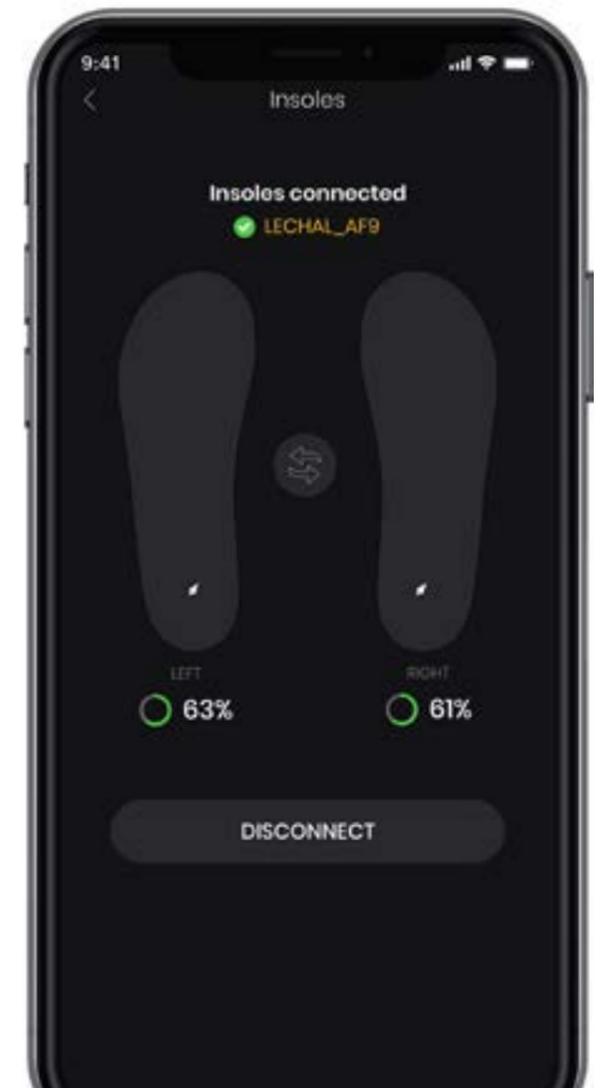
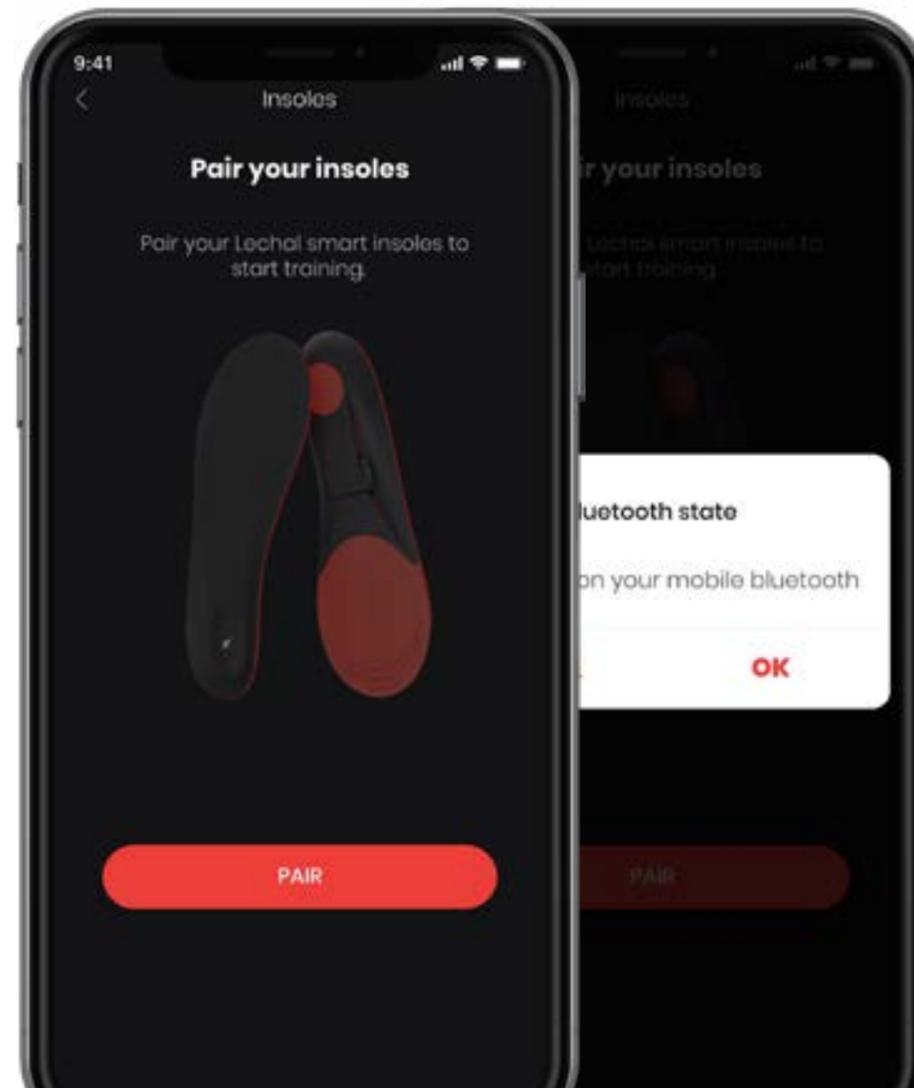
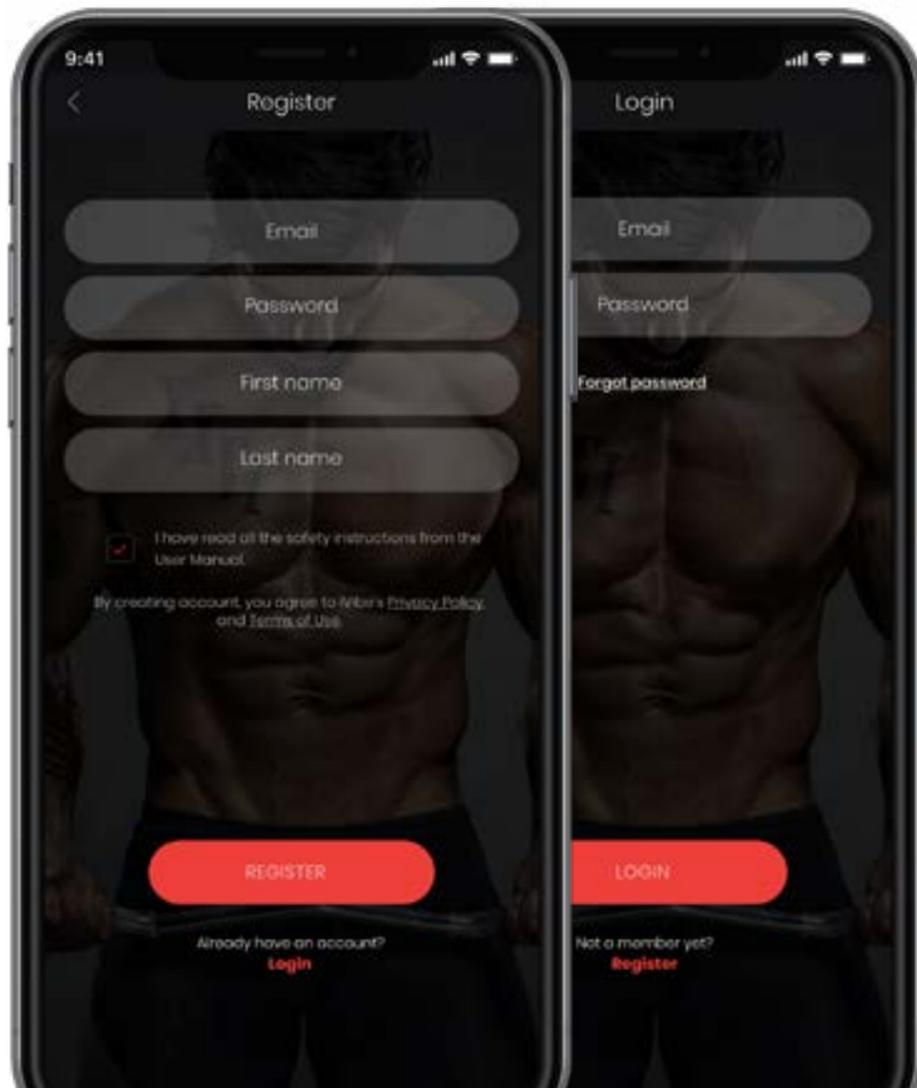
You will be asked a few questions about your height, weight, workout frequency & fitness goals. Based on your responses the app will recommend daily exercises.

You can always change these settings by visiting your profile,

### Pairing your insoles / pods

Press Pair on the Pair your insoles screen that will appear after you register. Keep the pods next to your phone and make sure your Bluetooth is on. Select the nearest pods and press connect. You can now swap pod position from left to right & see the charge percentage.

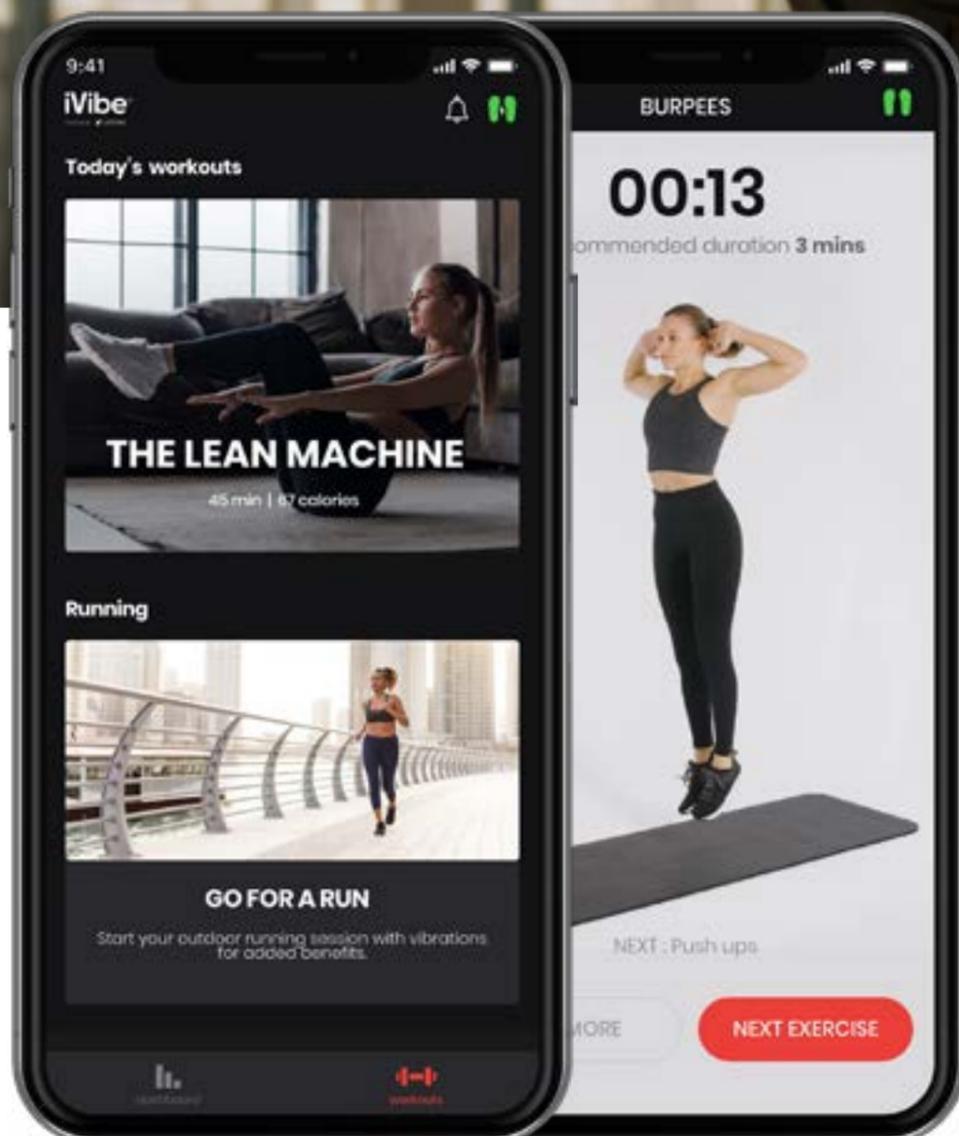
From the next use, your pods will automatically pair with the app. If not you can pair them by clicking on the insoles icon on top right..



# App features

03

## 3.2 THE IVIBE APP



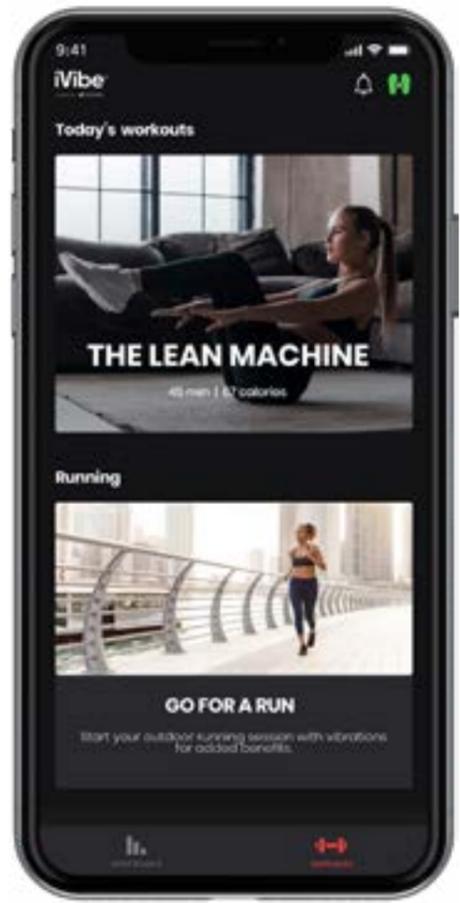
The home page of the iVibe app has two tabs on the bottom,

**Dashboard:** Which shows today's activity, graphs, workout history, profile and you can access send/receive challenges as well.

**Workouts:** Which houses your daily workout recommendations, Running session and Massage & regeneration & other workout sessions.

**Insoles:** Where you can view and edit settings, and perform Firmware update, unpair insoles, keep insoles in to deep sleep mode and Erase data.

## 3.3 WORKOUTS TAB

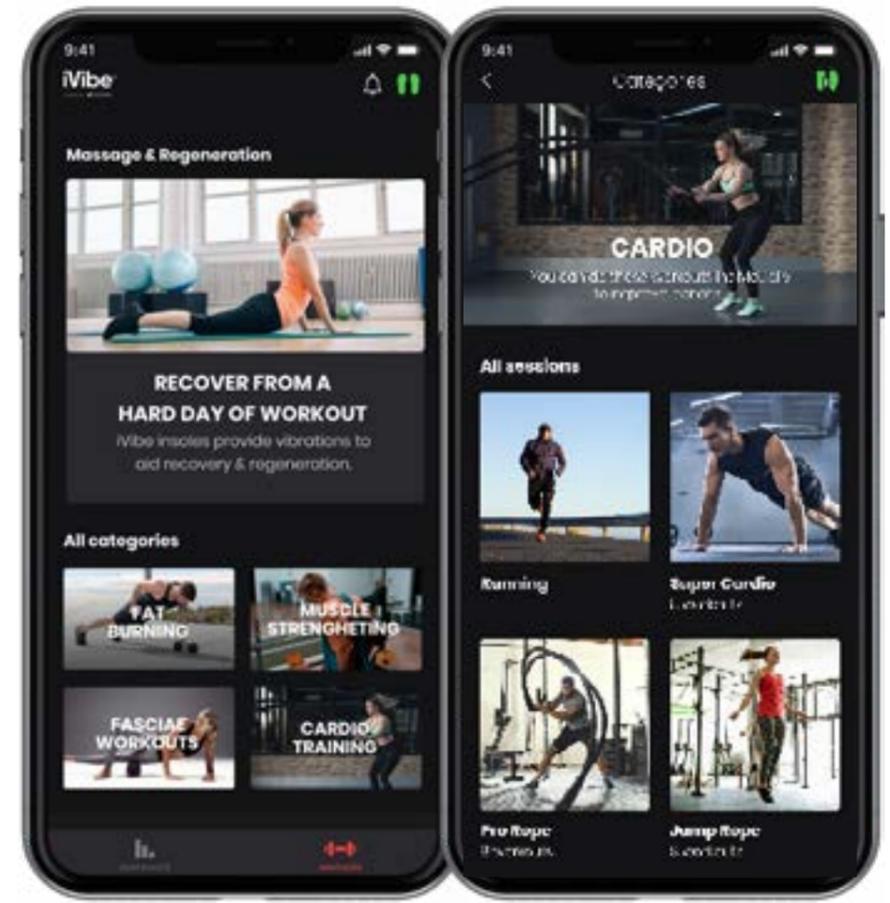


### Today's Workouts

User will get workout recommendations every day based on their fitness goal and activity level.

### Running & Massage

You can also scroll down to Go for a Run or Choose Massage & Regeneration

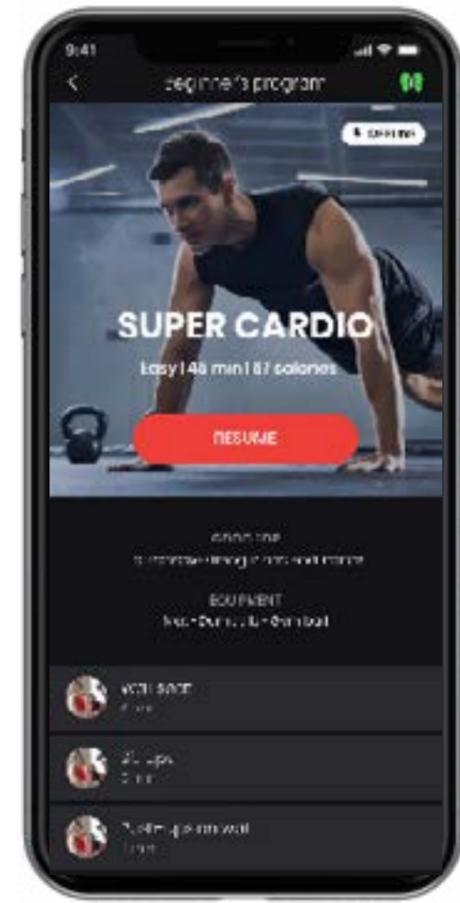


### Workout categories

iApart from daily workout recommendations one can choose any exercise of his choice and workout from all sessions form any of the 4 categories:

- 1. CARDIO TRAINING**
- 2. FAT REDUCTION**
- 3. MUSCLE BUILDING**
- 4. FASCIA TRAINING**

Each category contains few workout sessions and each session has few exercises. User can choose any of the above categories based on their fitness goal.



### Session Playlists

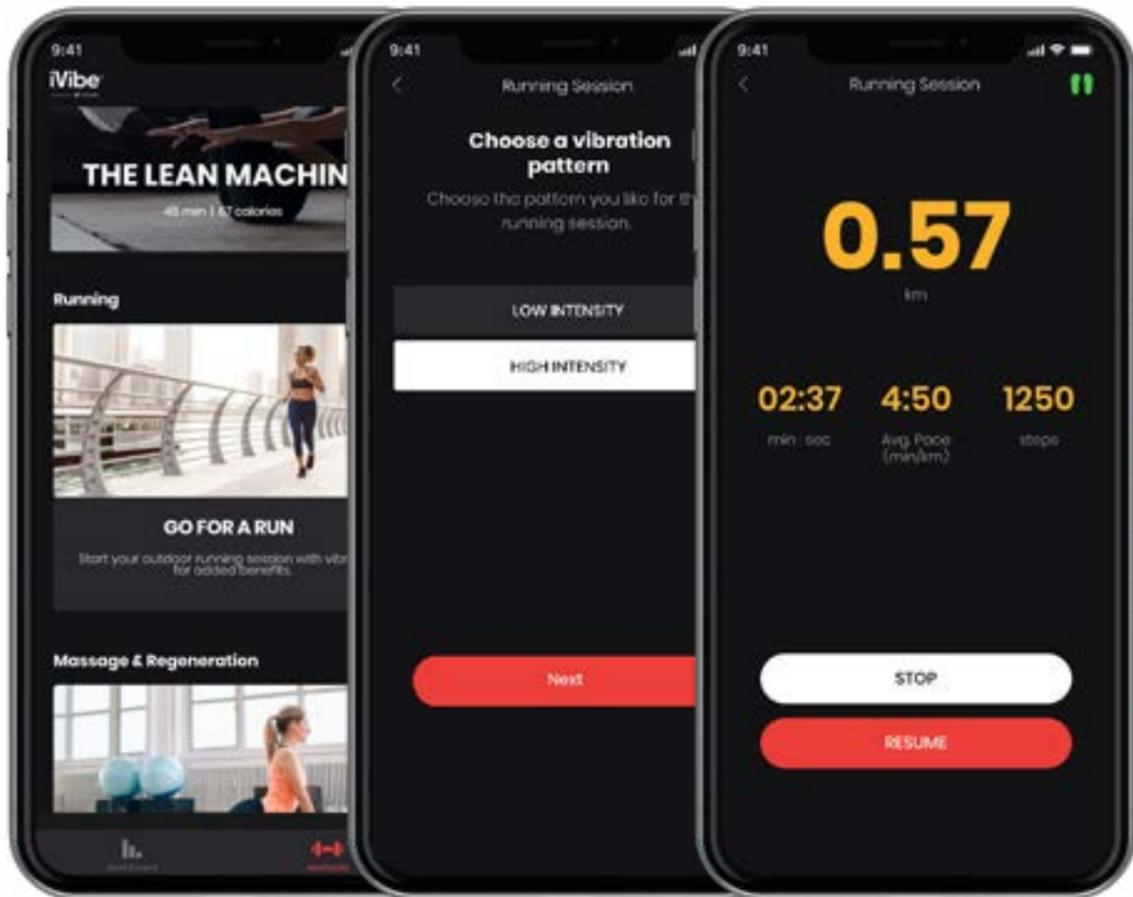
You can view the session playlist before you start a session. Press Start & complete all exercises in that session for maximum benefits.

You can also Pause and Resume the session later.



### Exercise screen

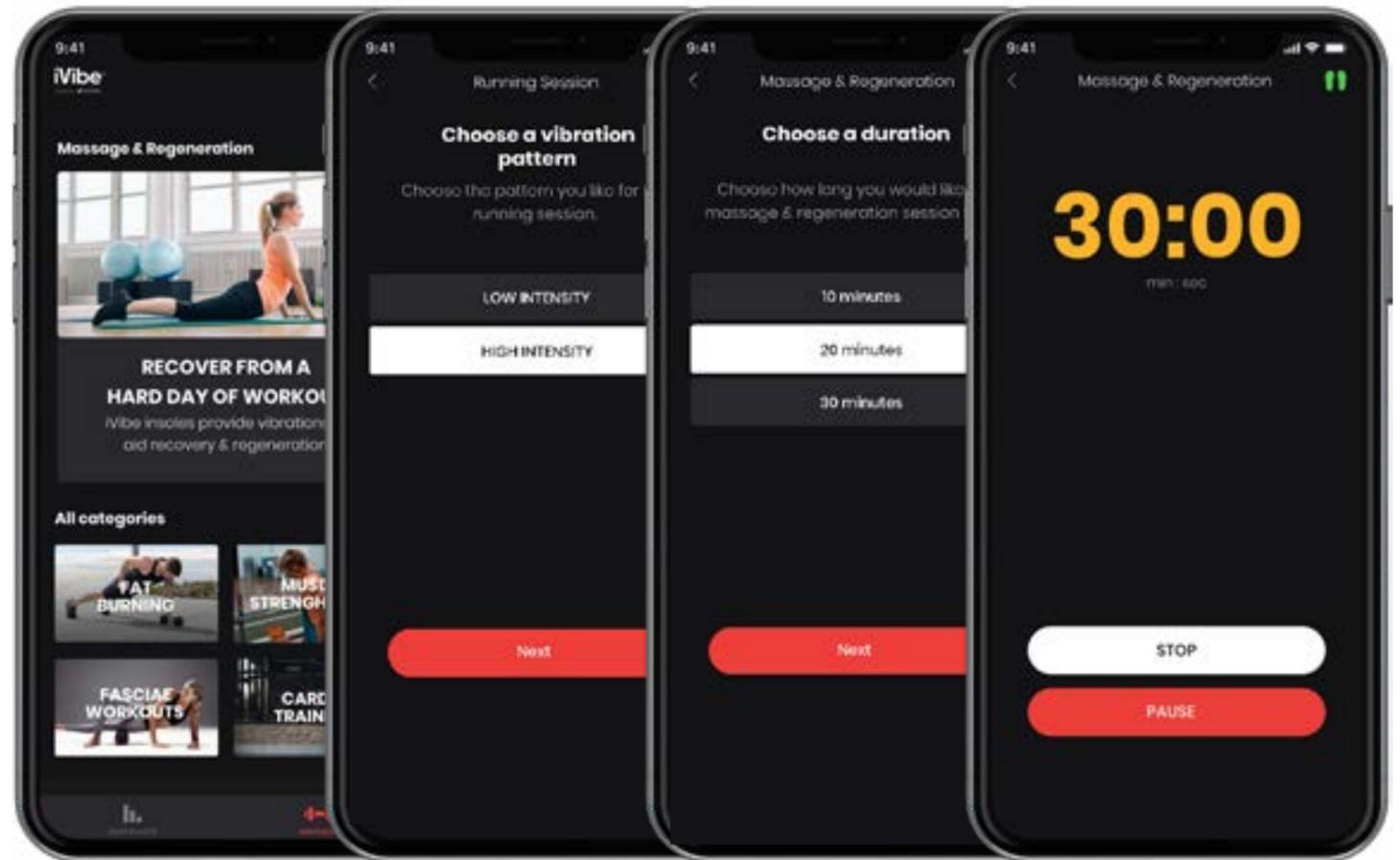
User can complete recommended time or he can workout more by clicking on DO MORE.



**Running**

Running session can be accessed from Workouts tab and from Cardio training category.

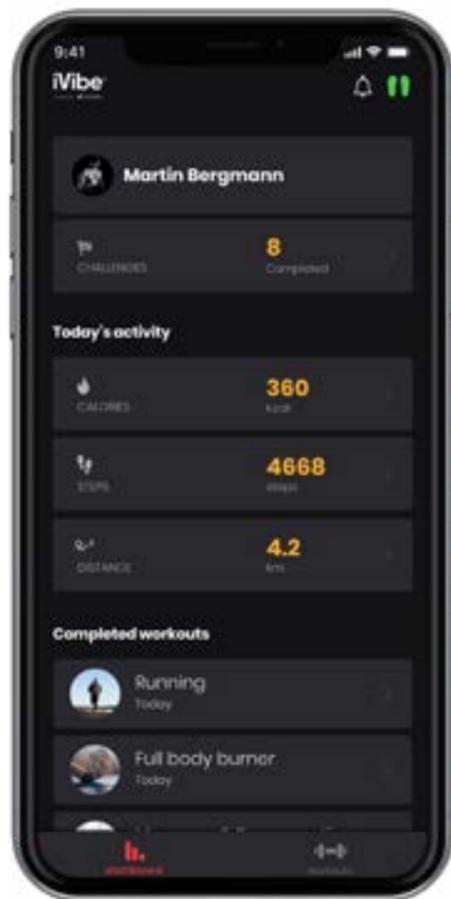
User can choose the intensity of the vibrations before starting a running session.



**Massage & Regeneration**

Massage & regeneration also can be accessed from workouts tab, in this session user can choose the vibration intensity and session duration.

## 3.4 DASHBOARD



### Dashboard

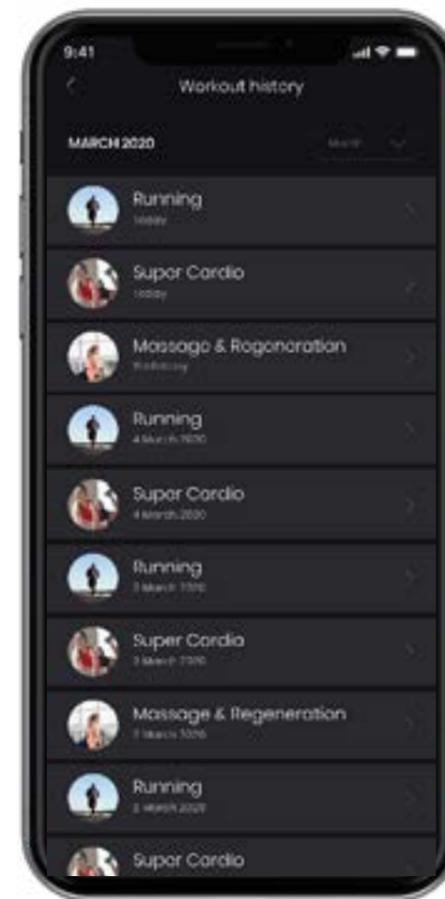
User can find his/her calories burned, steps taken, distance covered and completed workouts data for the day.

Apart from today's activity information, user can also access total completed challenges information and workout history from the Dashboard tab.



### Graphs

Clicking on Calories, Steps or Distance will reveal detailed activity graphs.



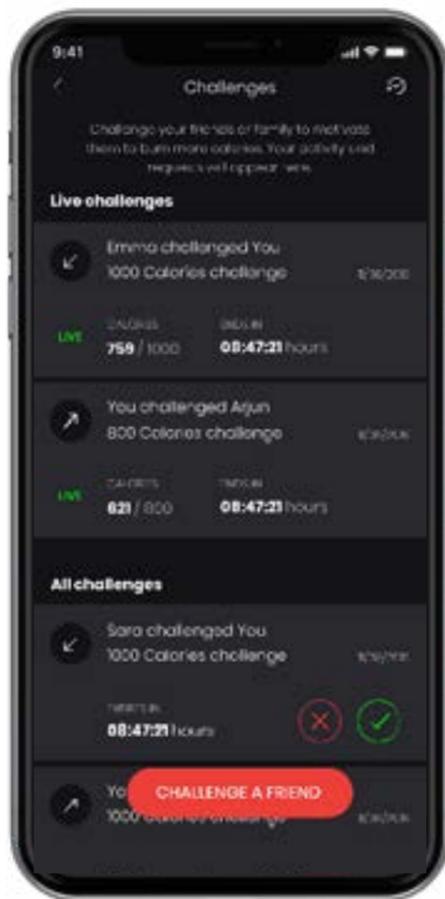
### Workout history

One can access their workout history from Dashboard Tab



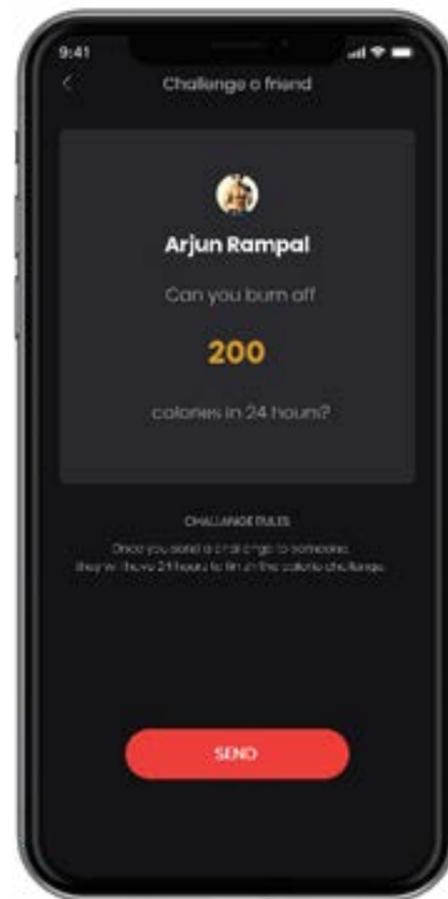
### Share completed workout data with friends

One can share their completed workouts with friends on social media like Facebook, Instagram, Whatsapp.



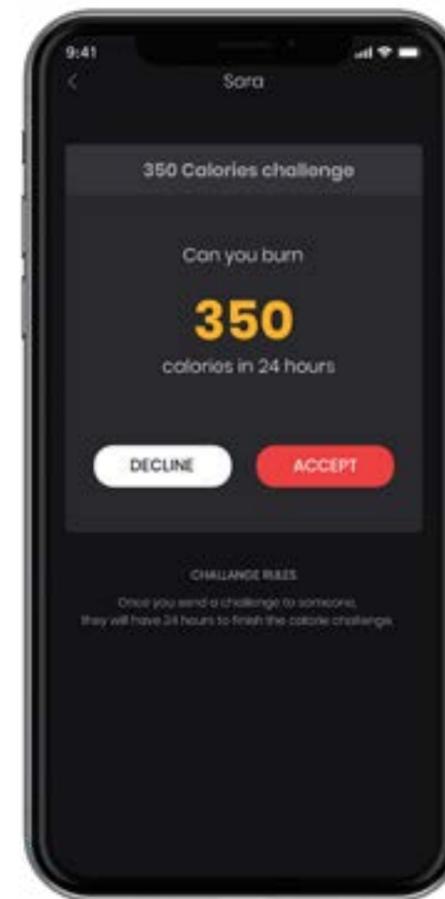
### Challenges

These are Calorie Burn Challenges that one can send to their friend or receive from their friend. Your challenge list can be accessed from Dashboard tab. One can check all of his/her active challenges list.



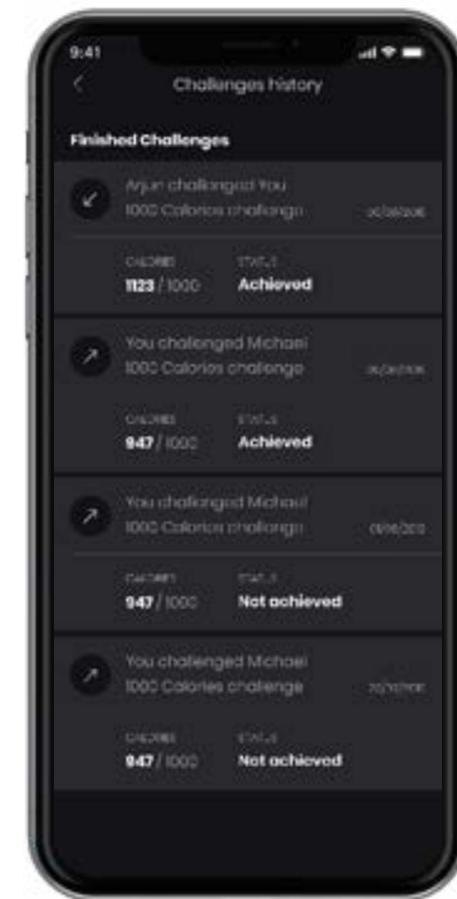
### Challenge a friend

One can motivate his/her friends with calories challenge, after sending a challenge they will have 24 hours to complete the challenge.



### Accept a challenge

One has 24 hours to complete the challenge from the time of accepting it.



### Challenges history

All the previous or completed challenges list can be accessed by clicking on the Challenges history icon on the top right of the Challenges page.

## 3.5 INSOLES

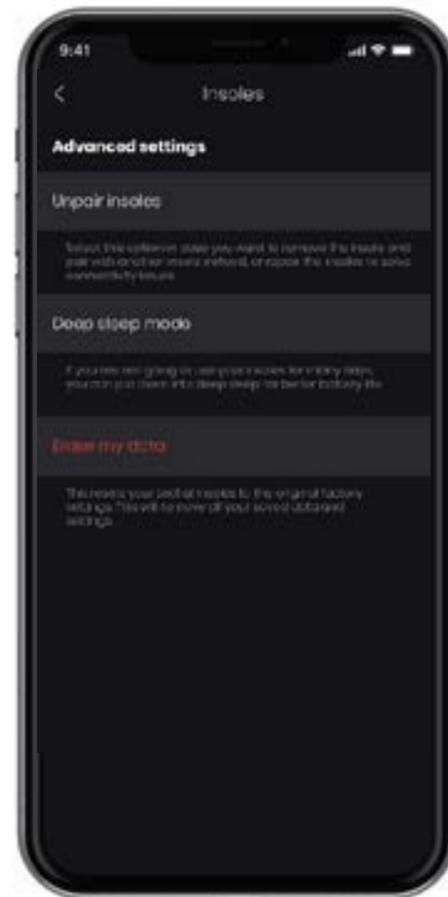


### iVibe Insoles

Click on the insoles icon on top right to reveal the information about the insoles connectivity status, insole name and battery percentage.

Click on the middle swap button to swap the vibrations from left to right or vice versa. By tapping on the left/right insoles user can check if that particular insole is vibrating or not.

You can access other settings by clicking on top right icon.



### Insole Settings

Under insole settings you can change your vibration intensity. Click on Advanced Settings to find the option to Unpair your insoles. Deep Sleep mode option allows you to shut down your pods and reserve battery.

The insoles can save up to a week's data without syncing with the app. Choosing Erase My Data option removes all the data from the insoles. However the data that is already synced in the app will not be deleted.

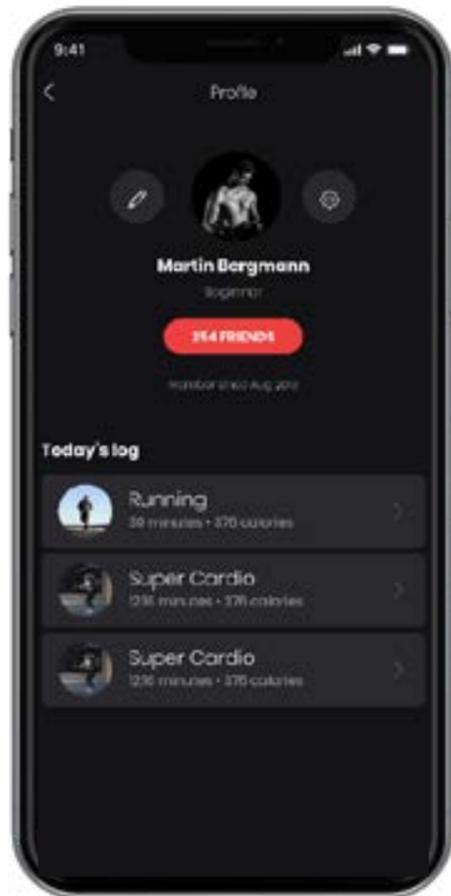


### Firmware update

We are constantly improving the insoles, and you can access these updates / improvements when available.

Please ensure your pods are charged and near the phone while upgrading.

## 3.6 PROFILE & SETTINGS



### Profile

Click on your profile on the dashboard to access & edit your profile information and app related settings, as well as see or add friends.



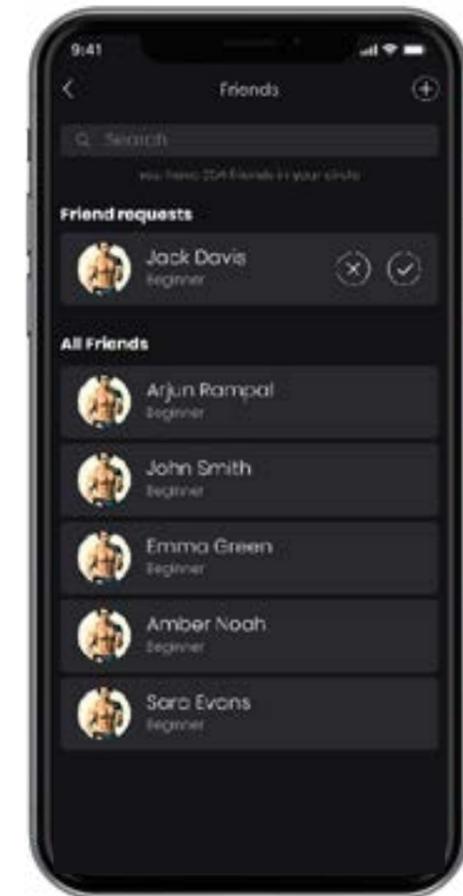
### Settings

All the app related settings like turning off notifications, changing your personal information and logout can be found by clicking on the Settings icon in the profile.



### Edit Profile

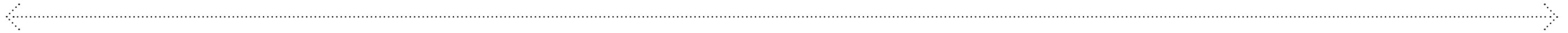
You can edit your profile by clicking on the edit icon. You can change your fitness preferences like your Goal and fitness level as well.



### View / Add Friends

You can view your friends list as well as add / invite friends through your contacts by clicking on the Friends button on the profile page.

# Using pods without app

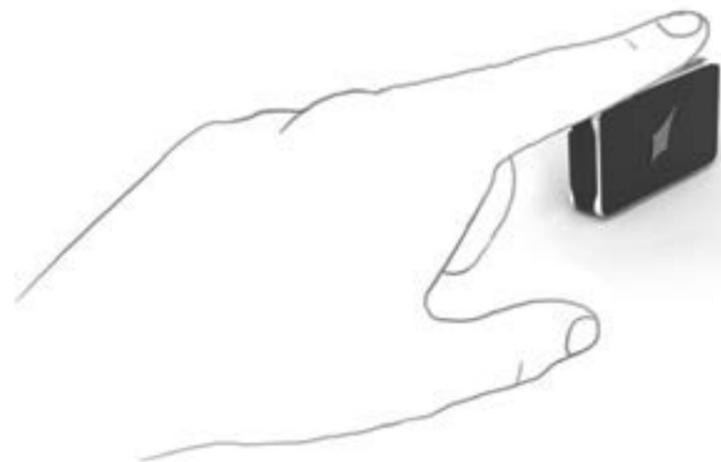


## 4.1 APP INDEPENDENT

User can use Ivibe pods without the app by following the below procedure:

### STEPS

1. Place your finger on one of the pods, as shown in the picture for half a second.
2. Then tap for four times in a row without any delay. Now your pods should start vibrating.
- 3 Now insert your pods into iVibe insoles and start doing the workouts.



**1. PLACE FINGER**



**2. TAP TAP TAP TAP**

# General info and specifications

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## 5.1 TECHNICAL SPECIFICATIONS



Light weight and sleek, each pod is under 8 mm thick and each pod is just 15 gms.

## 5.2 CARE AND WEAR

### Taking care of your iVibe footwear

Please follow the below instructions carefully for good maintenance of your insoles and pods.



### INSOLES



HAND WASH  
OR MACHINE  
WASH ONLY



DO NOT  
IRON



DO NOT  
BLEACH



DO NOT  
TUMBLE DRY

### PODS



CHARGE FOR  
2 HOURS  
BEFORE FIRST  
USE



RECHARGE  
ONLY AFTER  
PODS ARE  
FULLY  
DISCHARGED



DO NOT  
DISPOSE  
IN FIRE



DO NOT DRY IN  
MICROWAVES,  
OVENS OR  
DRYERS



#### Product Specs

Pod Model: ES; Charger Model: ES; Rechargeable Li-Pol Battery: 3.7V, 0.6Wh  
Operating Temperature: 0°C to 50°C; Storage Temperature: -20°C to +35°C  
FCC ID: 2AFSZ-DUCPE; IC: 21287-DUCPE

