

Lesson One: Getting Started with



WHAT DOES THE MYO (MY-OH) ARMBAND DO?

The Myo armband reads the muscle activity in your forearm and gives you touch-free control of technology with hand gestures and motion.



WHAT CAN YOU DO WITH MYO?



PLAY

Fly your Parrot Drone or drive your Sphero to take your radio control experience to the next level.



CONNECT

Step away from your computer and control your digital world with gestures: browse the web, play videos, switch between applications, and more.



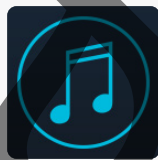
PRESENT

Blow your audience away with exclusive presentation features: control a digital pointer and zoom in on your slides, touch-free.

DISCOVER MYO MARKET



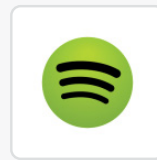
Race the Sun



Myo Music



iTunes



Spotify



YouTube



Minecraft



Facebook

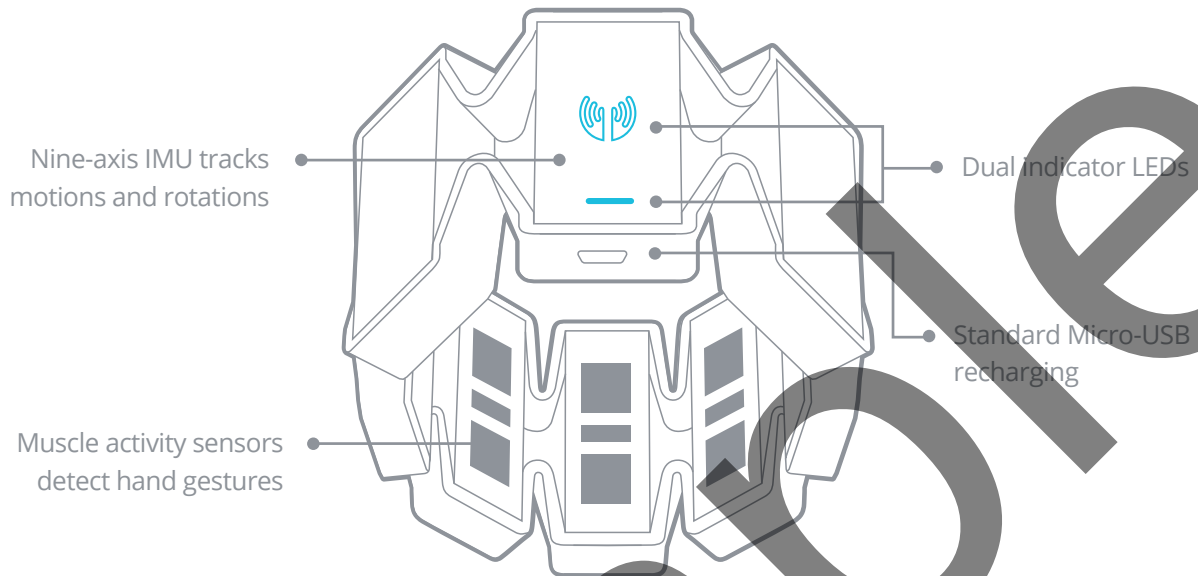


Windows Media Player



Netflix

Tech Specs



Comfortable design allows for one-size fits all
Expandable between 7.5in - 13in (19-34 cm)
Built-in rechargeable lithium ion battery
Bluetooth Smart connection
For ages 12+

COMPATIBILITY



Windows



Mac



iOS



Android

GESTURES



DOUBLE TAP



WAVE RIGHT



WAVE LEFT



SPREAD FINGERS



MAKE A FIST



ROTATE



MOVE

Lesson One: Getting Started with Myo

Overview

The Myo armband uses the electrical activity of your muscles to wirelessly control your computer, phone, and other favorite digital technologies. With the wave of your hand, you can transform how you interact with your digital world.

Objective

This lesson will walk you through the basics of using the Myo armband and teach you how gestures and motion can be combined to create endless possibilities.

Goals

- Set up the Myo armband
- Familiarize yourself with Myo Connect
- Browse Connectors and Applications in Myo Market
- Complete the Getting Started Guide

Lesson Length (Time)

60 Minutes

Equipment Required

- Myo Gesture Control Armband
- Myo Bluetooth USB Adapter
- Micro-USB Cable
- Myo Sizing Clips
- A Windows (7 or above) or Mac (OS X 10.10 or above) computer

The same equipment will be used in all future lessons.



PART 1: SETTING UP THE MYO ARMBAND

First, let's review the items you have received:

- Myo Gesture Control Armband
- Standard Micro-USB Cable
- Bluetooth USB Adapter
- Myo Sizing Clips

The micro-USB cable is used to charge your Myo armband and update its firmware. You will also need it to turn your Myo on if you have turned it off.

The USB Bluetooth adapter should be plugged into your Mac or Windows computer.

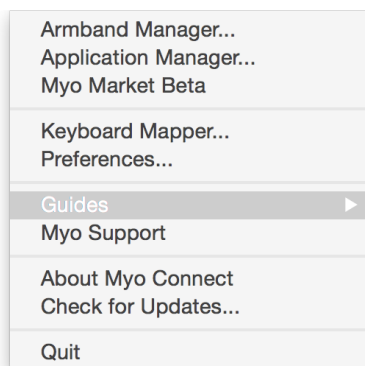
If you find that your Myo armband does not fit snugly on your forearm, Myo sizing clips will allow you to adjust Myo for a secure and comfortable fit on your forearm. [Attach the sizing clips](#)¹ to the rubber flex in-between the pods.

PART 2: MYO CONNECT

Myo Connect allows you to connect your armband to your computer to access Myo guides, personalization options, gesture recognition, and more. Download Myo Connect from myo.com/start² and install it on your computer.

On the first launch of Myo Connect, the **Getting Started Guide** should open automatically. You can access the **Getting Started Guide** at any time under **Guides** through the Myo Connect menu. This guide will show you how to wear the Myo armband properly and how it works, in addition to leading you through connecting and syncing.

The **Getting Started Guide** will introduce the five basic gestures that Myo recognizes: Double Tap, Fist, Finger Spread, Wave Right, and Wave Left. Once you reach the end of the guide, you are ready to use the Myo armband!



PART 3: MYO MARKET

The Myo Market is the place to discover new applications and connectors.

You can access the Myo Market at market.myo.com³ or from the shortcut in the Myo Connect menu. This will open up a browser tab to Myo Market with pages of featured applications! There are over 100 Myo connectors and applications to choose from, and each will be automatically added to your Application Manager if you choose to download it.

The market is categorized into five categories: [Connected Things](#)⁴, [Games](#)⁵, [Tools and Productivity](#)⁶, [Multimedia](#)⁷, and [Presentations](#)⁸.

Sample



Challenge Activities

Myo Market

1. In Myo Market, browse through each category to see all the applications and connectors that are available. Name and install one application that you found interesting from each category:

Connected Things:

Games:

Tools and Productivity:

Multimedia:

Presentations:

Games

2. Take the application that you found in the Games section and start using it with the Myo armband. Try all of the gestures while playing and share your experience below:

Which gesture was the most natural to perform? Which gesture did you find the most difficult?



Myo Diagnostics Page

3. The [Myo Diagnostics page](#)⁹ is a website application that allows you to take a deeper look at the data streaming from your Myo armband. Just connect your armband to your computer, open up the diagnostics page, and you're good to go! A connector is not required in the application manager.

A complete list of controls can be found on [Myo Market Application page](#)¹⁰.

a) Find the following:

- Battery Life
- Connection Status
- Indicator for which arm Myo is on
- Locked Status

b) Take a look at the **EMG Graphs** and **Gesture Feed** sections. For both sections perform the following:

- Double Tap
- Finger Spread
- Wave Out
- Wave In
- Fist

4. Take the Myo armband off and set it on the table. Under the Manual Overrides section, there is an Orientation header with a button to set origin, and under the IMU Graphs section you will see a cube. By moving the Myo armband, you can see the orientation of the cube move as well.

Play around with the Set Origin button and the Myo armband until the cube and armband move in the same manner (rotating the Myo armband will rotate the cube in the same direction).

Relevant Links

- [1] <https://www.youtube.com/watch?v=BKhKUcpIWPU>
- [2] <https://www.myo.com/start/>
- [3] <https://market.myo.com/>
- [4] <https://market.myo.com/category/connected-things/>
- [5] <https://market.myo.com/category/games/>
- [6] <https://market.myo.com/category/productivity/>
- [7] <https://market.myo.com/category/multimedia/>
- [8] <https://market.myo.com/category/presentations/>
- [9] <http://diagnostics.myo.com/>
- [10] <https://market.myo.com/app/5547e2fae4b061c0340c4d5c/myo-diagnostics-page/>

Sample

