IMPACT

USER GUIDE

FROM THE FOUNDERS

welcome message

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BEFORE WE BEGIN

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **Use the Quell Impact wearable device only as described in this manual.**

3. **It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions**

HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging materials away from young children. Packaging items may be swallowed.*
- *Do not use this product within 25 centimetres (10 inches) of a cardiac pacemaker while using wireless communication. If you have a pacemaker or other implanted medical device, first consult a doctor.*
- *Wireless communication may not be allowed in certain places such as aeroplanes or hospitals. Please follow respective regulations.*
- *Persons who have an injury or disorder involving their fingers, hands or arms should not use the vibration feature.*
- *Do not disassemble or try to repair this product or built-in batteries. If there is any damage, stop using the product and contact Quell Customer Support. Do not touch damaged areas. Avoid contact with any leaking fluid.*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*
- *Take a break of 10 to 15 minutes every hour.*

WARNING - Eye Strain, Motion Sickness and Repetitive Motion Injuries

- *Avoid excessively long play sessions.*
- *Take a break of 10 to 15 minutes every hour, even if you don't think you need it.*
- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor.*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to the system or other property.*
- *Make sure children play in a location where they can be observed. In particular, when young children are playing, the parent or guardian should help out and use the game together with the children.*

CERTIFICATIONS

RoHS Notice
Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions
The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to a radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65
This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.

The Office of Environmental Health Hazard Assessment (OEHHA) administers the Proposition 65 program. OEHHA, which is part of the California Environmental Protection Agency (Cal/EPA), also evaluates all currently available scientific information on substances considered for placement on the Proposition 65 list.
For further information, please visit oehha.ca.gov

CE Marking
This equipment complies with the essential requirements for the Radio Equipment Directive 2014/53/EU. The Declaration of Conformance for this device is available through contacting Quell Tech Ltd. For more information please visit www.playquell.com

Translation
Please contact Quell for a full translation of certifications in your chosen language.

Intellectual Property
Quell is a trademark of Quell Tech Ltd registered in the UK.

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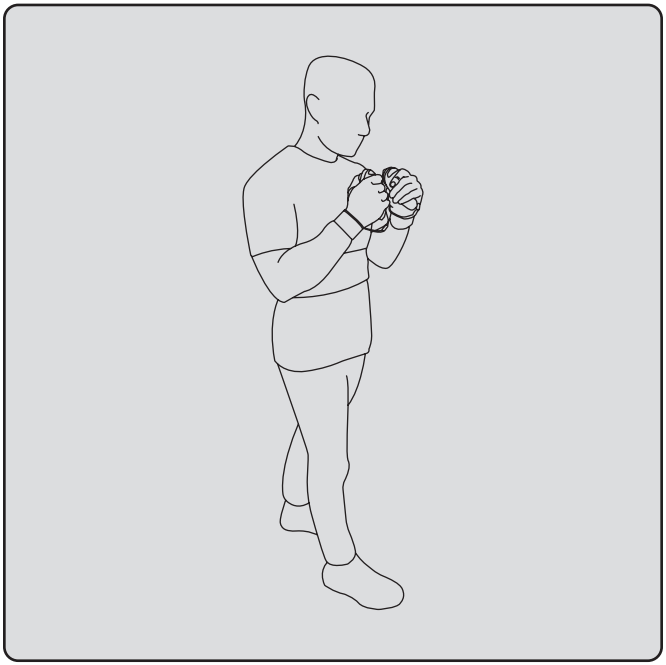
CONTACT & WARRANTY

OPERATING SPACE

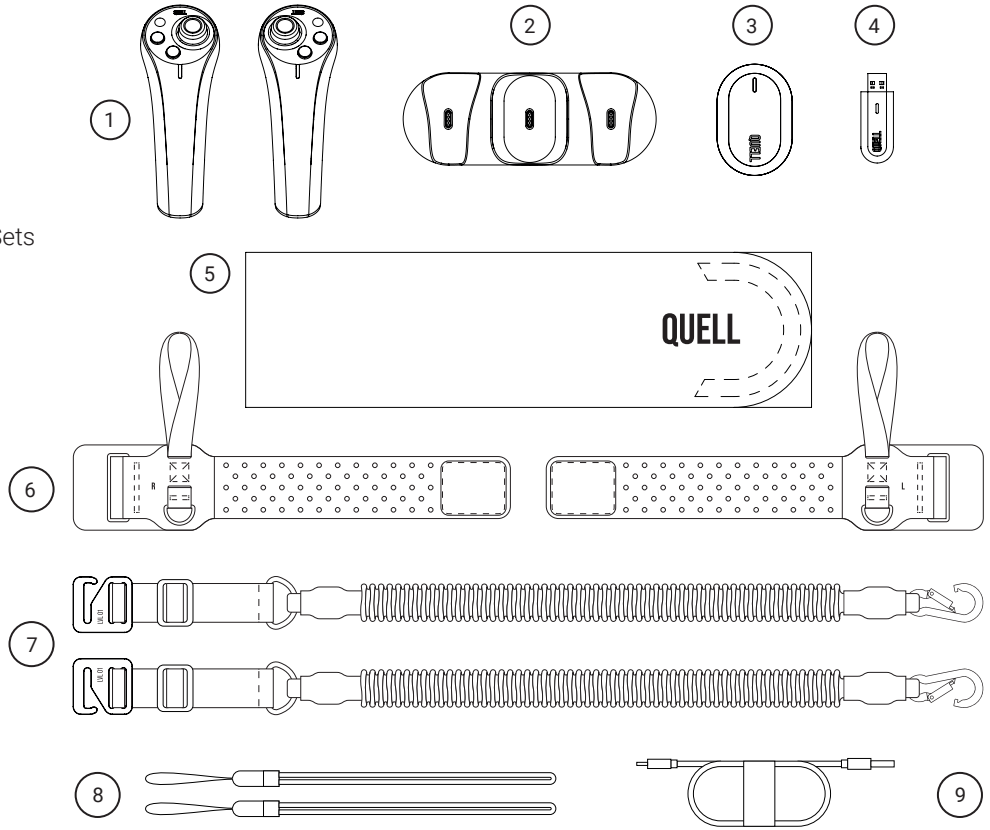


1. Always ensure you are in a clear and safe space when using the Quell Impact wearable device.
2. The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.
3. When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.
4. Always ensure there are no trip hazards around you when using the product.

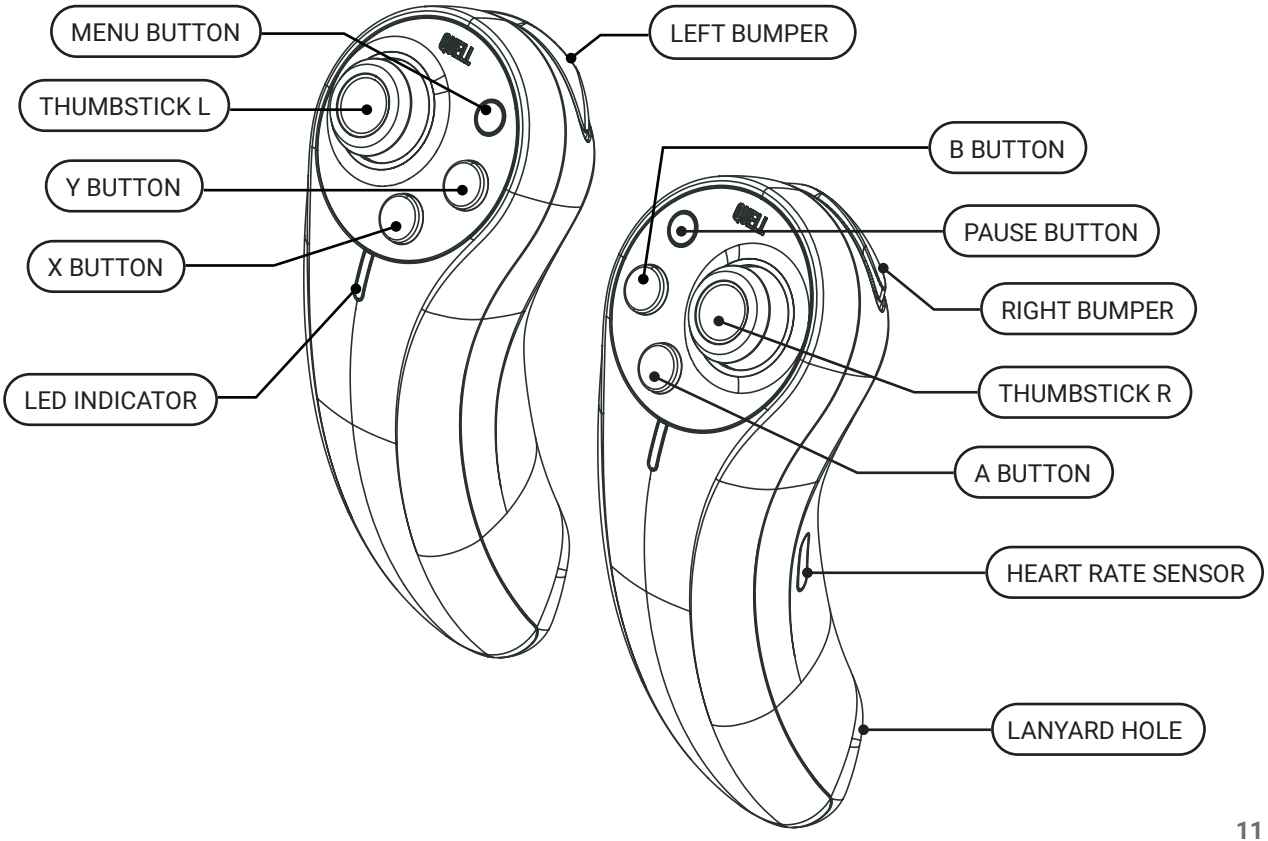
GETTING STARTED

Contents within this package:

1. x2 Quell Controllers
2. x1 Quell Charging Dock
3. x1 Quell Chest Pod
4. x1 Quell Impact Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x1 Quell Resistance Band Sets
8. x2 Safety Lanyards
9. x1 1m USB-C Cable
10. x1 Instruction Manual
11. x1 Drawstring Wash Bag

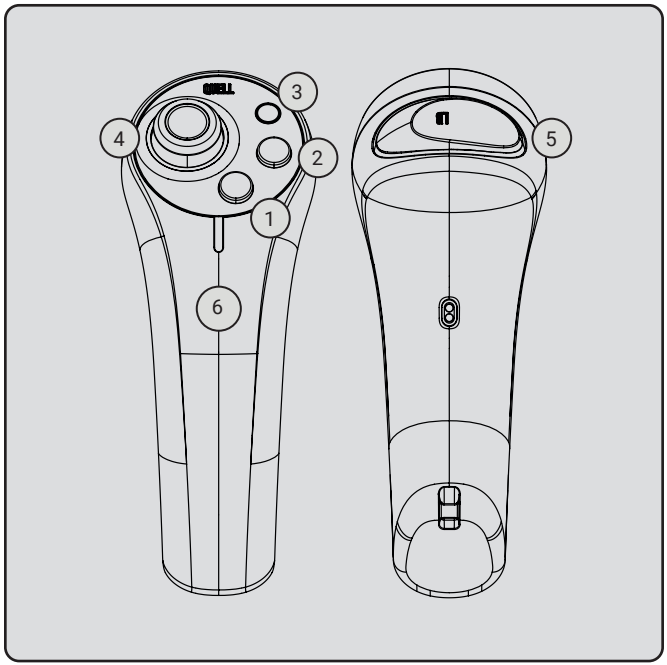


CONTROLLER HARDWARE LAYOUT

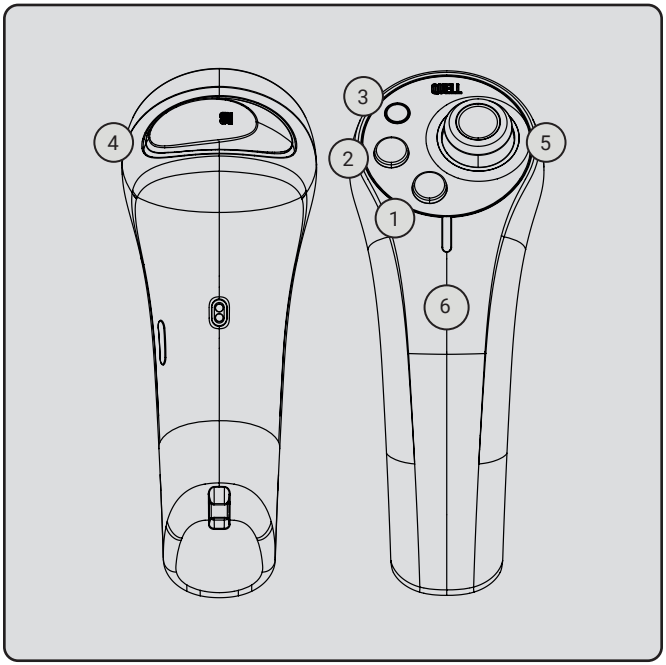


CONTROLLER L BUTTON LAYOUT

1. X Button - Core Gaming/Action Button
2. Y Button - Core Gaming/Action Button
3. Home/Menu Button #2 (Left controller) - Quell Menu Button
4. Thumbstick L- Movement
5. Left Bumper- Action Button
6. LED Indication
    - Pairing [pulsing pink?]
    - Paired [solid pink?]
    - Updating [solid red?]
    - Update complete [flashing green?]
    - Charging [solid amber?]
    - Fully charged [solid green?]
    - Couldn’t pair [flashing pink?]
    - Other error [flashing red?]



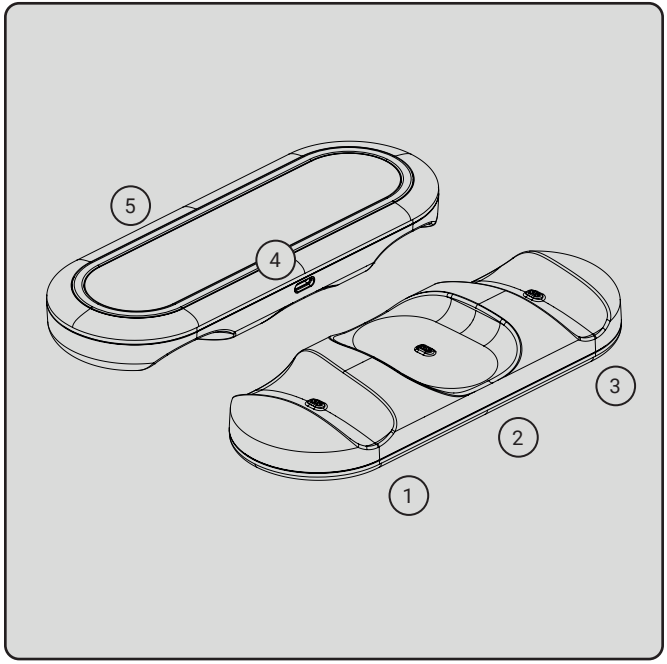
CONTROLLER R BUTTON LAYOUT



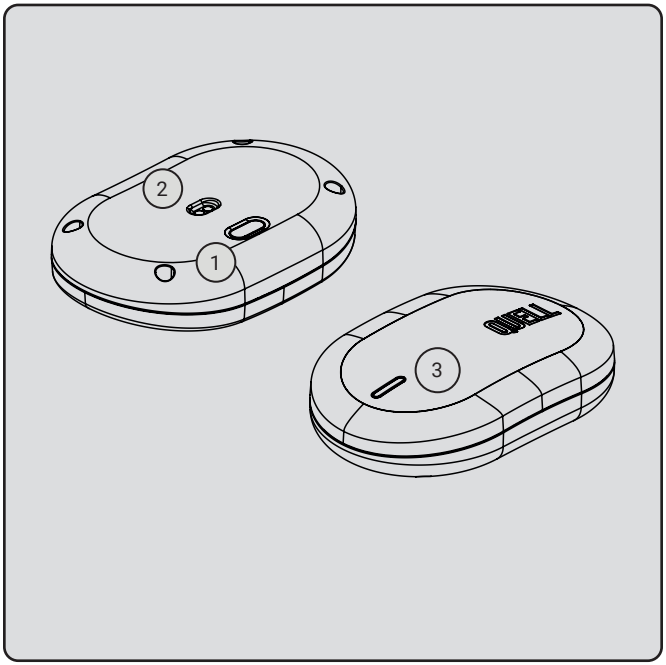
1. A Button - Core Gaming/Action Button
2. B Button - Core Gaming/Action Button
3. Home/Menu Button #1 (Right controller) - Options / Pause Button
4. Thumbstick R- Movement
5. Right Bumper- Action Button
6. LED Indication
    - Pairing [pulsing pink?]
    - Paired [solid pink?]
    - Updating [solid red?]
    - Update complete [flashing green?]
    - Charging [solid amber?]
    - Fully charged [solid green?]
    - Couldn’t pair [flashing pink?]
    - Other error [flashing red?]

CHARGING HARDWARE LAYOUT

1. Charging location for CONTROLLER L
2. Charging location for CHEST POD
3. Charging location for CONTROLLER R
4. USB-C port
5. Silicone grip



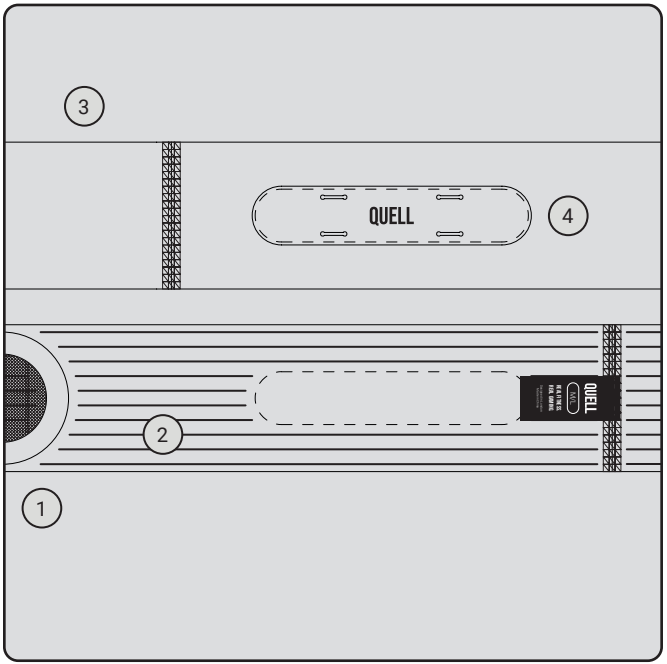
CHEST POD BUTTON LAYOUT



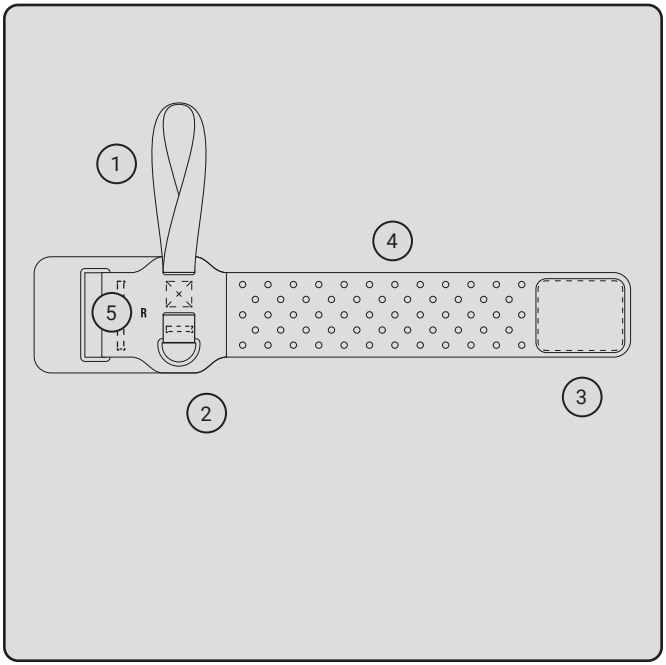
1. Power on/off
2. Charging connectors
3. LED indicator

BELT COMPONENT LAYOUT

1. Internal pocket
2. Silicone printing
3. Hook and loop fabric
4. Hypalon patch and resistance loops



WRIST STRAP LAYOUT



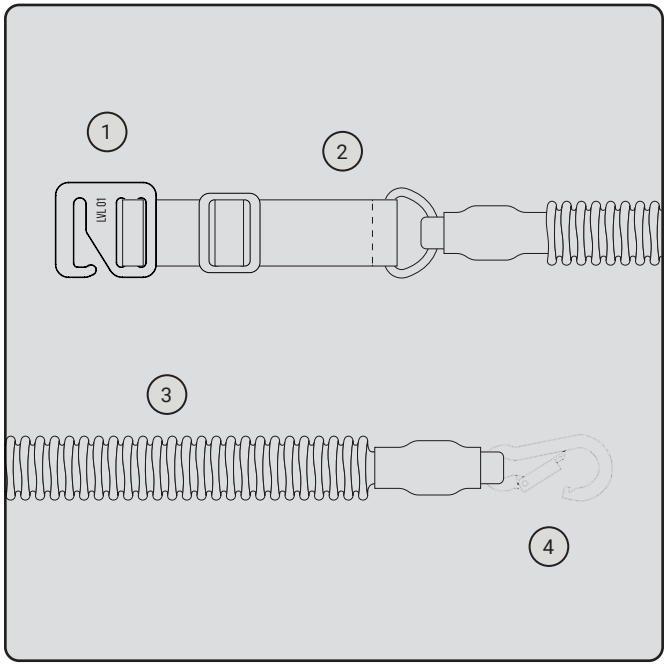
1. Thumb loop
2. D-ring
3. Micro velcro
4. Breathable pattern
5. Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

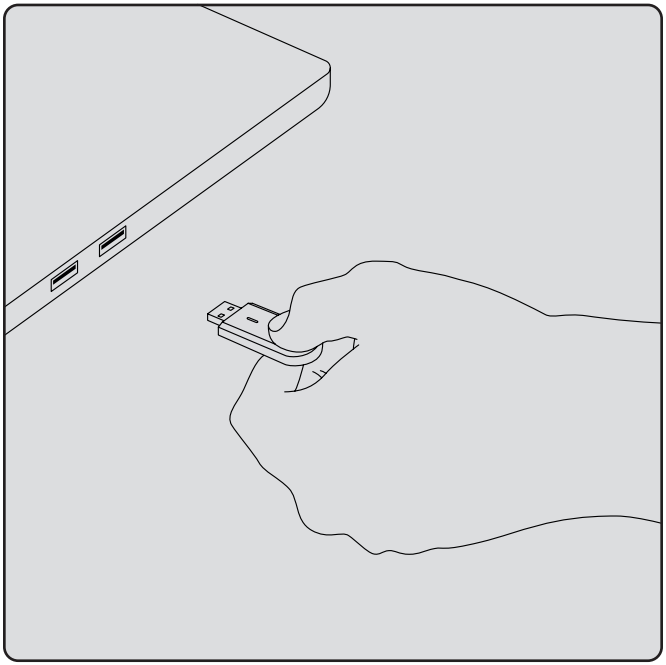
1. G-hook
2. Adjustable webbing
3. Resistance band
4. Carabiner snap hook

Notes on resistance bands:

Your Quell Impact comes with LVL 01 resistance band. We always recommend starting with the lowest level of resistance bands in your first workout.
Additional resistance bands are available to purchase from Quell directly.
Do not workout with a resistance band which you don't feel comfortable using.
Your Quell Impact wearable device can also be used without resistance bands, if required.



SYSTEM SET-UP

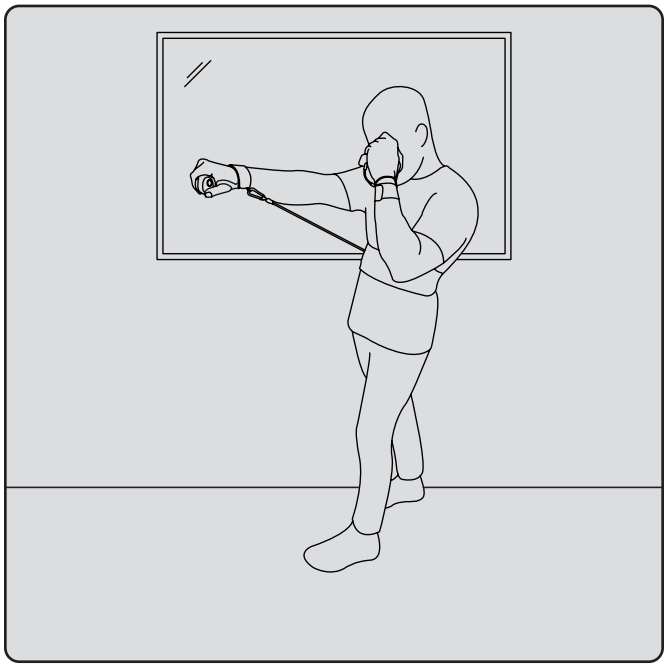


System Set-up:

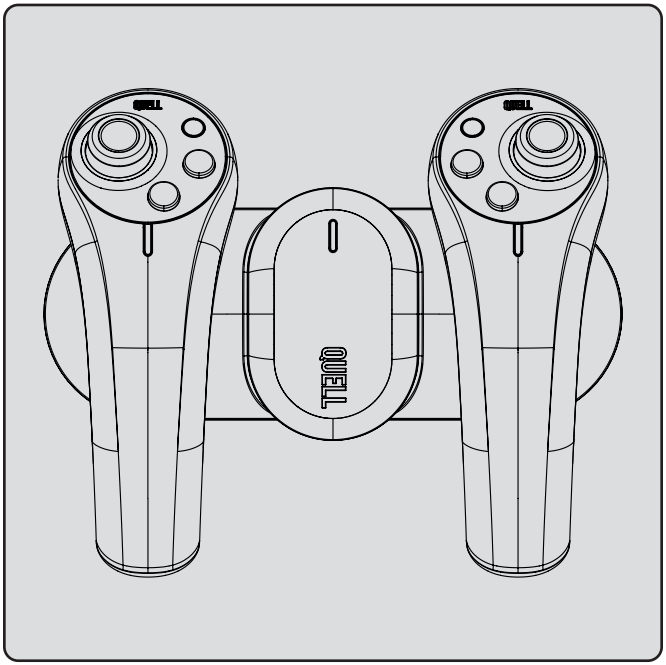
1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Remove the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an in-game notification when the system is paired and ready to go.
4. Follow the in-game instructions and begin your session.
5. If any unit fails to connect to the dongle, reset it by holding down the home/menu button for ten seconds.

EXTERNAL DISPLAY

1. Enhance your experience by connecting your device to an external display.
2. Ensure that the display settings are configured for high-performance. Consult the display manufacturer instructions for how to do this.
3. Maintain the safe operating space when using an external display.



CHARGING



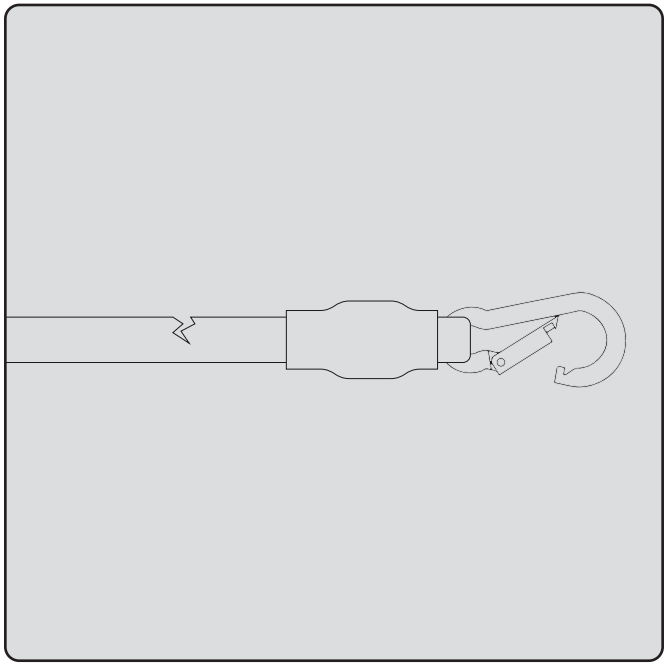
1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

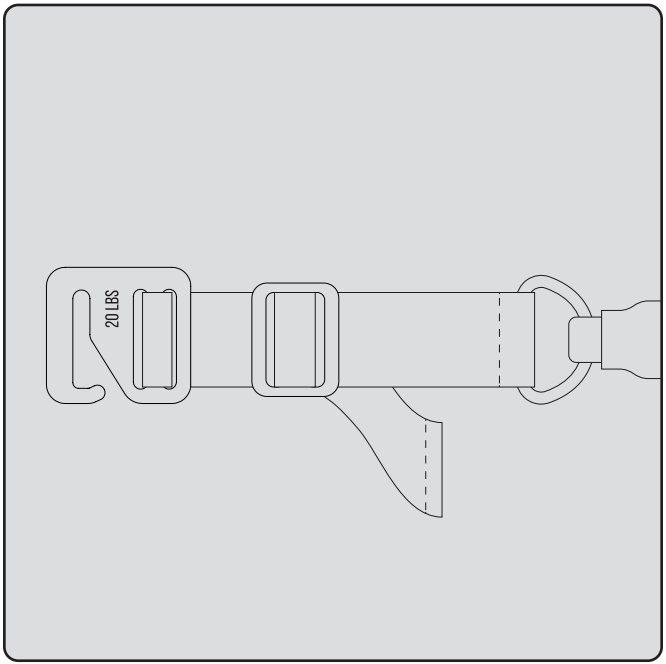
Before you start:

Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.



SELECTING RESISTANCE



In your first session, you may wish to experience Impact without any resistance, to get familiar with the movements.

The strength of the resistance band is engraved on the G-hook. 'LVL 01' is the lowest resistance strength, with the resistance strength increasing as the level number increases.

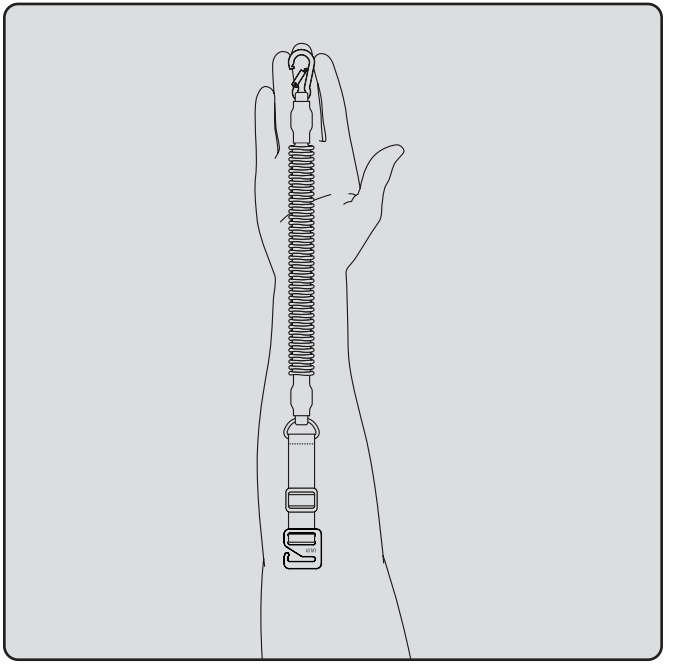
In subsequent sessions, you may wish to use a stronger resistance band set to add more resistance to your movements, which are available to purchase from Quell directly. Always be careful doing so, and do not use a resistance band set that is not appropriate for you, based on your level of fitness and experience using Quell.

ADJUSTING RESISTANCE LENGTH

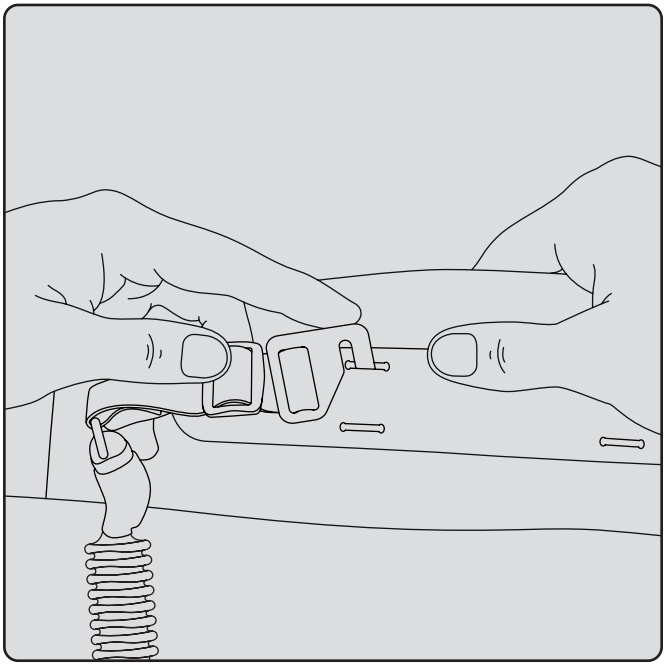
Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers



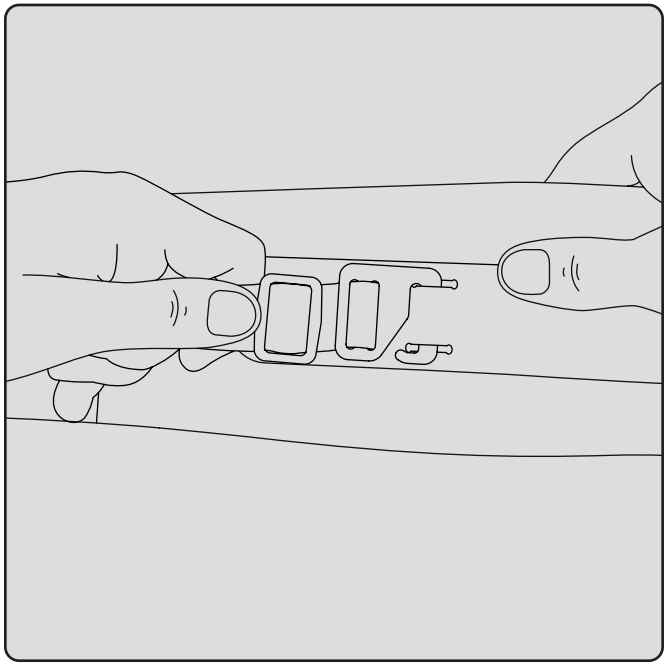
INSERTING RESISTANCE



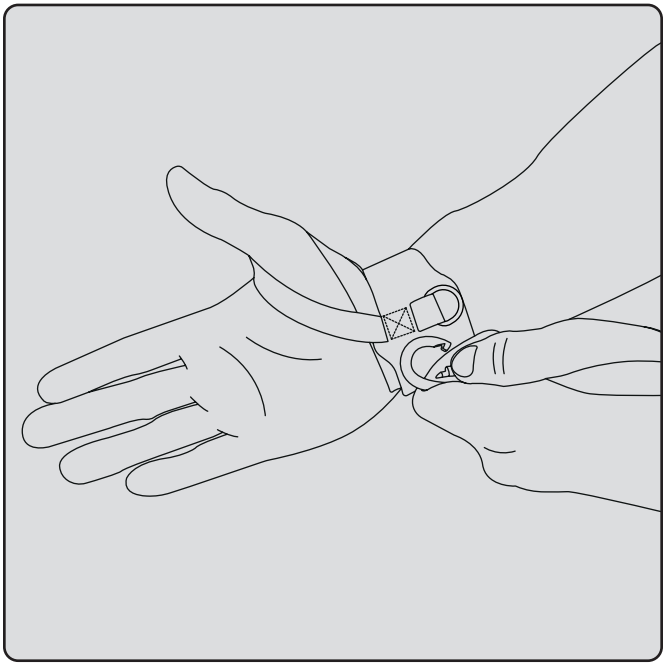
Insert the G-hook (See Image) into the rubber loop on the back of the belt.

INSERTING RESISTANCE

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.



CONNECTING RESISTANCE



Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

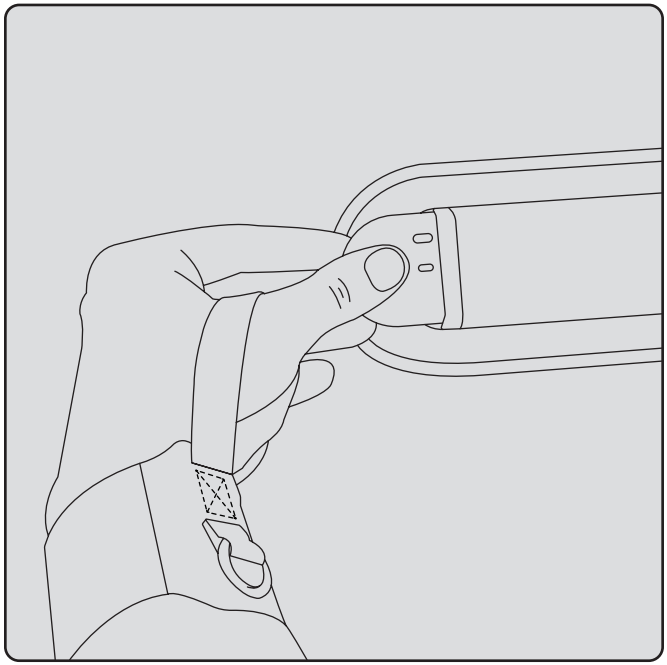
Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

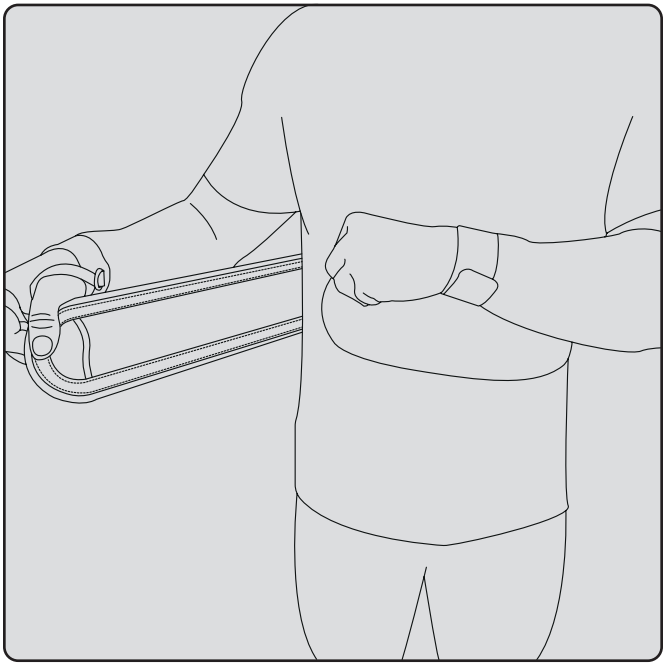
INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards and not be visible.



WEARING THE BELT

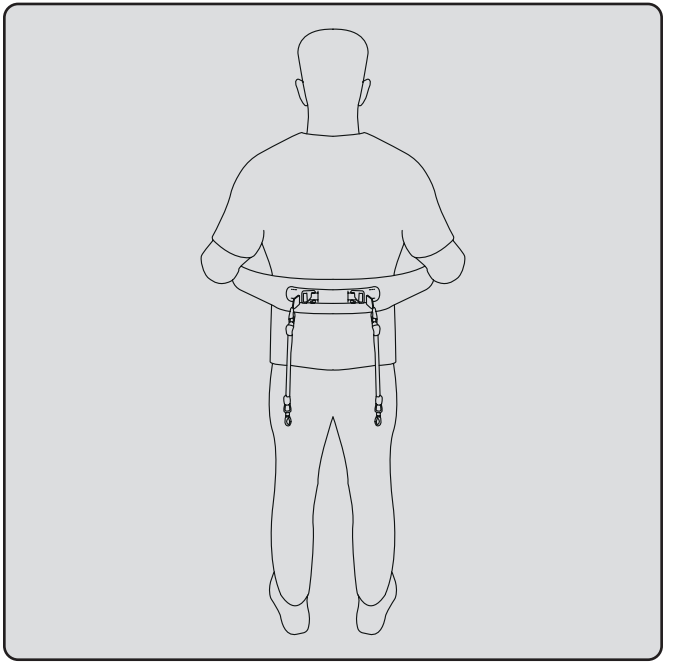


The belt should always have the hook-and-loop material and the internal pocket on your right side. The logos on the outside of the belt should always be upright.

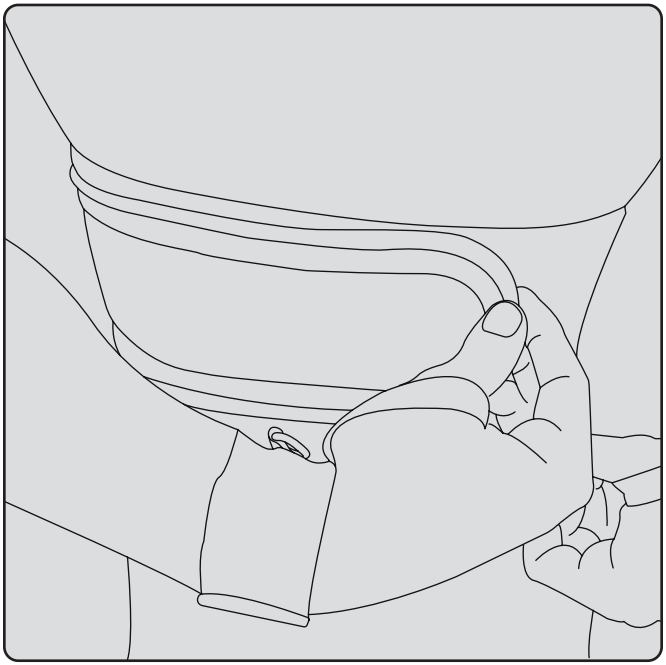
The belt should always be worn around your upper waist (See Image).

WEARING THE BELT

Hold the ends of the belt in your left and right hand, at equal length from the centre of your back. If you have access to a mirror, the rear Quell logo on the belt should land in the middle of the spine.



WEARING THE BELT

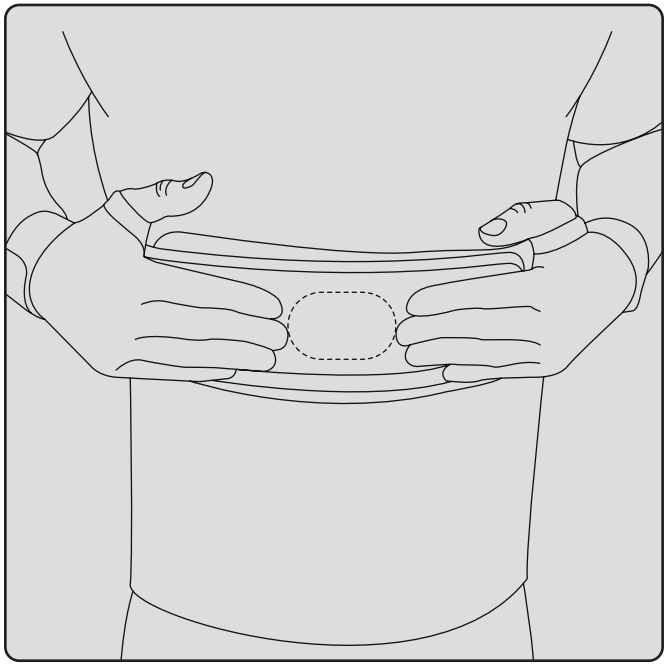


Wrap the left side of the belt around your upper waist first, and overlay the right side afterwards, ensuring the micro velcro has a good connection to the brushed fabric.

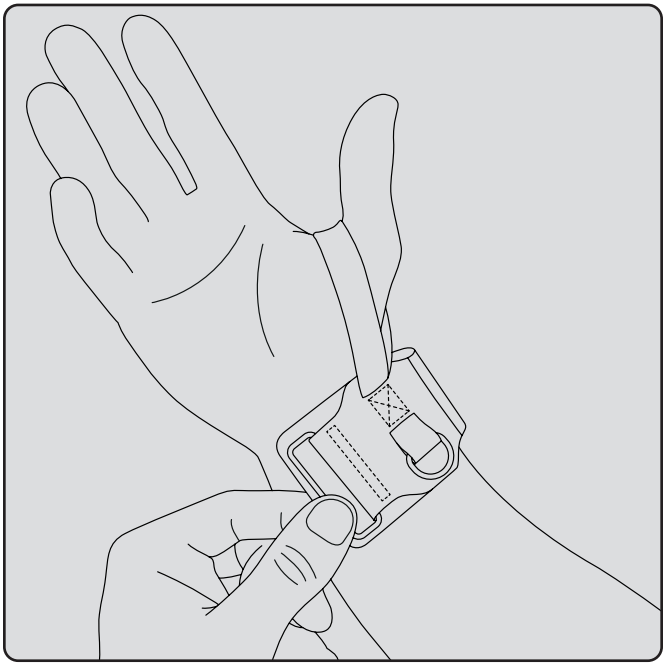
Ensure the fit is tight but not that breathing should not be restricted, since you will be undertaking vigorous exercise. If the belt feels too tight, loosen it by removing it and putting it back on with a looser fit.

WEARING THE BELT

Once the belt is on, ensure that the chest pod in the internal pocket is aligned to the centre of your chest.



WEARING WRIST STRAPS

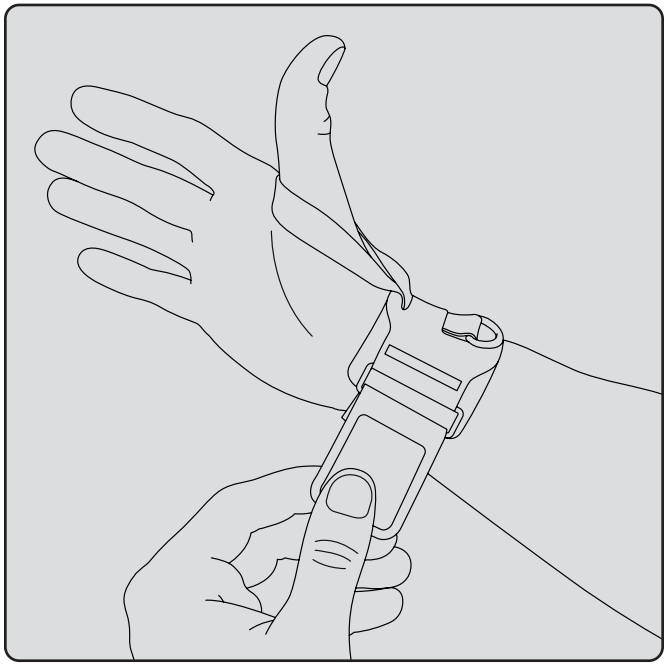


Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

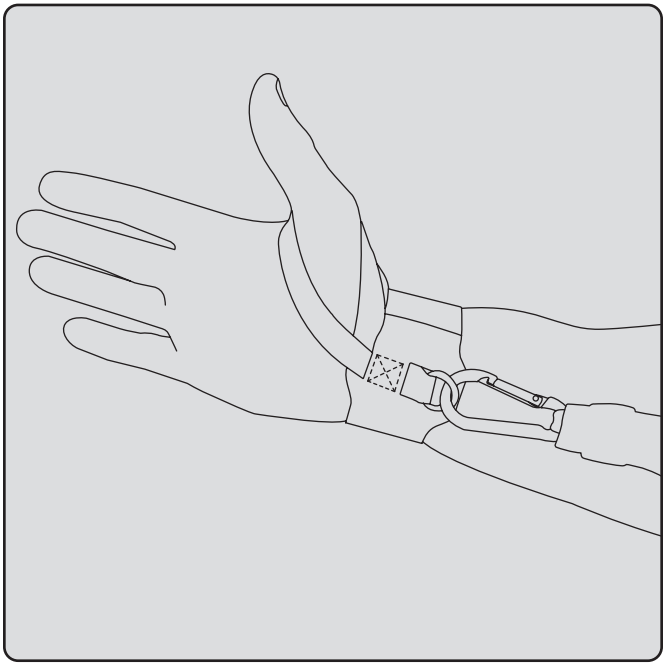
WEARING WRIST STRAPS

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap.

Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.



WEARING WRIST STRAPS



The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly. With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

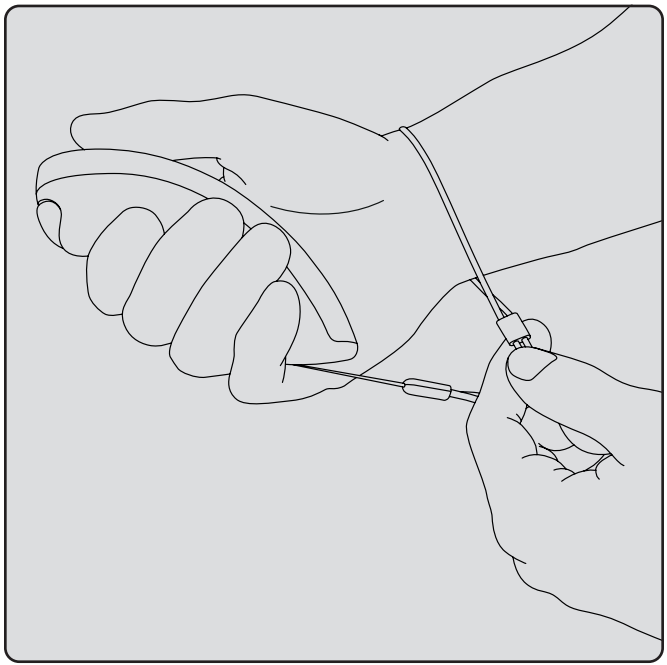
SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

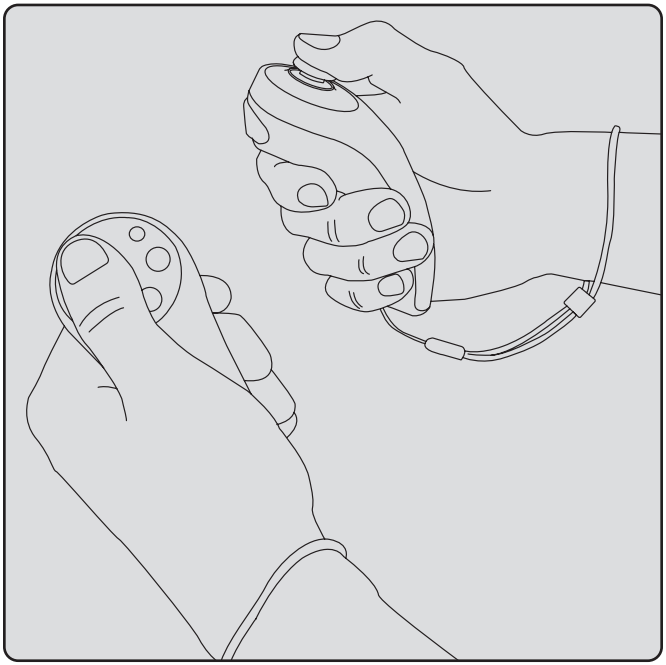
First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.



SAFETY LANYARD



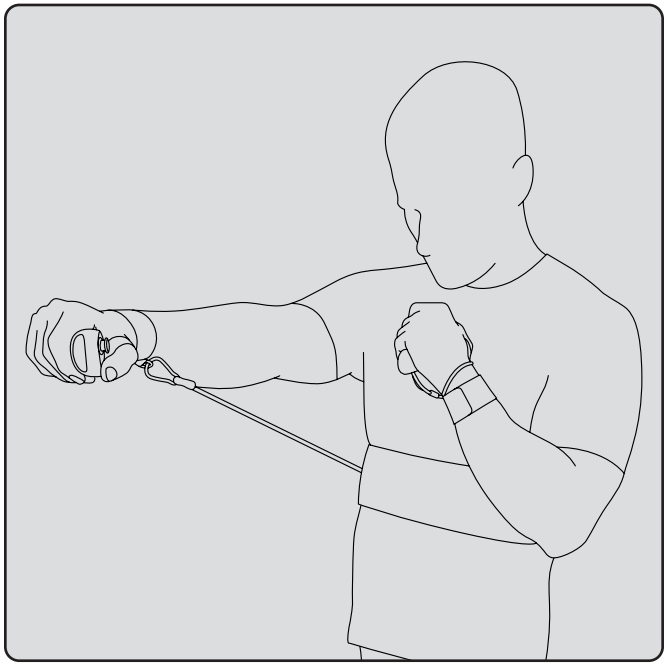
Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

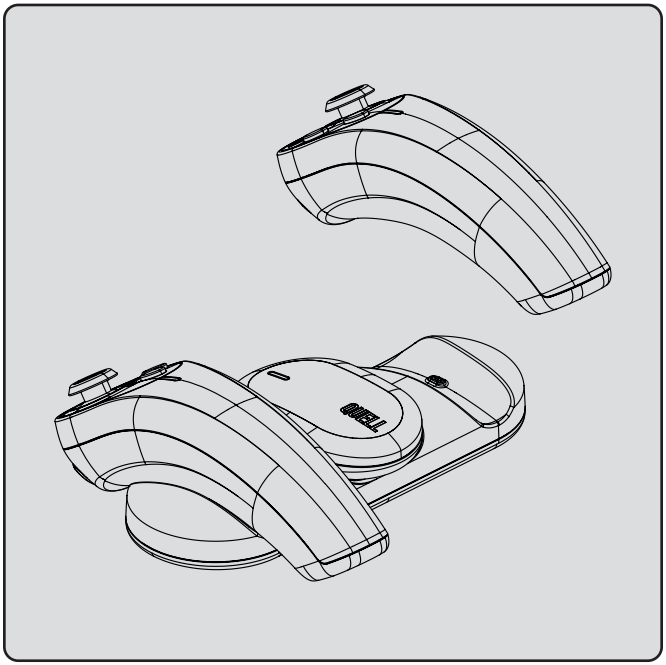
EXERTION

Movements & Safety:

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.



POWERING ON/OFF



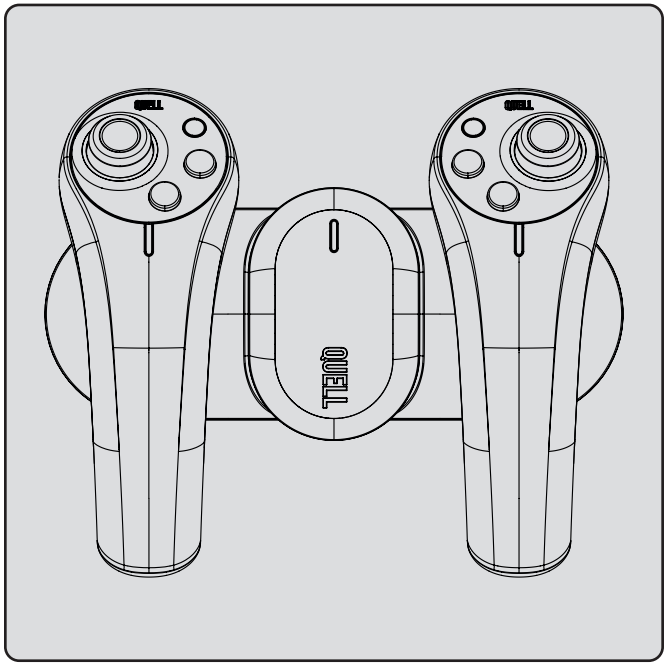
Powering On/Off:

1. Your Quell Impact will turn on automatically when picked up from the charging dock and remain on while in use.
2. If a period of inactivity is detected, the units will turn themselves off.
3. To turn any unit on again, simply press the home/options button on the hand controllers or the power button on the chest unit.
4. To power any unit off, press and hold the power button until the LED turns off.

UPDATES

Updates:

1. We'll be rolling out regular updates to ensure you get the best performance out of your Impact system. When a new update is available this will be indicated in-game.
2. When you're ready to update, accept the in-game prompt.
3. When the update begins, place all 3 units on the charging dock to prevent them losing power during the update.
4. While the update progresses, the indicator light will [LED for update in progress]. It will [LED for update complete] when complete
5. Pick up your Impact system and resume your session.



FACTORY RESET

Factory Reset:

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

Troubleshooting:

Please head over to ***playquell.com/pages/troubleshooting*** for troubleshooting.

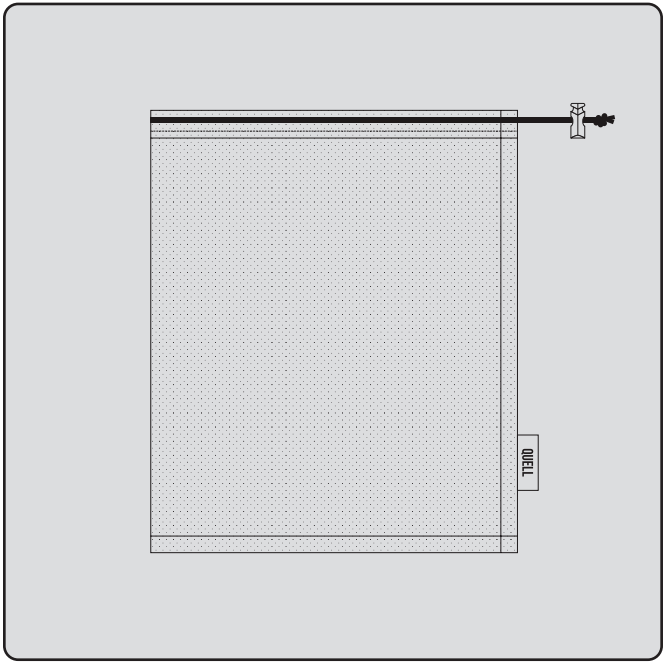
PRODUCT CARE & MISUSE

FABRIC CARE

Fabric Care:

Care should be taken to follow the fabric care information provided on the fabric care label attached to the Quell belt. Failure to follow these instructions may result in damage or degradation to the Quell garments and possibly surrounding garments during and washing procedure.

- It is recommended to hand wash the garments in the drawstring wash bag provided to protect the garments.
- Only machine wash the garments at a maximum of 30 degrees celsius.
- Do not tumble dry the garments.
- Do not iron the garments.
- Do not bleach the garments.
- Do not dry clean the garments.



REPLACING BATTERIES

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

Removing and replacing batteries:

Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.

DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries, failure to use these systems may even result in sanctions being taken against you.

Notes:

- *Waste electrical and electronic equipment may contain hazardous substances, which, if not treated properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

GERMAN

BEFORE WE BEGIN

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

Use the Quell Impact wearable device only as described in this manual.

It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions

OPERATING SPACE

Always ensure you are in a clear and safe space when using the Quell Impact wearable device.

The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.

When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.

Always ensure there are no trip hazards around you when using the product.

GETTING STARTED

Contents within this package:

1. x2 Quell Controllers
2. x1 Quell Charging Dock
3. x1 Quell Chest Pod
4. x1 Quell WIFI Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x3 Quell Resistance Band Sets
8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT

1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS

Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).

We always recommend starting with the lowest level of resistance bands in your first workout.

Do not workout with a resistance band which you don't feel comfortable using.

Your Quell Impact wearable device can also be used without resistance bands, if required.

SYSTEM SET-UP

1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING

1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

x

x

FABRIC CARE

x

x

CONTACT & WARRANTY

x

x

HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
The Office of Environmental Health Hazard Assessment (OEHHA) administers the Proposition 65 program. OEHHA, which is part of the California Environmental Protection Agency (Cal/EPA), also evaluates all currently available scientific information on substances considered for placement on the Proposition 65 list.
For further information, please visit oehha.ca.gov

CE Marking

This equipment complies with the essential requirements for the Radio Equipment Directive 2014/53/EU. The Declaration of Conformance for this device is available through contacting Quell Tech Ltd. For more information please visit www.playquell.com

Translation

Please contact Quell for a full translation of certifications in your chosen language.

Intellectual Property

Quell is a trademark of Quell Tech Ltd registered in the UK.
Copyright © 2022 Quell Tech Ltd. All rights reserved.

DISPOSAL

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- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

x
x
x

FRENCH

BEFORE WE BEGIN
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CONTROLLER BUTTON LAYOUT
1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT
1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT
1. Power on/off

BELT COMPONENT LAYOUT
1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT
1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT
1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS
Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).
We always recommend starting with the lowest level of resistance bands in your first workout.
Do not workout with a resistance band which you don't feel comfortable using.
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SYSTEM SET-UP
1. Ensure your Impact system is fully charged before first use.
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CHARGING
1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT
Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.
If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE
In your first session, please select the lowest resistance band set (name TBD).
In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH
Lay your arm flat on a surface with your palm open and fingers extended.
Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.
Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE
Insert the G-hook (See Image) into the rubber loop on the back of the belt.
Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE
Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.
Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.
Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD
Slide the chest pod into the internal pocket on the belt.
Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
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Translation

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Intellectual Property

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Copyright © 2022 Quell Tech Ltd. All rights reserved.

DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries,

- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

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DUTCH

BEFORE WE BEGIN

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

Use the Quell Impact wearable device only as described in this manual.

It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions

OPERATING SPACE

Always ensure you are in a clear and safe space when using the Quell Impact wearable device.

The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.

When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.

Always ensure there are no trip hazards around you when using the product.

GETTING STARTED

Contents within this package:

1. x2 Quell Controllers
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3. x1 Quell Chest Pod
4. x1 Quell WIFI Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x3 Quell Resistance Band Sets
8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT

1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS

Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).

We always recommend starting with the lowest level of resistance bands in your first workout.

Do not workout with a resistance band which you don't feel comfortable using.

Your Quell Impact wearable device can also be used without resistance bands, if required.

SYSTEM SET-UP

1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING

1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

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Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
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PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

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WARNING - General

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- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
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WARNING - Electrical Safety

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- *Do not touch this product or connected devices while charging during a thunderstorm.*
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- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
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- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
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WARNING – Pregnancy and Medical Conditions

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CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
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CUSTOMER SUPPORT

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CHINESE

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1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
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Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

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In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
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Translation

Please contact Quell for a full translation of certifications in your chosen language.

Intellectual Property

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Copyright © 2022 Quell Tech Ltd. All rights reserved.

DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries,

- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

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BEFORE WE BEGIN

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

Use the Quell Impact wearable device only as described in this manual.

It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions

OPERATING SPACE

Always ensure you are in a clear and safe space when using the Quell Impact wearable device.

The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.

When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.

Always ensure there are no trip hazards around you when using the product.

GETTING STARTED

Contents within this package:

1. x2 Quell Controllers
2. x1 Quell Charging Dock
3. x1 Quell Chest Pod
4. x1 Quell WIFI Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x3 Quell Resistance Band Sets
8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT

1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS

Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).

We always recommend starting with the lowest level of resistance bands in your first workout.

Do not workout with a resistance band which you don't feel comfortable using.

Your Quell Impact wearable device can also be used without resistance bands, if required.

SYSTEM SET-UP

1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING

1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

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Hold the controllers firmly during gameplay.

EXERTION

Movements

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PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

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CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
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The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
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CUSTOMER SUPPORT

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SWEDISH

BEFORE WE BEGIN

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9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

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1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS

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CHARGING

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2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
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Translation

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Intellectual Property

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Copyright © 2022 Quell Tech Ltd. All rights reserved.

DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries,

- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

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ITALIAN

BEFORE WE BEGIN

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

Use the Quell Impact wearable device only as described in this manual.

It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions

OPERATING SPACE

Always ensure you are in a clear and safe space when using the Quell Impact wearable device.

The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.

When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.

Always ensure there are no trip hazards around you when using the product.

GETTING STARTED

Contents within this package:

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2. x1 Quell Charging Dock
3. x1 Quell Chest Pod
4. x1 Quell WIFI Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x3 Quell Resistance Band Sets
8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT

1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS

Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).

We always recommend starting with the lowest level of resistance bands in your first workout.

Do not workout with a resistance band which you don't feel comfortable using.

Your Quell Impact wearable device can also be used without resistance bands, if required.

SYSTEM SET-UP

1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING

1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

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Hold the controllers firmly during gameplay.

EXERTION

Movements

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PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

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CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
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The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
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CUSTOMER SUPPORT

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JAPANESE

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1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT

1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT

1. Power on/off

BELT COMPONENT LAYOUT

1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT

1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT

1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
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   - Carabiner snap hook

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1. Ensure your Impact system is fully charged before first use.
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WEARING THE IMPACT

Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.

If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE

In your first session, please select the lowest resistance band set (name TBD).

In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH

Lay your arm flat on a surface with your palm open and fingers extended.

Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.

Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE

Insert the G-hook (See Image) into the rubber loop on the back of the belt.

Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE

Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.

Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.

Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD

Slide the chest pod into the internal pocket on the belt.

Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

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Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1) this device may not cause harmful interference, and
2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
The Office of Environmental Health Hazard Assessment (OEHHA) administers the Proposition 65 program. OEHHA, which is part of the California Environmental Protection Agency (Cal/EPA), also evaluates all currently available scientific information on substances considered for placement on the Proposition 65 list.
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CE Marking

This equipment complies with the essential requirements for the Radio Equipment Directive 2014/53/EU. The Declaration of Conformance for this device is available through contacting Quell Tech Ltd. For more information please visit www.playquell.com

Translation

Please contact Quell for a full translation of certifications in your chosen language.

Intellectual Property

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Copyright © 2022 Quell Tech Ltd. All rights reserved.

DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries,

- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

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NORWEGIAN

BEFORE WE BEGIN
WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using your Quell Impact wearable device. Quell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
Use the Quell Impact wearable device only as described in this manual.
It is the responsibility of the owner to ensure that all users of the Quell Impact wearable device are adequately informed of all precautions

OPERATING SPACE
Always ensure you are in a clear and safe space when using the Quell Impact wearable device.
The use of the Quell Impact wearable device will require you to perform various fitness actions - ensure you use this product in a location that there is at least 1 metre (around 3.3 feet) between your body (including extended arms / hands) and the television and other household objects to avoid causing damage to these objects, as well as damage to the Quell Impact wearable device.
When there are other people in the area, make sure that they are not within your range of motion as this may lead to accidents, injuries or other damage.
Always ensure there are no trip hazards around you when using the product.

GETTING STARTED
Contents within this package:
1. x2 Quell Controllers
2. x1 Quell Charging Dock
3. x1 Quell Chest Pod
4. x1 Quell WIFI Dongle
5. x1 Quell Belt
6. x2 Quell Wrist Straps
7. x3 Quell Resistance Band Sets
8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT
1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT
1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT
1. Power on/off

BELT COMPONENT LAYOUT
1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT
1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT
1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS
Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).
We always recommend starting with the lowest level of resistance bands in your first workout.
Do not workout with a resistance band which you don't feel comfortable using.
Your Quell Impact wearable device can also be used without resistance bands, if required.

SYSTEM SET-UP
1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING
1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT
Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.
If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.

SELECTING RESISTANCE
In your first session, please select the lowest resistance band set (name TBD).
In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.

ADJUSTING RESISTANCE LENGTH
Lay your arm flat on a surface with your palm open and fingers extended.
Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.
Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.

INSERTING RESISTANCE
Insert the G-hook (See Image) into the rubber loop on the back of the belt.
Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.

CONNECTING RESISTANCE
Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.
Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.
Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.

INSERTING CHEST POD
Slide the chest pod into the internal pocket on the belt.
Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

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Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

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Hold the controllers firmly during gameplay.

EXERTION

Movements

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PRODUCT CARE & MISUSE

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FABRIC CARE

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CONTACT & WARRANTY

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HEALTH & SAFETY

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WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

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- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
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- *Do not touch this product or connected devices while charging during a thunderstorm.*
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- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

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WARNING – Pregnancy and Medical Conditions

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WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

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- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
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Prop 65

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CE Marking

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Translation

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DISPOSAL

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The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
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CUSTOMER SUPPORT

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HEBREW

BEFORE WE BEGIN
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8. x1 1m USB-C Cable
9. x1 Instruction Manual
10. x1 Drawstring Travel Bag

CONTROLLER BUTTON LAYOUT
1. ABXY- Core gaming/action buttons
2. Home/Menu Button #1 (Right controller) - Options / Pause button

CHARGING HARDWARE LAYOUT
1. Charging spot for LEFT HAND CONTROLLER
2. Charging spot for RIGHT HAND CONTROLLER
3. Charging spot for CHEST POD
4. USB-C port
5. Silicone grip

CHEST POD BUTTON LAYOUT
1. Power on/off

BELT COMPONENT LAYOUT
1. Quell Belt
   - Internal pocket
   - Silicone printing
   - Micro velcro
   - Rubber patch and loops

WRIST STRAP LAYOUT
1. Quell Wrist Straps
   - Thumb loop
   - D-ring
   - Micro velcro
   - Breathable pattern
   - Indication of LEFT / RIGHT (L/R)

RESISTANCE COMPONENT LAYOUT
1. Quell Resistance Bands
   - G-hook
   - Adjustable webbing
   - Resistance band
   - Carabiner snap hook

NOTES ON RESISTANCE BANDS
Your Quell Impact comes with three different levels of strength of resistance bands (1,2,3).
We always recommend starting with the lowest level of resistance bands in your first workout.
Do not workout with a resistance band which you don't feel comfortable using.
Your Quell Impact wearable device can also be used without resistance bands, if required.
SYSTEM SET-UP
1. Ensure your Impact system is fully charged before first use.
2. Once the units are fully charged and you're ready to play, plug the dongle into your device and open the game launcher.
3. Removed the controllers and chest pod from the charging dock and they will automatically power on and connect to the dongle. You'll receive an

CHARGING
1. Connect the charging dock to a USB port using the supplied USB-C cable.
2. Place the three control units in their respective slots on the dock.
3. The light will turn [charging colour] while charging and turn [charged colour] when fully charged.

WEARING THE IMPACT
Before you start: Every time you set-up the product for use, you must check for imperfections or tears in the resistance bands and other parts of the product.
If you find imperfections or tears in the product, in particular in the resistance bands, do not use the product and contact Quell Customer Support.
SELECTING RESISTANCE
In your first session, please select the lowest resistance band set (name TBD).
In subsequent sessions, you may select a stronger resistance band set to add more resistance to your movements. Always be careful doing so, and do not use a resistance band set that is not appropriate for you.
ADJUSTING RESISTANCE LENGTH
Lay your arm flat on a surface with your palm open and fingers extended.
Place the resistance band on your forearm, laid flat, with the end of the g-hook resting inside your elbow.
Adjust the length of the webbing of the resistance bands until the snap hook is laying on the inside of your fingers.
INSERTING RESISTANCE
Insert the G-hook (See Image) into the rubber loop on the back of the belt.
Ensure the G-hook is inserted correctly by pulling firmly on it. The G-hook has been inserted correctly if it remains firmly within the loop when pulled.
CONNECTING RESISTANCE
Connect the steel carabiner snap hook (See Image) located on the end of the RIGHT resistance band to the d-ring on the RIGHT wrist strap.
Ensure the carabiner snap hook is inserted correctly by pulling firmly on it.
Repeat points. a. and b. to connect the LEFT resistance with the LEFT wrist strap.
INSERTING CHEST POD
Slide the chest pod into the internal pocket on the belt.
Ensure the chest pod is inserted in the correct orientation (See Image). The chest pod LED should be facing outwards

WEARING WRIST STRAPS

Place your thumb through the thumb loop and pull down on the wrist strap so the thumb loop is tight but comfortably fitting.

Hold the end of the wrist strap with micro fabric and insert through a steel loop on the opposite end of the wrist strap. Pull micro velcro end through the steel loop and back over the length of the wrist strap to secure the micro velcro to the brushed fabric.

The wrist strap should be secured tightly but comfortably, in order to allow correct movement and dexterity during gameplay, while preventing pain or injury. If the wrist strap feels too tight, loosen it before playing.

Test the resistance bands by extending your arms forward, sideways and upwards. If the resistance feels too tight or too loose, go back to Step 2 to adjust accordingly.

With your arms raised by your head and fists clenched in a guard position, there should be little to no resistance. Resistance should start engaging as soon as you extend your arms [See Image].

SAFETY LANYARD

Ensure you are wearing the controller safety lanyard before playing.

First, insert the micro cord loop through the opening in the bottom of the controllers.

Insert the main cord through the centre of the micro cord loop and pull tightly.

Place the cord over your wrist and slide plastic buckle up towards the wrist. Do not overtighten as this may cut off proper blood circulation.

Ensure the safety lanyard is not loose around the wrist for gameplay, in order to prevent accidental damage to the controllers or surrounding environment.

Hold the controllers firmly during gameplay.

EXERTION

Movements

1. Do not attempt any exercises that are not taught or practised in the game when wearing your Quell Impact.
2. When starting out with a new resistance band strength, begin all exercises slowly to ensure the strength is correct.
3. Do not stretch the resistance band over 2.5 times its length.

POWERING ON/OFF

1. Your Quell Impact will turn on automatically when

FACTORY RESET

Make sure you always update your Impact System to the latest firmware version. If you continue to experience issues with your Impact System after updating it, or the update fails, you can reset factory reset it by following this procedure:

1. Ensure that the system is fully charged and powered on
2. The factory reset procedure varies for each unit:
    - Right controller is reset by holding the bumper, home, and x button for 8 seconds
    - Left controller is reset by holding the bumper, options and a button for 8 seconds
    - Chest pod is reset by clicking the button 5 times then holding it for 8 seconds

PRODUCT CARE & MISUSE

x

x

FABRIC CARE

x

x

CONTACT & WARRANTY

x

x

HEALTH & SAFETY

Please read and observe the health and safety information. Failure to do so could result in injury or damage. Adults should supervise the use of this product by children.

WARNING - General

- *Handle your Quell console with care. You may damage the device if you disassemble, drop, bend, burn, crush or puncture your device. Using a damaged device may cause overheating or injury.*
- *Make sure the device is well ventilated when in use. Using damaged cables or power adapters, or using your device when moisture is present, can cause fire, electric shock, injury or damage to the device or other property.*
- *Keep this product and packaging*

WARNING - Electrical Safety

- *When charging the Quell console, make sure the power adapter is plugged into a nearby socket and is easily accessible.*
- *Only use compatible charging devices. Failure to use compatible accessories can cause fire, electric shock, injury or damage to the device and the accessories. .*
- *If you hear a strange noise, see smoke or smell something strange, stop using this product and contact Quell Customer Support.*
- *Do not expose this product or built-in batteries to fire, microwaves, high temperatures or direct sunlight.*
- *Do not let this product or built-in batteries come into contact with liquid and not use this product with wet or oily hands. If liquid gets inside, stop using this product and contact Nintendo Customer Support.*
- *Do not expose this product or built-in batteries to excessive force.*
- *Do not touch this product or connected devices while charging during a thunderstorm.*
- *Do not touch device connectors with your fingers or metal objects.*
- *Stop playing if you are holding the console or the controllers while charging and they become too hot, as this may lead to skin burns.*
- *The USB-C port in the Quell console is for providing power to the Quell devices only and should not be used to power third party devices or accessories.*

WARNING - Seizures

- *Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before. Anyone who has ever experienced seizures, loss of awareness or any other symptom linked to an epileptic condition should consult a doctor before playing video games.*
- *Stop playing and consult a doctor if you have unusual symptoms such as: convulsions, eye or muscle twitching, loss of awareness, altered vision, involuntary movements, or disorientation.*
- *To reduce the likelihood of a seizure when playing video games:*
- *Do not play if you are tired or need sleep.*
- *Play in a well-lit room.*

- *Stop playing if you experience any of these symptoms:*
- *If your eyes become tired or sore while playing, or if you feel dizzy, nauseated or tired;*
- *If your hands, wrists, or arms become tired or sore while playing, or if you feel tingling, numbness, burning or stiffness or other discomfort.*
- *If any of these symptoms persist, consult a doctor*

WARNING – Pregnancy and Medical Conditions

Consult a doctor before playing games that may require physical activity if:

- *You are pregnant;*
- *You suffer from heart, respiratory, back, joint or orthopaedic problems;*
- *You have high blood pressure;*
- *Your doctor has instructed you to restrict your physical activity;*
- *You have any other medical condition that may be aggravated by physical activity.*

WARNING - Heart Rate Monitor

- *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

CAUTION - Brightness of TV Screen

- *The brightness of the TV screen differs with each TV but can typically be adjusted. Always play games with the appropriate brightness setting. Excessive brightness or darkness can cause discomfort. If necessary, please refer to the instruction manual of your TV for guidance on how to adjust the brightness of your TV.*

CAREFUL USAGE

- *If this product becomes dirty, wipe it with a soft, dry cloth. Avoid using thinner, benzene or alcohol.*
- *Make sure to charge built-in batteries at least once every six months. If batteries are not used for an extended period of time, they may become impossible to charge.*
- *Be aware of your surroundings while playing.*

IMPORTANT NOTE FOR PARENTS

- *When children are using the Quell Impact wearable device, a parent or guardian should explain all Health and Safety Information and instructions to any children who are going to use the system.*
- *Failure to do so may result in injuries or damage to*

REMOVING AND REPLACING BATTERIES

- *Do not replace the batteries yourself. The batteries must be removed and replaced by a qualified professional. Please contact Quell Customer Support for more information.*

RoHS Notice

Quell Tech Ltd has conformed and this product conforms, where applicable, to the European Union's Directive 2011/65/EU on Restrictions of Hazardous Substances (RoHS)

Product Disposal Instructions

The symbol shown on the product and packaging means that the product is classed as Electrical or Electrical Equipment and should not be disposed with other household or commercial waste at the end of its working life. The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recycling and recovery techniques to minimise the impact on the environment, treat any hazardous substances and avoid increasing landfill. Product disposal instructions for residential users: when this product reaches the end of its life, take it to a collection point designated by local authorities for safe disposal or recycling. The separate collection and recycling of your product will help conserve natural resources, protect human health, and help the environment. For more information please contact your local authority or the retailer where the product was purchased.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation of the device. 15.21 - you are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b) - this equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio - Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet or circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Prop 65

This product is compliant with the Safe Drinking Water and Toxic Enforcement Act of 1986.
The Office of Environmental Health Hazard Assessment (OEHHA) administers the Proposition 65 program. OEHHA, which is part of the California Environmental Protection Agency (Cal/EPA), also evaluates all currently available scientific information on substances considered for placement on the Proposition 65 list.
For further information, please visit oehha.ca.gov

CE Marking

This equipment complies with the essential requirements for the Radio Equipment Directive 2014/53/EU. The Declaration of Conformance for this device is available through contacting Quell Tech Ltd. For more information please visit www.playquell.com

Translation

Please contact Quell for a full translation of certifications in your chosen language.

Intellectual Property

Quell is a trademark of Quell Tech Ltd registered in the UK.
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DISPOSAL

At the end of this product's life, please do not dispose of this product in your general household waste. Instead, please dispose of this product separately in accordance with your local recycling laws and regulations. For more information on the separate collection systems for waste electrical and electronic equipment that are available for consumers, free of charge, near your home, please contact your local and municipal authority.
The product will be treated in an environmentally sound manner at a licensed recycling plant and its components will be recovered, recycled or reused in the most efficient way possible, in compliance with the requirements of the Directive on Waste Electrical and Electronic Equipment (2012/19/EU) of 4th July 2012.
Under applicable environmental laws, you should always use the available separate collection systems for waste electrical and electronic equipment. In some countries,

- *properly, can be harmful to the environment and human health. Specific treatment of waste electrical and electronic equipment is therefore indispensable.*

CUSTOMER SUPPORT

x
x
x

RF warning statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

-English: "
This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:
(1)this device may not cause interference, and
(2)this device must accept any interference, including interference that may cause undesired operation of the device."

-French:"
Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée
aux deux conditions suivantes :
(1)l'appareil nedoit pas produire de brouillage, et
(2)l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le
fonctionnement."

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. L'appareil peut être utilisé sans restriction dans des conditions d'exposition portables.

Dongle(QDon):
Specific Absorption Rate (SAR) information:
– This radio is designed for and classified as “General population/uncontrolled Use”, the guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.The exposure standard for wireless radio employs a unit of measurement known as the Specific Absorption Rate, or SAR, the SAR limit set 1.6W/kg.

– Body-worn operation; this device was tested for typical body-worn operations with the Down of the Dongle kept 0mm for body worn. To maintain compliance with RF exposure requirements, use accessories that maintain a 0mm for body worn. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with RF exposure requirements, and should be avoided.

The highest reported SAR value for worn on the body is 0.608 W/kg .

POD (CUnit):
Specific Absorption Rate (SAR) information:
– This radio is designed for and classified as “General population/uncontrolled Use”, the guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.The exposure standard for wireless radio employs a unit of measurement known as the Specific Absorption Rate, or SAR, the SAR limit set 1.6W/kg.
– Body-worn operation; this device was tested for typical body-worn operations with the Down of the pod kept 0mm for body worn. To maintain compliance with RF exposure requirements, use accessories that maintain a 0mm for body worn. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with RF exposure requirements, and should be avoided.
The highest reported SAR value for worn on the body is 0.884 W/kg .

LeftCTR:
Specific Absorption Rate (SAR) information:
– This radio is designed for and classified as “General population/uncontrolled Use”, the guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.The exposure standard for wireless radio employs a unit of measurement known as the Specific Absorption Rate, or SAR, the SAR limit set 1.6W/kg.
– Body-worn operation; this device was tested for typical body-worn operations with the Down of the LeftCTR kept 0mm for body worn. To maintain compliance with RF exposure requirements, use accessories that maintain a 0mm for body worn. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with RF exposure requirements, and should be avoided.
The highest reported SAR value for worn on the body is 0.693 W/kg .

RightCTR:
Specific Absorption Rate (SAR) information:
– This radio is designed for and classified as “General population/uncontrolled Use”, the guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.The exposure standard for wireless radio employs a unit of measurement known as the Specific Absorption Rate, or SAR, the SAR limit set 1.6W/kg.
– Body-worn operation; this device was tested for typical body-worn operations with the Down of the LeftCTR kept 0mm for body worn. To maintain compliance with RF exposure requirements, use accessories that maintain a 0mm for body worn. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with RF exposure requirements, and should be avoided.
The highest reported SAR value for worn on the body is 0.645 W/kg .

QUELL

REAL FITNESS. REAL GAMING.