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**GS13 Muscle Switch** 

**User Manual** 

## **GS13 MUSCLE SWITCH**

The Muscle Switch is a switch controlled by muscle movements, equipped with a sensor that detects actions when muscle movement is engaged. Users can adjust sensitivity across three levels based on the amplitude of muscle movements.

It comes with nylon straps in 3 sizes, allowing the muscle switch to be used on the wrist, palm, forearm, upper arm, ankle, calf, or other areas with significant muscle movements.

## **INSIDE THE BOX:**

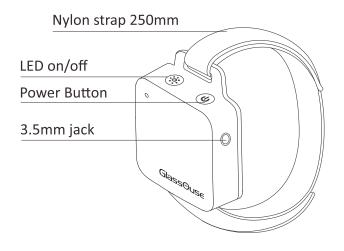
Muscle Switch 3x Nylon strap (250mm, 350mm, 650mm)

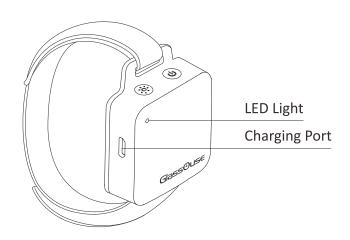
3.5mm jack wire (1 meter) Micro USB charging cable

3.5mm male to female extension wire (1 meter)

## **SPECIFICATIONS:**

Model: GS13 Muscle Switch	Weight: 18g
Placement: wrist, palm, forearm, upper, arm, ankle, calf etc.	Connection Cable Length: 1 meter for both 3.5mm jack wire and extension wire
Color: Black	Battery Capacity: 135mAh
Product Size: 51.5mm*36mm*15mm	Charging Interface: Micro USB







# **POWER ON/OFF**

- 1. Long press the POWER button for 2 seconds to turn ON the Muscle Switch. The GREEN indicator light will illuminate, indicating the switch is ON.
- 2. Long press the POWER button for 3 seconds to turn OFF the Muscle Switch. The indicator light will switch off.
- 3. To turn the indicator light ON/OFF, short press the LIGHT button twice after powering ON.

#### SWITCH CONNECTION AND USE

- 1. Connect the Muscle Switch to your GlassOuse PRO (Link) or GlassOuse V1.4 using the included 3.5mm jack wire.
- 2. Attach the strap of your choice to the Muscle Switch, fasten the strap so that the switch is attached to yourmuscle area firmly.
- 3. Engage the muscle movement within the detection area to activate the switch.

#### **SELF-CALIBRATION FUNCTION**

- 1. The Muscle Switch self-calibrates each time it is switched on or placed on a new location.
- 2. During self-calibration, the indicator light will remain constant BLUE, turning GREEN once completed.

**NOTE:** Please relax your targeted muscle area during self-calibration process.

# **ADJUST SENSITIVITY**

Press the light button once to adjust sensitivity. Click the indicator button again to switch between sensitivity levels. Once the desired level is selected, wait for three seconds. The flashing indicator light will return to steady green, confirming the sensitivity adjustment.

- Low Sensitivity: The green indicator light flashes slowly, making the switch less sensitive, suitable for responding to stronger muscle movements.
- **Medium Sensitivity:** The green indicator light flashes moderately, providing moderate sensitivity to the switch, suitable for responding to normal muscle movements.
- **High Sensitivity:** The green indicator light flashes quickly, making the switch highly sensitive, suitable for responding to weaker muscle movements.



## **POWER SAVING MODE**

The Power Saving Mode is enabled by default. Under this mode:

- 1. Inactivity triggers the switch to go into STAND-BY after 20 minutes. Reactivate by moving the detected muscle area or pressing either button.
- 2. After 60 minutes of inactivity, the switch will power off automatically.
- 3. To disable Power Saving Mode, consecutively short press the indicator button five times. The BLUE and GREEN indicator light will slow flash interchangeably. Indicating the Power Saving Mode is switched OFF.
- 4. To enable Power Saving Mode, consecutively short press the indicator button five times. The BLUE and GREEN indicator light will quick flash interchangeably. Indicating the Power Saving Mode is switched ON.

## **CHARGING THE SWITCH**

- 1. Insert a USB-A charging cable to charge the switch. The red LED indicator light will illuminate during charging.
- 2. Once fully charged, the red LED light will turn off, and the switch will automatically power off.
- 3. To turn ON the switch after charging, long press the POWER button for 2 seconds.

### **WARNING**

- Do not damage the sensor on the switch by applying high pressure.
- Keep the switch away from water.
- Do not use the switch while it is charging.

Design & Made By: EnnoPro Group Limited

**Address:** 7th Floor, Huarong Building, Qiaolian East, Bulong Road, Longgang District, 518129, Shenzhen, Guangdong, China

Phone: 0086-755-89205835

Mail: support@glassouse.com

Web: www.glassouse.com

