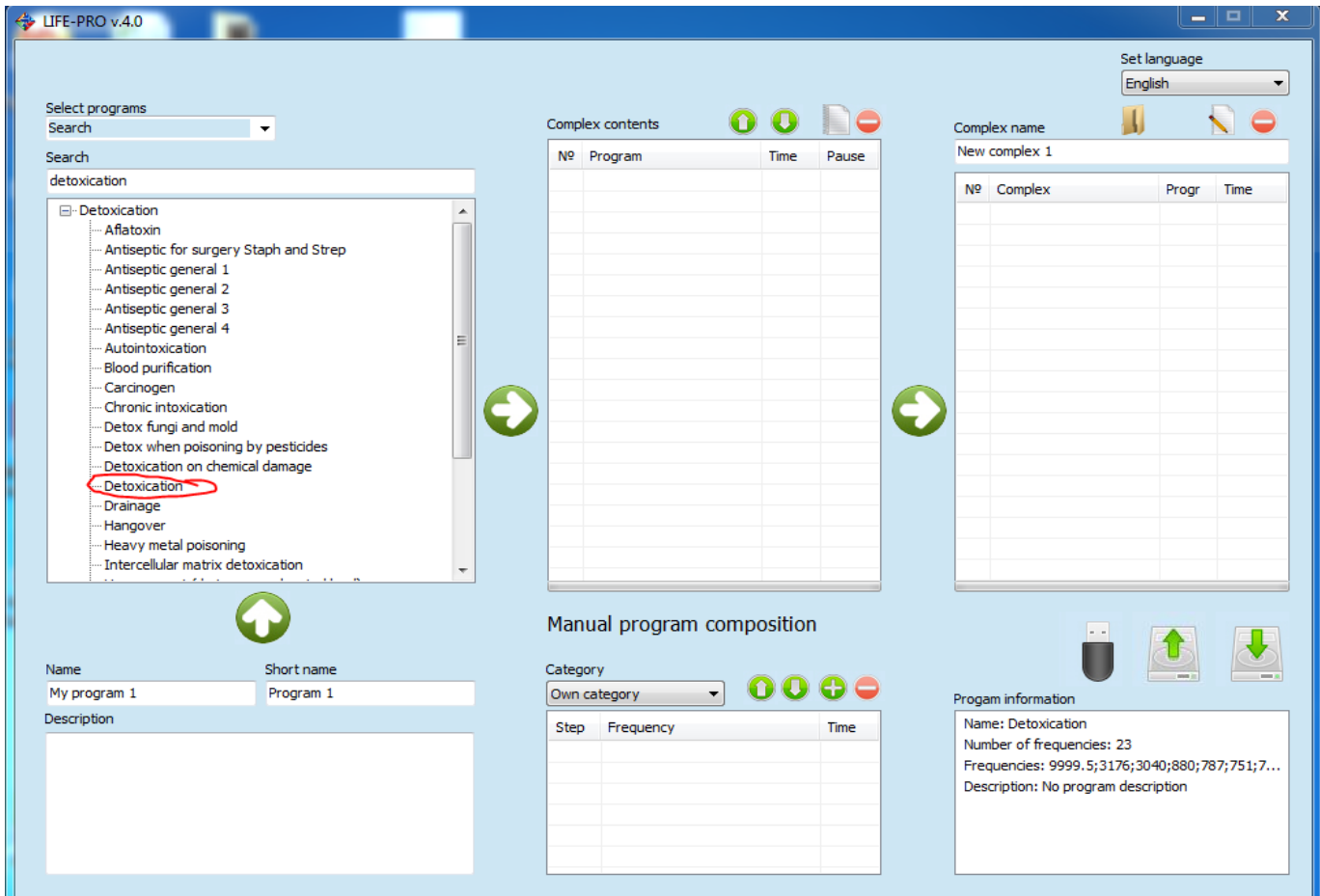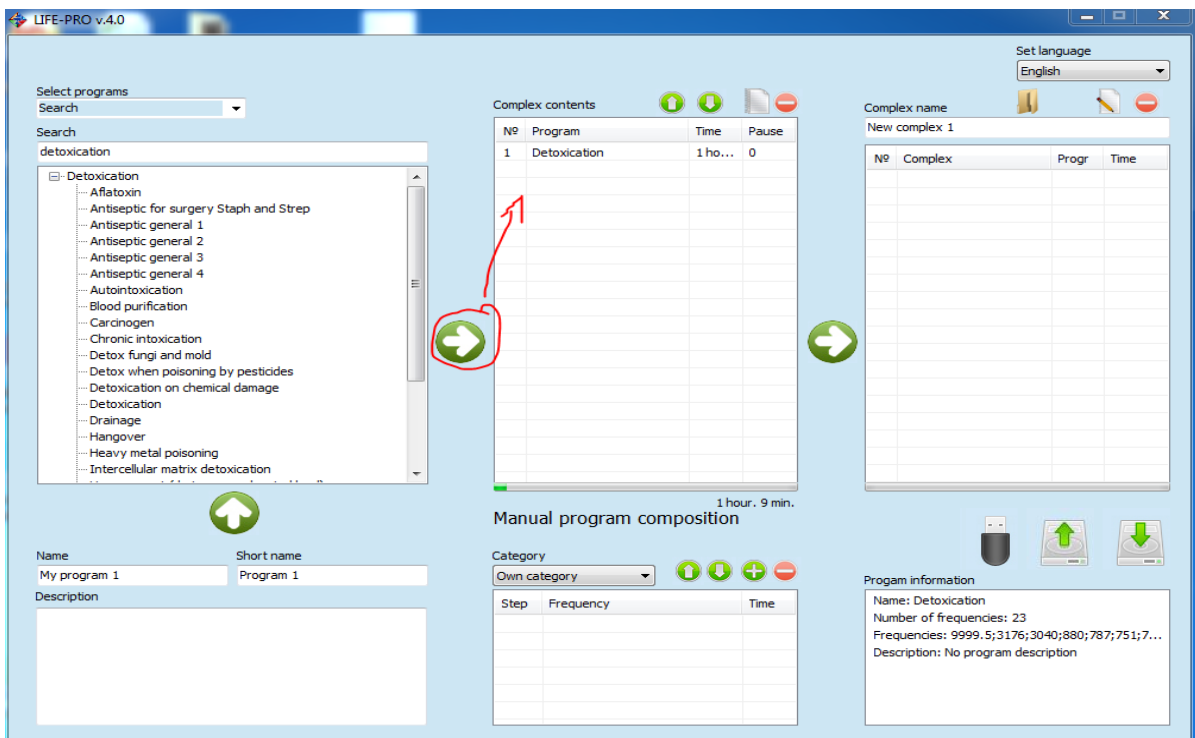To switch the programs on your Life Balance device follow instructions below:
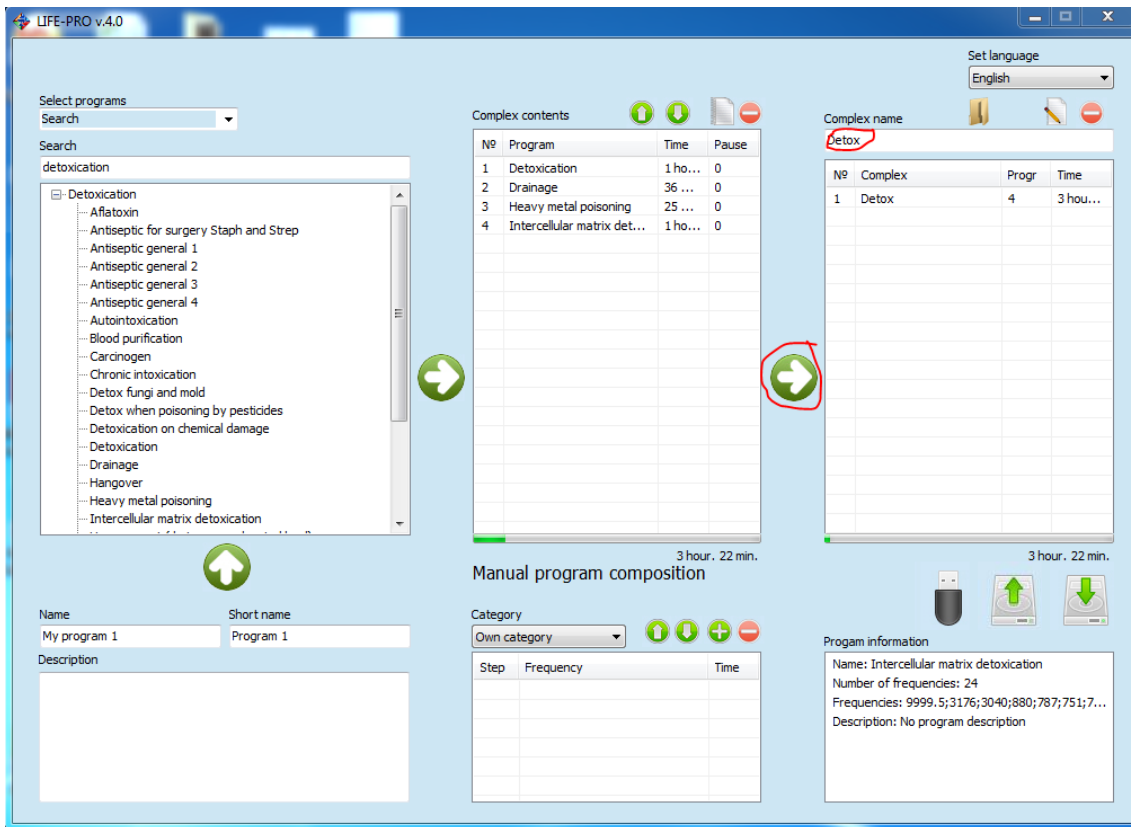
1. Start a Life Pro Application (if you do not have it you can find it in the WebWelness office, ask us for help)
2. Connect your Life Balance device and make sure it's turned off.
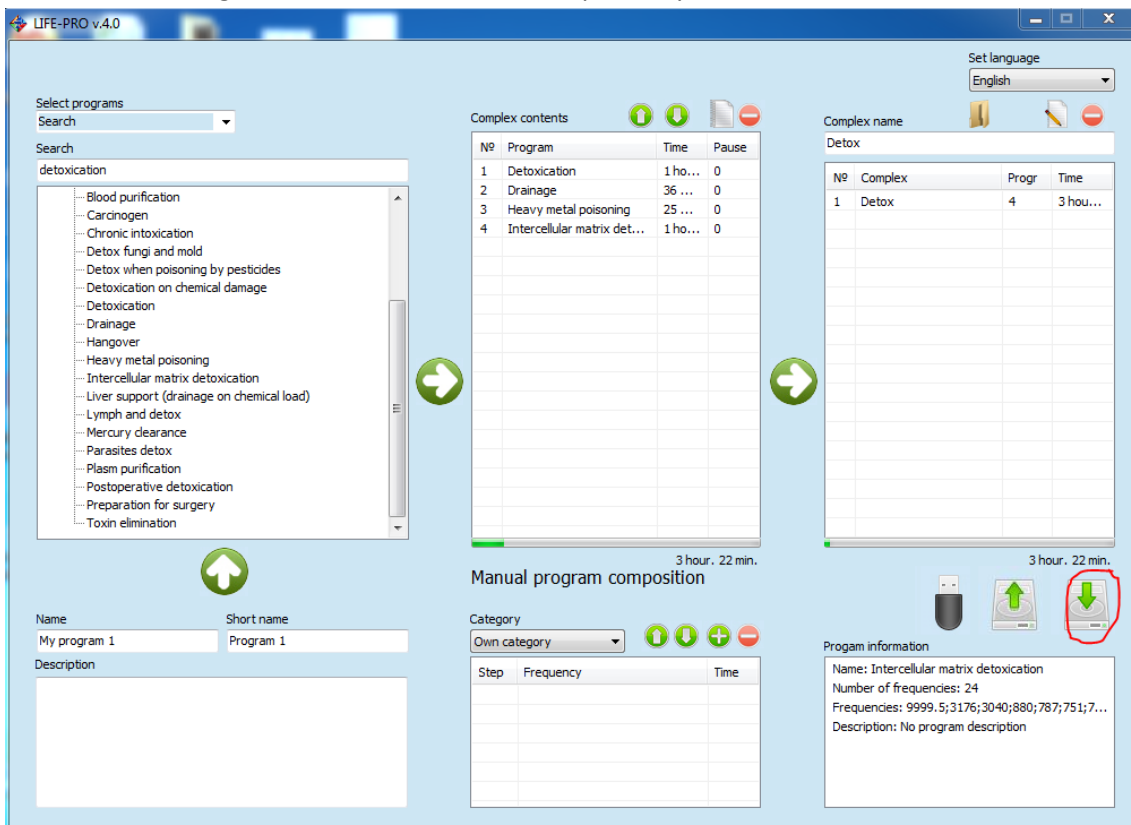3. Find the right program and press on it's name.

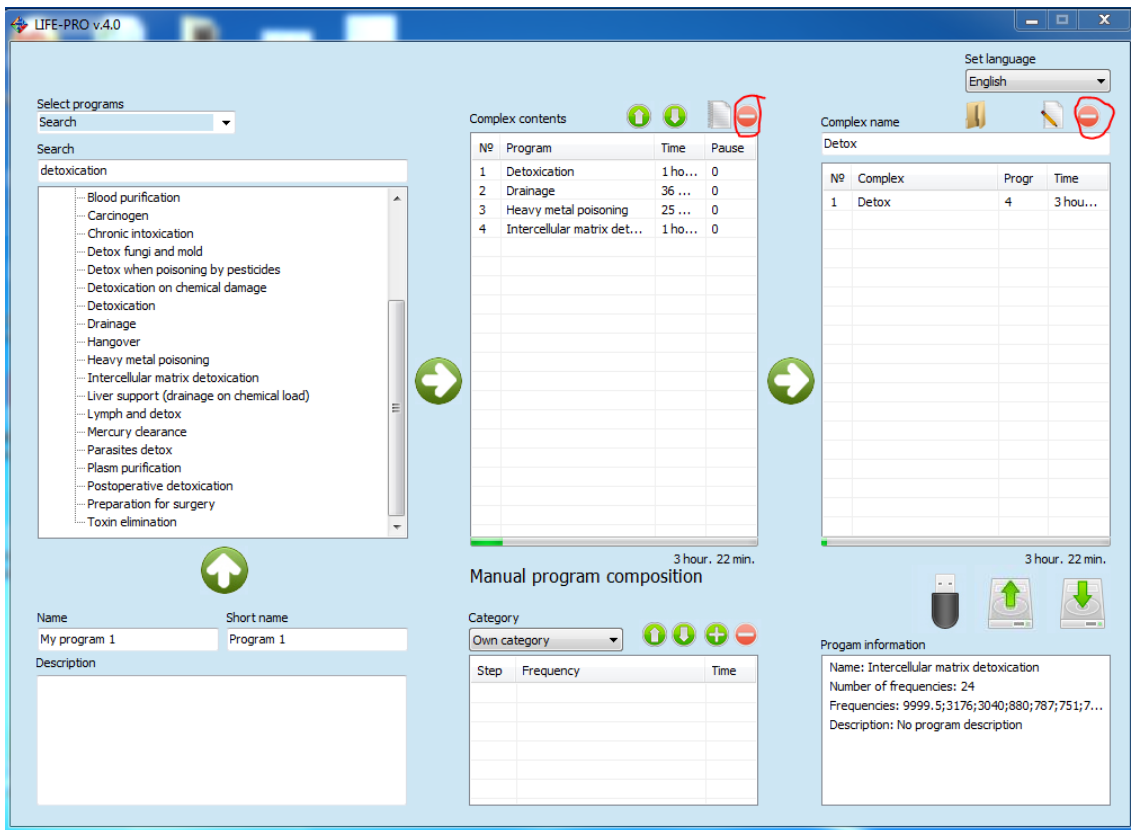4. Add the program to the complex content

5. Write the name of the complex and press the add button.

6. Press the following button to download the complex on your Life Balance device.

7. Here are the deleting buttons to change and delete complexes.

8. Here is the language pannel