



CoreX Equine Pro, Version 1.0
November 2017

[What's Included](#)

[Minimum Requirements](#)

[General Principles](#)

[Putting It On](#)

[Finding Your Neutral Position](#)

[Sit Tall and Balanced in the Saddle](#)

[Functions & Set Up](#)

[Selecting your Gait](#)

[Setting the Level](#)

[Adding Horse Names](#)

[Reviewing Data in Tables](#)

[Storing Data in the Cloud](#)

[Changing Alarm Sounds](#)

[Reviewing Data in Graphs](#)

[Contacting Customer Support](#)

What's Included

The complete CoreX Equine Pro System from Perfect Practice includes the CoreX Equine Bluetooth sensor, CoreX Equine neoprene belt featuring extra stabilizing straps, plus the CoreX Equine Pro App to measure and provide feedback on your core strength and balance while riding. Also included with your purchase is a 1-month free subscription to CoreX's cloud data service, which allows you to track exercise results on multiple horses and access that data from the CoreX Equine Pro App.

Minimum Requirements

The CoreX Equine Pro App requires a device running iOS 10 (or later) and the CoreX Equine Bluetooth sensor. For best performance, we strongly recommend using one of the CoreX neoprene belts provided with the sensor. You can also try another belt for holding the sensor, but be sure that it holds the sensor securely to your waist or whatever body part you want to measure. If the sensor twists or flops around, the biofeedback you receive from the CoreX Equine Pro App will be severely degraded.

[Back to Table of Contents](#)

General Principles

The CoreX System was designed by a Physical Therapist and a Biomechanical Engineer to make core stability training more functional, more quantitative, and more effective. Other products either limit you to training in a specific position (like lying on your back or flat against a wall) or they don't give you the **numbers** to let you know exactly where you stand and how you are improving (like a mirror or someone watching you). The system is designed to be portable and versatile, so we welcome you to try it out with any exercise where you are attempting to maintain a stable core.

Our teams' passion for everything equine got us thinking, CoreX would be amazing for equestrians! We started talking to people within the industry and they all agree, there is nothing like CoreX Equine for people learning to ride or teaching others how to ride. The benefits to trainers, riders, and their horses are indisputable--CoreX Equine changes the game. Regardless of your ability level, utilizing this technology is like having a horse trainer right there in the saddle with you.

[Back to Table of Contents](#)

Putting It On

Putting your CoreX Equine belt on properly and consistently is critical to getting the feedback you expect in your workout. These belts are made of the highest quality neoprene and hook-and-loop fasteners with a specialized design so that you can get the belt on in the right place, have it stay there, but make it easy to take off or adjust.

Finding Your Neutral Position For Sitting/Riding

Forward Tilt- Tip your pelvis forward allowing your back to gently arch or curve.

Backward Tilt- Tip your pelvis under your spine (tuck your tail) flattening your back.

Now find the middle of these two positions, which will be your neutral position.

You should be able to tilt your pelvis forward and backward ***without moving your shoulders***. If you are unsure if you are moving your shoulders, ask someone to watch you at first.



[Back to Table of Contents](#)

Step 1: Put your hands on your hips so that you can feel your “hip bones” (anterior superior iliac spines) with your index fingers. You’re going to want to put the belt on over the top of these bones in the front, and over your tailbone in the back.

Step 2: Bring the belt around your waist, keeping it centered over your tailbone (shown here). Then use the hook-and-loop closure to make it just tight enough to stay in place. After you’ve got it in place, adjust it so that the pocket is centered over your tailbone. You may also want to pull the belt up or down a bit to make sure it is over your tailbone, in between your glutes and your low back.



Step 3: Now that you've got the belt in place, use the stabilizing straps on either side to make it nice and tight. If you don't make it tight enough, it may move during your exercise and give you false feedback.



Step 4: Now it's time to put the sensor into the specially-designed pocket. Put the sensor in so that the logo is right-side up, as pictured. Make sure it is completely in the pocket by pushing down with your thumb. If you need it, there is a hole in the center-bottom of the pocket that you can stick one finger into to help guide the sensor into position.



[Back to Table of Contents](#)

That's it! Now just use the Start/Stop button on the app to Zero and Start the app.

If you are training on your own, you can also use your headphones (wired or Bluetooth) with the CoreX Equine Pro app. When you first start the app, press Zero and Start on the screen so that the app takes control of the headphone remote. Now you can use your headphones' Play/Pause button to start and stop the app.

Sit Tall and Balanced in the Saddle

When we say "Sit Tall and Balanced in the Saddle" we mean that you should maintain your neutral position and hold it throughout a ride. The primary purpose of the CoreX Equine Pro App from Perfect Practice is to give you the external biofeedback you need to learn to stabilize your pelvis in a neutral position during rides, both for optimal performance, for safety, and for reducing the risk injury to your horse.

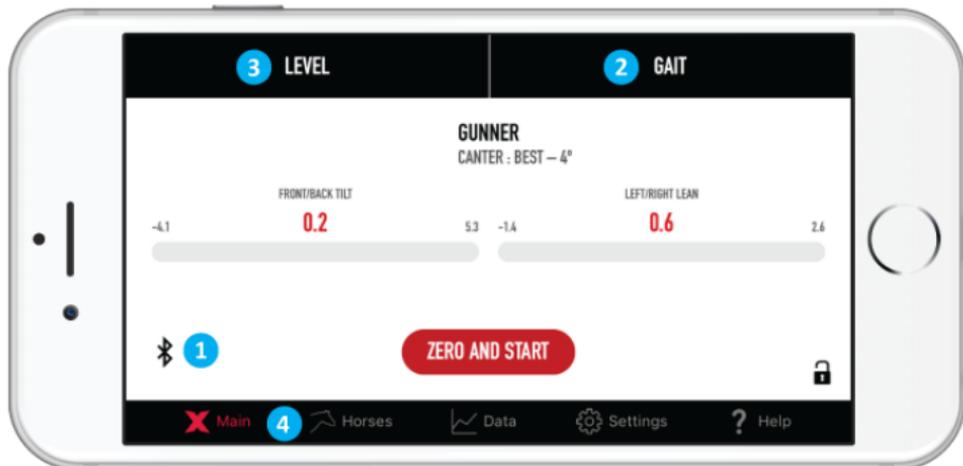
To start using the device, find your neutral pelvic position and stabilize your pelvis in the position you'd like to maintain during your exercise (see later sections for instructions to do this). Then press the Start/Stop button on the app or your remote control headphones. You'll hear the words "*Hold Still While I Get Ready.*" For best accuracy, make sure you hold still until the app tells you "*Let's Go.*" Now your device has been zeroed to your personal neutral position and it will begin giving you real-time biofeedback when you tilt your pelvis beyond the set threshold. To stop,

[Back to Table of Contents](#)

simply press the button again and you'll hear the word "Stopping." *If the remote control button doesn't seem to be working, press Zero and Start on the app screen the first time, and after that the remote button should work.*

Functions & Set Up

Before you begin, be sure to put the CoreX Belt on your waist. Use the stabilizing the straps to make sure the belt is securely in place.



Now, open the CoreX Equine Pro App. When you first open the app, the Bluetooth logo in the lower left will flash (1). Hold the sensor close to the screen. Once it connects the Bluetooth logo will be solid black, and the sensor's LED will flash blue indicating that it is connected and ready to go. If the sensor's LED flashes red, you need to charge the sensor as its battery level is below 25%.

Select the *Gait Button* (2)

Within the Gait selection screen, use the Picker wheel to pick from Walk, Trot, or Canter. This will allow you to track your riding performance across the specific way you are practicing with you horse. For this screen you will also have the option to view instructional videos. Tapping this button

[Back to Table of Contents](#)

will take you directly to the CoreX Equine website where you can watch the training videos.

Select the Level Button (3)

Within the Level screen, you can set your desired stability threshold. This ranges from 12 degrees of motion for a beginner to 4 degrees for an advanced rider. This changes how much motion is allowed before feedback is given (an alarm sounds or the screen background changes to red).

Back at the home screen, you can ***select the Horses Tab*** (4) to select which horse you will be training with.

In the Horses tab, you can set the Horse name. This name shows at the top of the Main screen. It is also attached to the recorded data. Make sure you tap the Activate button before returning to the Main screen. The “Active” Horse is the only one whose data shows in the Graphs or in the Data tab, so please be sure you use unique identifiers for every horse to ensure you can track your performance atop each horse.

Now you are ready to begin! Stabilize your pelvis in your neutral position, then press the red Zero and Start button to get biofeedback and record the results.

The CoreX Equine Pro App records Forward/Backward Tilt & Left/Right Tilt. In real time, the red bars and the numbers show you how much you are tilting **from your starting position**. The numbers at the end of the horizontal bars tell you the maximum tilt in either direction. When finished, hit Stop to end recording.

[Back to Table of Contents](#)

Reviewing Data in Tables

Under the ***Data Tab***, if you are logged in to your CoreX Cloud account you'll see all the recordings for the Active horse, from newest to oldest. For each recording, you'll see the horse name/ID, the exercise, and the date in bold, along with a 1-line summary of the min-max for each axis and the duration of the recording. Any recording where the movement peaked at 30° or more will be highlighted in red so you can easily identify it.

Often these trials are due to an error (i.e. the rider bent over to pick something up, took off the belt before stopping the recording, etc.) so you can easily delete those recordings.

If you tap on an individual recording, you can view a Summary Table, Export that recording as an Excel-compatible CSV file, or Delete it. Give it a try!

Note: To export you must set up a default email account in the Mail App.



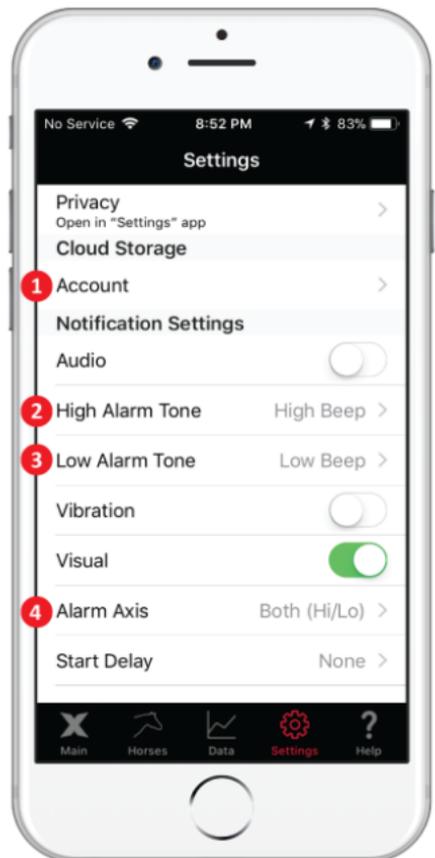
[Back to Table of Contents](#)

Storing Data in the Cloud

In CoreX Equine Pro, we have our own secure Cloud server to store your data safely and conveniently. Now if you have multiple iPhones/iPods/iPads, you can see the same data on every device. And if something happens to one of your iOS devices, no need to worry because we've got your back(up). There are convenient monthly and annual subscription options to meet your needs.

In the Cloud Storage Settings, you can create a new account or log in to your existing account (1). When you create an account, please use an email address that you access regularly—this is where a reset code will be sent if you ever forget your password. You can purchase UNLIMITED Cloud storage on a monthly or annual basis, and all transactions proceed through Apple's In-App Purchase system. You will receive a receipt for your purchase at the email address associated with your iTunes account.

The little red "!" badge on the Settings tab lets you know if you are not logged in. If you decide not to purchase the Cloud service or do not wish to be warned if you



[Back to Table of Contents](#)

are logged out, you can turn off the notification.

Once you are logged in, CoreX Equine Pro automatically syncs recordings with the Cloud whenever necessary. If you log in to a new device for the first time, there may be a bit of a delay as the App downloads all of your recordings from the server so they are at your fingertips. Only the recordings associated with your Cloud account will be available, so if you are sharing your iOS device with others in a group setting, only you will be able to see your Horses' information. Remember to log out when you are done if you are sharing a device!

Changing Alarm Sounds

In CoreX Equine Pro, there are several options to control the audible alarms within Settings. The High Alarm Tone (2) and Low Alarm Tone (3) have different sounds, or you can choose one of them to be silent as well. The Alarm Axis (4) let's you pick whether the High Tone applies to high (positive) values for both axes and the Low Tone applies to low (negative) values for both axes (Both Hi/Lo), or the High Tone applies to the Front/Back Tilt and the Low Tone applies to the Left/Right Tilt (Top-Hi and Bottom-Low), or you can choose to only get feedback for the Front/Back Tilt axis (Top Only) or the Left/Right Tilt axis (Bottom Only).

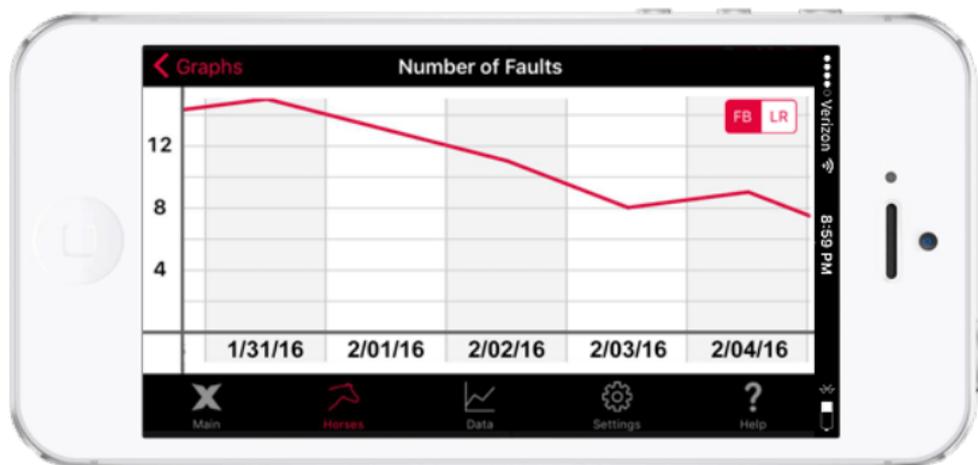
Reviewing Data in Graphs

If you are logged in to an active Cloud account, you can also view graphs. To view Graphs of your Horses' progress over

[Back to Table of Contents](#)

time, tap on the Horses tab. Make the Horse whose data you want to view Active. Tap the Graphs button, and you'll be able to pick which gait you want to view graphs for. Then select a graph type and *Voilà!*

The % outside threshold, and # of faults each provide you with a summary of all data collected for each day. If your Horse does the same exercises day after day, you can observe how their performance changes over the course of days, weeks or months. Tap on the legend to switch between F/B or L/R. Isn't that awesome?



[Back to Table of Contents](#)

Contacting Customer Support

Please feel free to email us with your questions, concerns, comments and suggestions at

support@coreXequine.com

We'd love to hear how you are using the CoreX Equine System and about your successes with our device!

Conclusion

Thank you for reading this brief description of how to get started with the CoreX Equine from Perfect Practice. For more information, demonstration videos and a complete description of all the features of the device, please go to

<http://coreXequine.com>



[Back to Table of Contents](#)