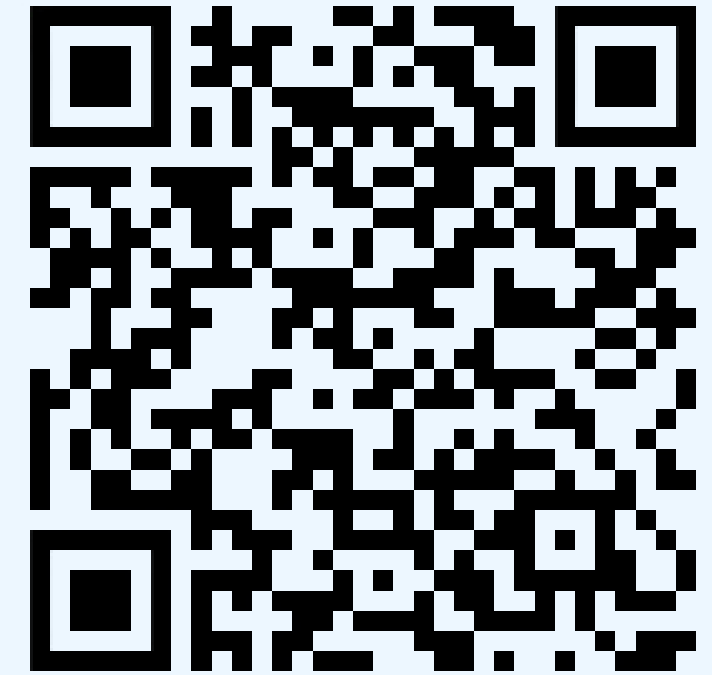


HOW TO START USING THE **BREAK PRO** MOBILE APP

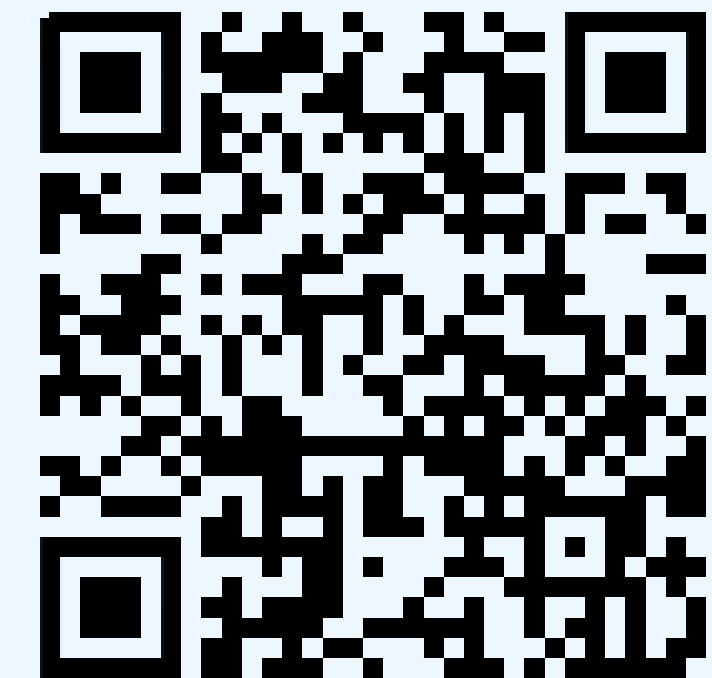
1. Download the Break Pro app from the App Store or Google Play Store.
2. Open the app and select your preferred language.
3. Enter your organization's e-mail address and tap on Confirm.
4. Enter the code you receive by e-mail and confirm your login.
5. Allow notifications to receive reminders about break exercise.

Great, you're all set – enjoy break exercise with Break Pro!

App Store:



Google Play:

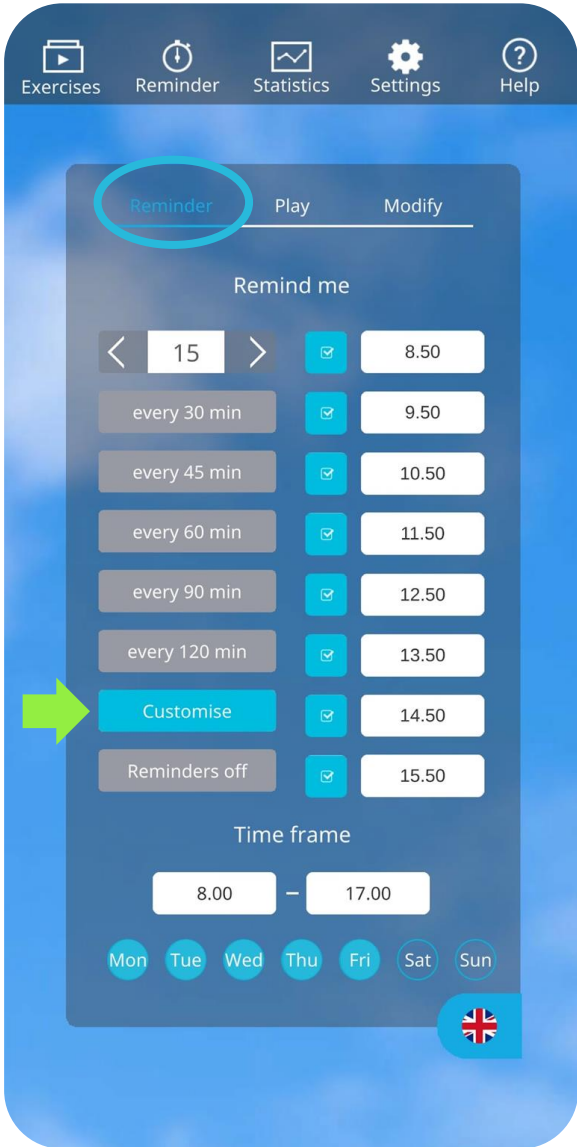


APP SETTINGS

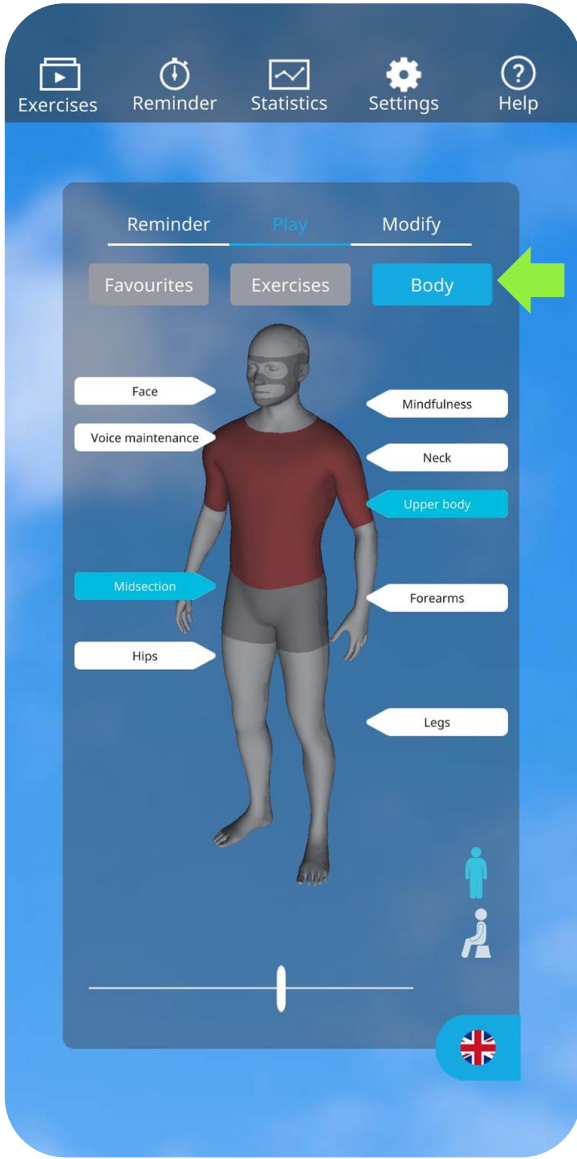
Choose the language you want to use in the app



Choose the frequency and timing of your reminders

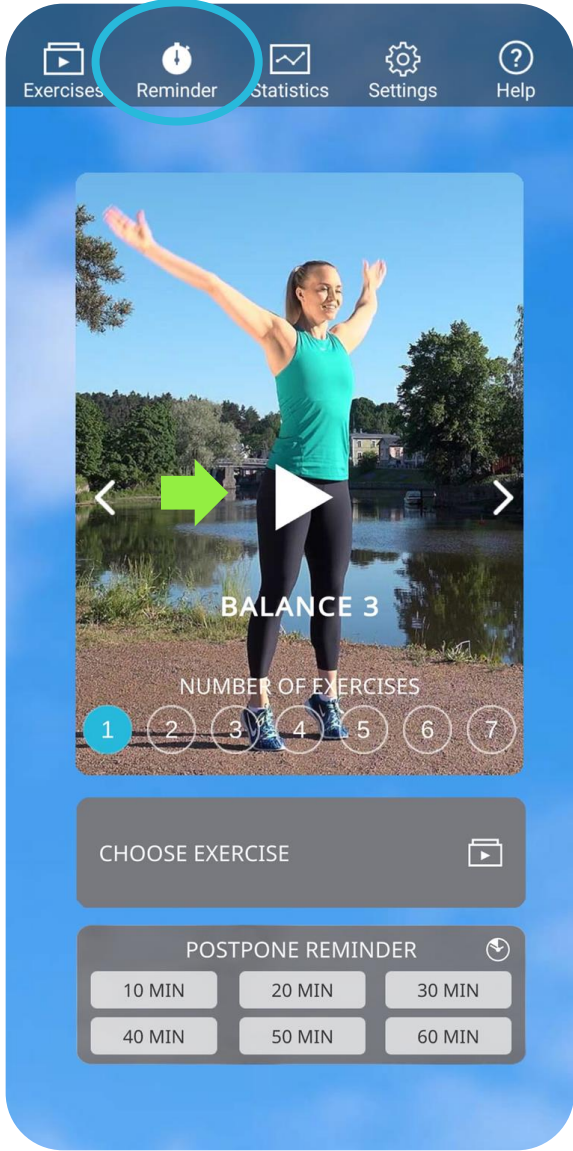


Choose which videos you want to watch when you get a reminder:
Select them under Favourites, Exercises or Body

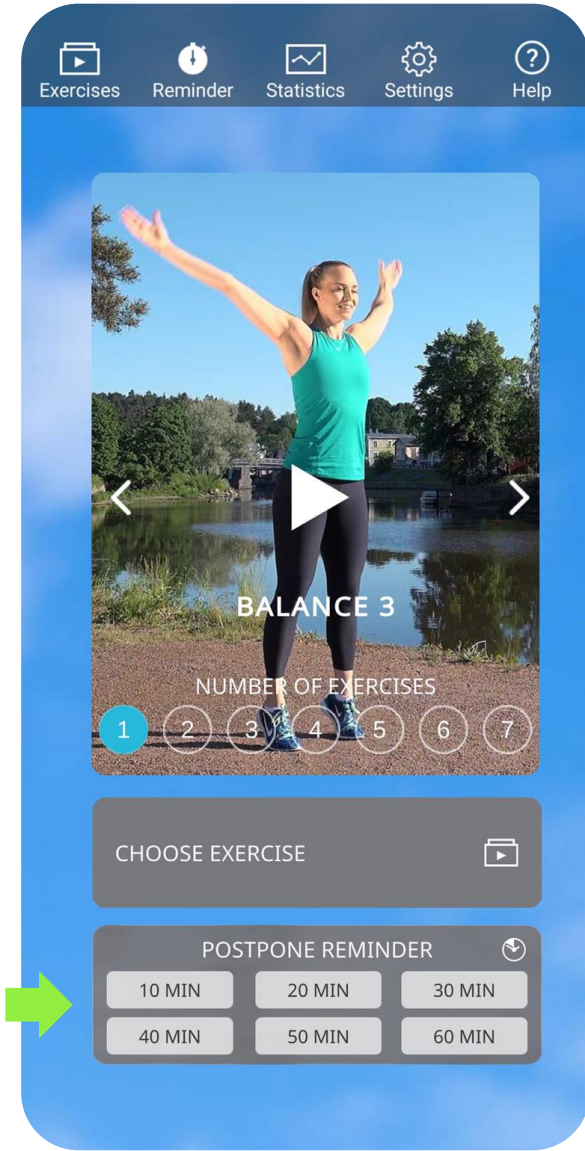


WHEN YOU GET A REMINDER ABOUT BREAK EXERCISE

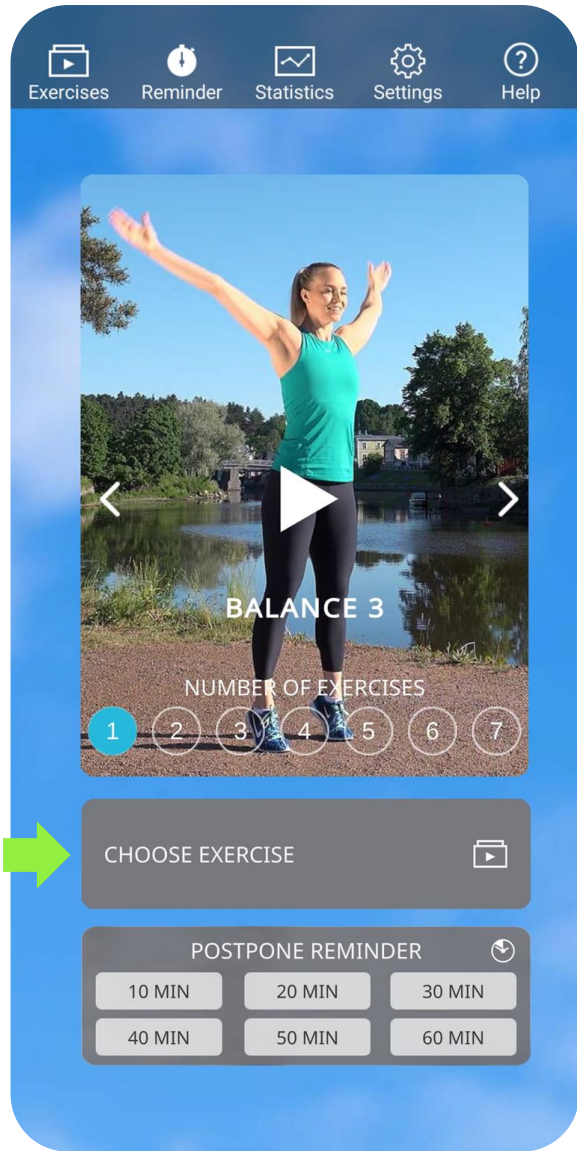
Start the video by tapping the Play button



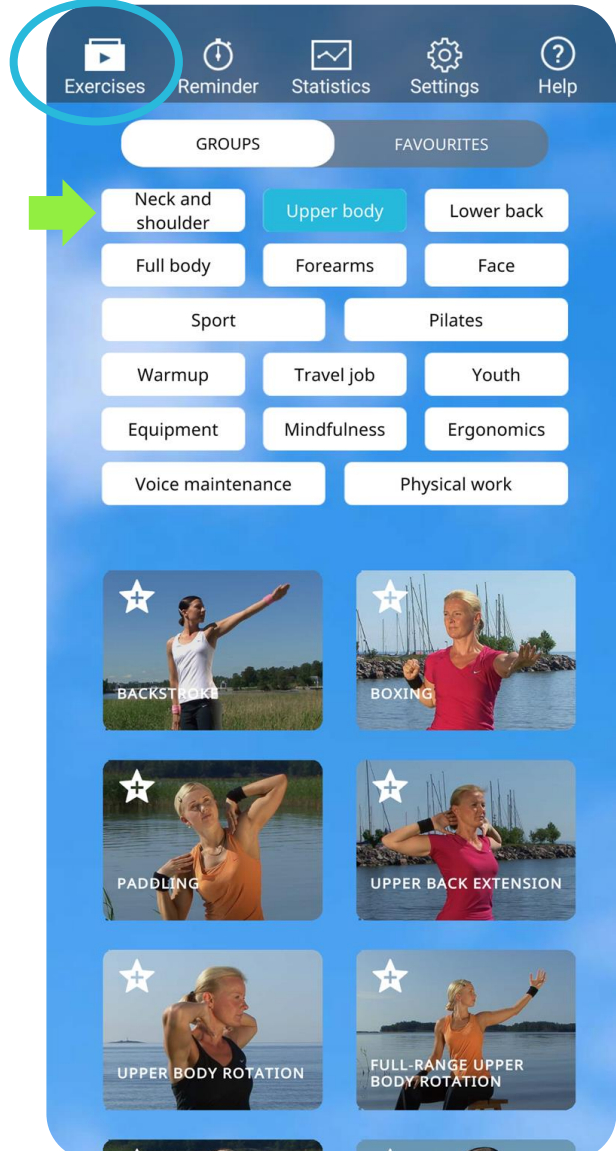
You can postpone the reminder for a later time



Go to the Exercises menu by tapping Choose exercise



Choose the exercise group and video from the Exercises menu



EXERCISE GROUPS IN THE APP

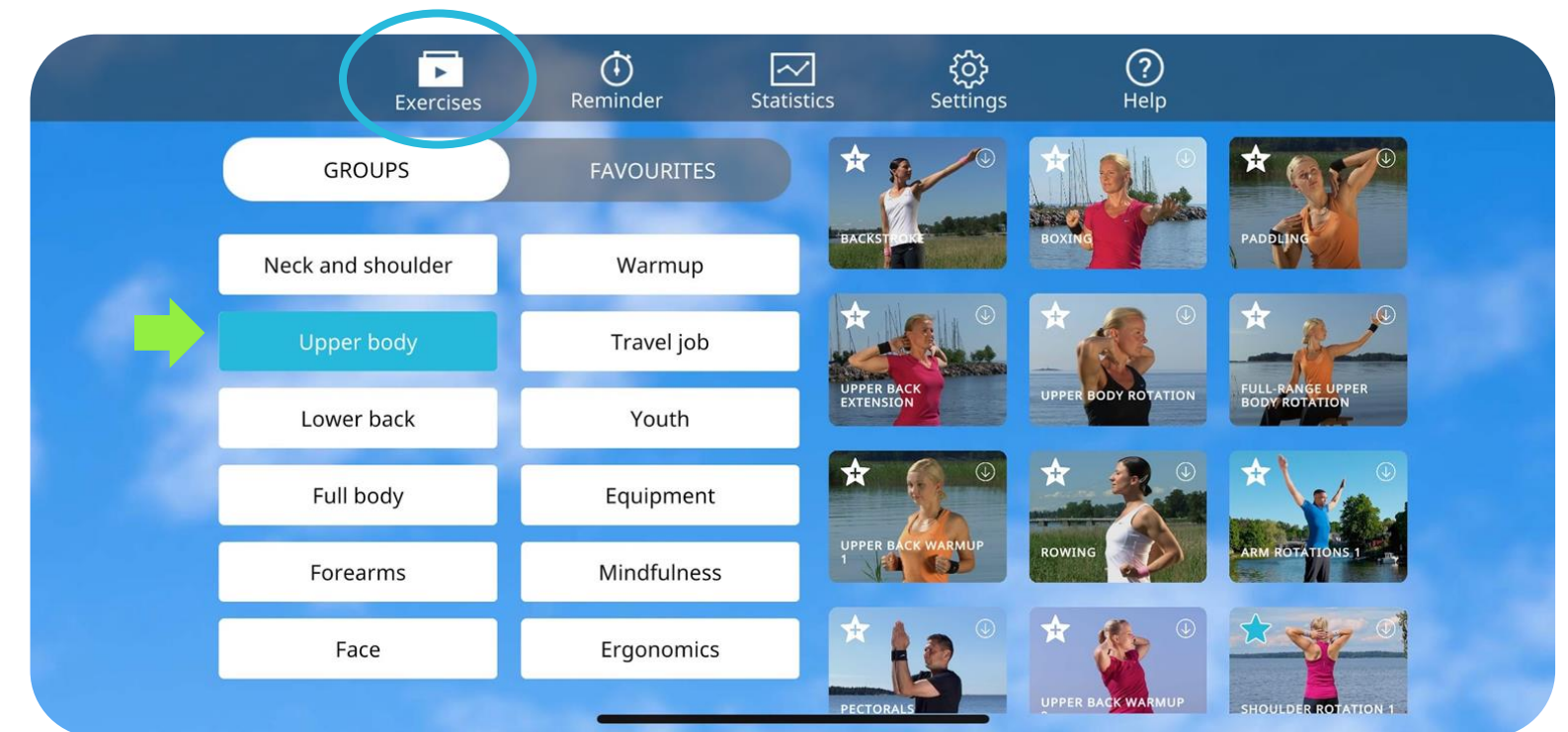
Neck and shoulder, **Upper body**, **Forearms**, **Lower back**, **Full body**, **Pilates** and **Equipment** contain exercises designed by an occupational physical therapist that are tailored specifically for people sitting in front of screens at work.

Warmup includes longer, 4–8-minute exercises, while **Sport** exercises effectively increase your heart rate.

Ergonomics provides tips from an occupational physical therapist that are aimed at improving ergonomics in the office and in physical work.

Physical work includes warmup exercises at the start of the working day and recovery workouts during and at the end of the day. **Travel job** contains easy exercises for those with travel jobs.

Mindfulness includes relaxation exercises that enhance recovery, **Voice maintenance** helps maintain vocal health in speaking jobs, while **Face** includes face exercises for facial muscle training.



CUSTOMER SUPPORT

We want you to always be happy with Break Pro.

If you have any questions, usually the fastest way to find the answer is on the frequently asked questions page on our [website](#).

Couldn't find the answer to your question on the page?
We are happy to help you at info@breakpro.fi.

