

User Guide 2026

Circuits Only & Q-Tape

Welcome to this guide for using Q-Technology circuits, whether worn alone, with Q-Tape, or integrated into your clothing.

This guide is designed to help you use your Q-Pro and Q-Go circuits simply, comfortably, and consistently, while ensuring correct positioning based on the circuit type and application area.

The goal is to allow you to fully benefit from your Q-Technology in your daily life, including in situations where wearing them in shoes is not possible or ideal.

Please note that the different circuit designations are identical:

- "Q-Alpha", "Q-One", "Quantum Jump"
- "Q-Theta", "Q-S", "Quantum Jump 2"
- "Q-Ultra", "Q-Omega", ("Q-Omega prototype")

Special features:

Prototype Omega circuits: only these will have an opposite layout (logo visible or not) to the other circuits.

Q-Go circuits will therefore behave like Q-Alpha, Q-Theta, and Q-Omega (non-prototype) circuits.

1) Important Principles Before You Begin

The circuits must be positioned correctly.

Circuit orientation is important.

When reference photos are provided, they must always be followed.

In general:

- Some circuits must be placed with the logo visible;
- Others, depending on the model and location, must be placed with the logo against the skin;
- When we refer to the normal reading direction, this means that the logo must be oriented so that it can be read normally, not upside down.

Q-Tape Offers Several Wearing Options

Q-Tape allows you to attach the circuits:

- directly to the skin;
- to a sock;
- inside clothing;
- or to certain accessories.

This solution is particularly useful if you want to:

- wear your circuits in different shoes;
- use them barefoot;
- practice yoga, martial arts, or combat sports;
- or avoid constantly moving them from one support to another.

Confort et sécurité

Veillez toujours à :

- appliquer le circuit sur une surface propre et sèche ;
- vérifier que le maintien est confortable ;
- éviter les plis excessifs du Q-Tape ;
- repositionner le circuit si nécessaire pour conserver une bonne tenue.

2) Different Ways to Wear Your Circuits

A. Under the Arch of the Foot, Directly on the Skin

This is one of the most common placements.

The circuit is placed under the arch of the foot and then secured with Q-Tape.

Recommendations:

- Place the circuit in the area indicated by your reference photos;
- Follow the direction shown in the images;
- Ensure the circuit is held securely without causing discomfort.

This method is particularly popular when discreet and stable use is desired within a shoe.



Circuit Q-Theta (logo contre la peau) sous la voûte plantaire avec Q-Tape

B. On the sock, at the arch of the foot

It is also possible to wear the circuits directly on the sock, again at the arch of the foot, using Q-Tape.

This option is very practical if you want to:

- avoid direct contact with the skin;
- move your circuits more easily;
- maintain a more comfortable feel in certain situations.

Positioning guidelines

For this use:

- the circuit is placed on the sock, at the arch of the foot;
- the orientation must remain the same as shown in the reference photos;
- the normal reading direction intended for this position must be respected.

This method can be used, in particular, with circuits such as the Q-Theta and the Q-Omega (prototype version), as long as the orientation indicated in the images is correctly followed.



Q-Theta circuit (logo against the sock), on the arch of the foot



***Q-Omega prototype circuits on a sock (logo visible),
On the arch of the foot***

C. Inside the Shoe

The circuits can also be worn inside the shoe, according to the recommended configuration.

This solution is well-suited for:

- everyday use;
- people who prefer not to use tape directly on the body;
- or certain situations where wearing it on skin or in a sock is less practical.

Be sure to maintain the correct orientation of the circuit.



Q-Alpha circuit (logo visible), Omega prototype (logo not visible)

inside the shoe

D. On the top of the foot

According to the guide's recommendations and the demonstrations provided, the circuit can also be placed on the top of the foot, secured with Q-Tape.

This placement may be advantageous in certain specific cases or depending on user preferences.

As always:

- Follow the positioning shown in the photo;
- Maintain the correct orientation;
- Ensure the circuit remains securely in place.



Ultra Circuits (logo visible) on the back of the bare foot



*Q-Theta circuit (visible logo) or Omega prototype (hidden logo)
on the back of the foot with a sock*

E. In the Lumbosacral Region

The circuits can also be worn in the lumbo-sacral region, that is, at the level of the lower back/sacrum.

This option can be useful for certain wearing habits or activity contexts.

Special Case: Q-Omega (Prototype Version)

For the Q-Omega prototype placed in the lumbosacral region:

- the logo must be against the skin;
- the circuit must be oriented in the normal reading direction.

In other words, when positioned correctly, the overall orientation of the circuit respects the intended direction, but the logo is against the skin.

For other circuits

For other circuits used at this location, follow the direction indicated on your reference visuals.



***Q-One circuits (visible logo), Omega prototype (logo against skin)
in the lumbosacral region***

F. Inside the Shorts

It is also possible to wear the circuits inside the shorts, at the back, which is particularly recommended for:

- barefoot fighters;
- yoga practitioners;
- certain disciplines where shoes are not worn;
- and more generally, any situation where wearing them on the soles of the feet is not possible.

Attaching them inside the shorts also:

- better secure the circuits;
- prevent them from getting lost;
- maintain a discreet and practical fit.

Recommended Position

The circuits are placed at the back of the shorts, in the area corresponding to the lumbosacral region.

Orientation according to the type of circuit

For the Q-Omega (prototype version):

- the logo should be against the skin;
- the circuit is therefore oriented so that the logo faces the body.

For Q-Theta and Q-Alpha circuits:

- The logo must be against the fabric of the shorts, as shown in the photo below;
- In other words, it must not be against the skin.

This distinction is important and must be respected.



Q-Go circuits glued inside the shorts, back, logo against the fabric

G. In a cap or accessory

Depending on the model and intended use, the circuits can also be worn in certain accessories, as already described in the original guide.

Here too, it is important to:

- respect the recommended area;
- maintain the correct orientation of the circuit;
- and ensure that it is securely held.



Q-Ultra circuits (logo visible) in a cap

1) Which option to choose?

Here's a simple guideline:

You wear shoes every day

You can prioritize:

- the arch of your foot;
- the shoe itself;
- or the top of your foot, depending on your comfort.

You want to avoid direct contact with your skin

The ideal solution is often:

- wearing it over your sock, on the arch or top of your foot.

You practice barefoot

For yoga, combat sports, or barefoot disciplines, the best option is often:

- wearing it inside your shorts, at the back;
- or, depending on the situation, on the lumbosacral region.

2) Practical advice

- Regularly check during the first few days that the tape is staying in place.
- Replace the Q-Tape if its adhesion decreases.
- If you change how you apply it, take the time to double-check the correct orientation. • Cleanse the skin to remove all traces of cream or moisture.
- Position the circuit according to the instructions above for the chosen area.
- Firmly apply the Q-Tape over the circuit to hold it in place. Smooth it down to avoid creases or air bubbles.

3) Important Precautions

Do not apply the Q-Tape to irritated or injured skin.

If redness or discomfort occurs, change the area where the circuit is applied using the Q-Tape.

4) Important Note

Q-Technology circuits are intended for optimization and daily use.

They are not a substitute for medical advice, diagnosis, or treatment.

If you have any doubts about the correct use of your circuits, refer to this visual guide or contact the person who assisted you in your selection. You can also send your questions by email to: office@qbiohacking.com