



# r-go break software

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English manual

p.2



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R-Go Break Pausensoftware

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Logiciel R-Go Break

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# Contents

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Congratulations!	4
Software overview	5
Dashboard	6
01 Updates	7
02 Help	7
03 Working time	7
04 Healthy working	7
05 Amount of breaks	8
06 Statistics	8
07 Healthy habits coach	9
08 Fit coach	10
09 Sit stand coach	10
10 Settings	12
11 R-Go Tools devices	12

## Congratulations with your purchase!

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To stay fit during your working day and for maximum productivity it is important to take regular breaks. The R-Go Break software is a tool that helps you to regularly take breaks during your working day. The Break software controls the LED light on your R-Go Break mouse or keyboard. This light changes color, like a traffic light. When the light is green, it means you are working healthily. Orange indicates it is time for a short break and red indicates you have missed a break. The LED indicator gives you immediate feedback on your break behavior. When you don't use R-Go Break devices, you will receive a small pop-up with a break reminder on your screen.

With the Break software you can personalize the length and frequency of your breaks and also personalize your break messages. For example, you can set a reminder when it's time for a cup of tea, a game of table tennis or a walk.

The software distinguishes between Micro breaks and Macro breaks. A micro break is a short break and is recommended to take frequently. A macro break is a longer break that allows you to alternate between sitting and standing or to perform some exercises. Standard settings are, based on Dutch health & safety regulations:

- After 10 minutes of computer work a micro break of 30 seconds is recommended.
- After 30 minutes of computer work a macro break of 3 minutes is recommended.

## Congratulations with your purchase!

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With the software license you can use the Sit-stand coach and Fit coach. These coaches help you during macro breaks to alternate your posture and to exercise. The Sit-stand coach can raise your electric desk to the desired standing height. The Fit coach gives you various stretching exercises to perform in order to stay fit.

The software also analyses your working behavior and visualizes it. From the graphs you can see how intensely you use the mouse and keyboard and how well you follow your break recommendations. After all, measuring is knowing!



**For more information  
about this product,  
scan the QR code!**

[https://r-go.tools/break\\_web\\_en](https://r-go.tools/break_web_en)



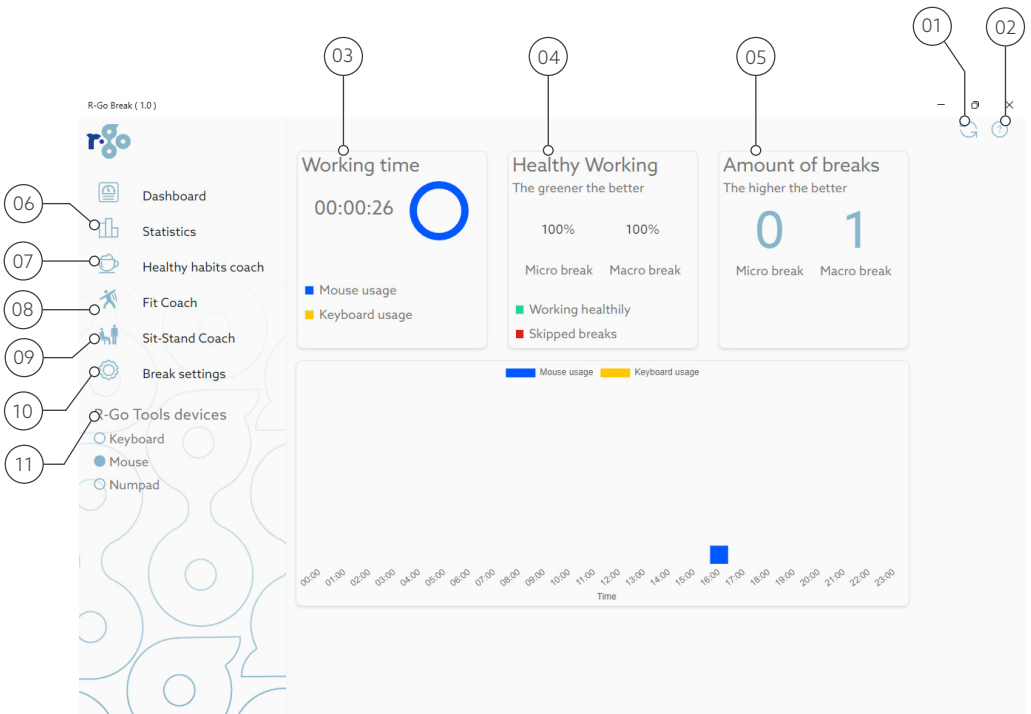
**Watch this video!**



# Dashboard

Contains several tabs with details of your working behavior and the breaks that you have taken.

- 01 Updates
- 02 Help
- 03 Working time
- 04 Healthy working
- 05 Amount of breaks
- 06 Statistics
- 07 Healthy habits coach
- 08 Fit coach
- 09 Sit-Stand coach
- 10 Settings
- 11 R-Go Tools devices



# Dashboard

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## 01 Updates

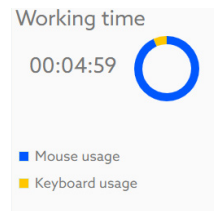
When you see a red sign it means a new version of the R-Go Break software is available. When you click here, it will automatically install the newest version.

## 02 Help

This links to the online manual of the software.

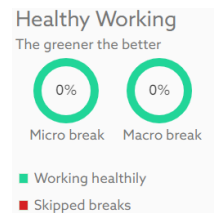
## 03 Working time

Shows the actual time each day that you used your mouse and/ or keyboard.



## 04 Healthy working

Your break behavior is visualized. This shows how well you have kept the recommended breaks. There is a distinction between small (micro) and larger (macro) breaks. See page 4. The time and break duration can be changed in the settings.

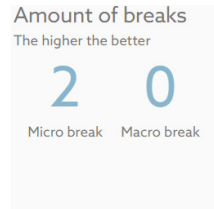


# Dashboard

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## 05 Amount of breaks

This shows how many breaks you have taken during a day. This includes the recommended breaks and also the spontaneous breaks that you have taken. The software shows an absolute number, which in this case means: the higher the healthier. For example when a micro break is set to 10 seconds, this break will be counted when you leave your mouse or keyboard untouched for these ten seconds.



## 06 Statistics

With these statistics you can analyze your working behavior for a longer period of time. You can check how well you followed break recommendations or how long you used your keyboard and/or mouse per day, week or month.



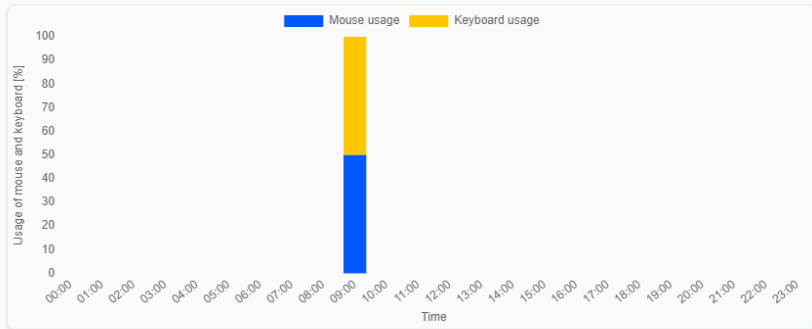
# Dashboard

## Statistics

### Check your behavior

Choose your statistic Working time

Hour 12/03/2024 Previous Next Today



## 07 Healthy habits coach

For each macro break, you can set whether you want to see a pop-up on your screen with a personalized message. You can write which message you want to see per break. For example you can write for the first macro break "Have a cup of tea" and for the second macro break "Go for a walk".

### Stay fit and focused

#### With R-Go Break software

The R-Go Break can be personalized. Personalize your breaks by, for example, setting a reminder when it's time for a cup of tea, a game of table tennis or a walk.

Advice 1 Previous Next

Here you can type the text you would like to see when advice number 1 is displayed. Not entered? Then the default message will be shown in the pop-up.

The default break message is:

A large break is needed. You can personalize this message at the Break Coach Page. But for now: "Take a Break"

# Dashboard

## 08 Fit coach

The Fit coach gives you the opportunity to do exercises during your macro breaks. You can select for each macro break what exercises you want to perform. You can choose from: balance, neck and shoulders, legs and posture/relaxation exercises.

Stay fit and stretch along

### With the Fit coach

The Fit Coach offers various stretching exercises by physiotherapists via a pop-up on your screen. You can personalize the Fit Coach by selecting the type of exercises. For example, you can choose from the following exercises: Balance, Neck and shoulders, Legs and Posture/relaxation. During the exercises, you are coached with the help of a video, photos and a simple description. The Fit coach is developed in collaboration with physiotherapists and contains more than 90 exercises. You can decide for yourself during which breaks you want to do the exercises and how many exercises you are offered per break.



Advice 1 **Previous** **Next**

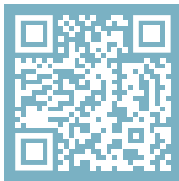
Exercises for the neck and shoulders

Select your exercises

- Head sideways**  
Bend your head with your left ear towards your left shoulder; Hold this position for a few seconds, Repeat the exercise for the other side.
- Head sideways with hand**  
Bend your head with your left ear toward your left shoulder. Apply slight pressure with your hand to increase the stretch, Hold this position for a few seconds, Repeat for the other side.
- Head forward with hand**  
Bend your head forward and let it hang for a few seconds, Relax your shoulders, Apply slight pressure with your hand to increase the stretch, Hold this position for a few seconds.
- Head forward**  
Bend your head forward and let it hang for a few seconds, Relax the shoulders, Hold this pose for a few seconds.
- Head backwards**

## 09 Sit stand coach

The software can be connected to an electrical sit-stand desk. To connect your desk a cable-set is required that is available via the R-Go Tools website:



Scan the QR code!  
[https://r-go.tools/break\\_web\\_en](https://r-go.tools/break_web_en)

# Dashboard

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We have connection sets for desks that are controlled by Linak, OMT or Innotech (please check on your desk's control box to see which controller is being used). Once you have made the connection, you need to connect the cable between the control box and your PC's USB.

After installing the cable, you can configure the software. It is now possible to automatically move the desk to a predetermined height during a macro break. The heights that can be set are: sitting height, standing height or a height in between (for use of a desk bike or stool).

To set the predetermined (personal) desk height, manually move the desk to the sitting height and press "store current height". You can repeat this for the other heights.

Make sure the work surface is always set at elbow height, with your feet flat on the floor and both shoulders relaxed.

## Alternate sitting with standing regularly

### With the Sit-stand coach

By regularly changing your posture during the working day, you stimulate the blood circulation and prevent physical complaints. Based on actual screen use, the Sit-stand coach controls your desk from sitting to standing or a height in between (for use of a stool or deskbike). You can set your breaks personally and programme your electric desk\* to go up or down to your chosen height.

No desk has been detected;

# Dashboard

## 10 Settings

In the settings you can set:

- Time for micro break (in minutes): This is the time the break software will initiate a micro break (the color of the LED indicator on R-Go Break keyboard or mouse will change from green to orange).
- Duration micro break (in seconds): This is how long you want to keep a micro break (the same for macro breaks).

Activation code: The software to control the LED of R-Go Break devices is for free. To activate your "Personal coach", "Fit coach" and "Sit-stand coach" you need to buy a license. After purchasing this you can put your activation code in this field. This will activate all features of the Break software.

## 11 R-Go Tools devices

Here you can see the R-Go Tools Break devices connected to the Break software.

The screenshot shows the 'Settings' page of the R-Go Tools Break software. On the left is a navigation menu with icons for Dashboard, Statistics, Personal Coach, Fit Coach, and Sit-Stand Coach. Below the menu, there are radio buttons for 'R-Go Tools devices' with options for Keyboard, Mouse (selected), and Numpad. The main settings area includes: 'Current version 1.0.1.142', 'Time for micro break (min): : 10' and 'Duration micro break (sec): : 30' with an 'Apply' button; 'Time for macro break (min): : 30' and 'Duration macro break (sec): : 180' with an 'Apply' button; an 'Activation code' field with a '100days' placeholder and an 'Apply' button; and 'License information' showing: 'Expires at: 21-05-2026', 'Company: R-Go Tools', 'Name: Vincent', 'Email: v.bonsil@go-tools.com', and 'Max uses: 10'. At the bottom, there is a section for 'Select the type of message you want to see as advice for a break' with an 'Add' button and three radio buttons: 'Advice nr.' (selected), 'Personal message', and 'Exercise'. A 'Change your desk height' link is also visible.