



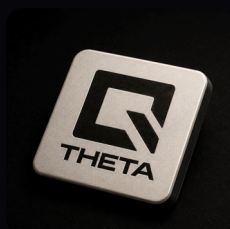
— USER GUIDE 2026 —

Circuits on their own & Q-Tape

Positioning, circuit orientation and everyday
wearing options.



Q-ALPHA



Q-THETA



Q-OMEGA



Q-GO



Q-TAPE

Getting the most from your Q-Technology, anywhere.

Welcome to this guide for using Q-Technology circuits on their own, 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 respecting the correct positioning for each type of circuit and each area of application.

The aim is to let you make the most of your Q-Technology every day, including in situations where wearing them in shoes is not possible or not ideal.



The circuit is held in place by the Q-Tape, on the skin, the sock or the garment.

Please note that the different names for our circuits refer to the same products:



Q-Alpha

also called “Q-One” · “Quantum Jump”



Q-Theta

also called “Q-S” · “Quantum Jump 2”



Q-Omega

also called “Q-Ultra” · (“Q-Omega prototype”) — the double, which is positioned the opposite way to the others



Q-Go

positioned like the Q-Alpha and the Q-Theta

SPECIFICS

Omega prototype circuits: these are the only ones with the opposite arrangement (logo visible or not) compared with the other circuits.

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

NEW Q-OMEGA



**Arrow pointing up
— goes on top**



**Arrow pointing
down — goes
underneath**

These are two separate circuits. Laid flat, the one whose arrow points up goes on top, and the one whose arrow points down goes underneath. They are positioned like all the other circuits, that is, like the Q-Alpha and the Q-Theta.

Circuits must be positioned the right way round

Circuit orientation matters. Whenever reference photos are provided, they must always be followed.

As a general rule:

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

The Q-Tape allows several ways to wear the circuits

The Q-Tape lets you attach the circuits:

- directly on the skin;
- on a sock;
- inside a garment;
- or on certain accessories.

This is particularly useful if you want to:

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



The Q-Tape is applied over the circuit; smooth it down to avoid creases or air bubbles.

Two pictograms, used throughout this guide.



TOP VIEW

The logo is visible.



SKIN · SOCK ·
FABRIC

SIDE VIEW

The red face — the logo — faces away from the support.

LOGO VISIBLE

The marked face of the circuit faces outwards, away from the support.



TOP VIEW

The logo is not visible.



SKIN · SOCK ·
FABRIC

SIDE VIEW

The red face — the logo — touches the support.

LOGO AGAINST THE SUPPORT

The marked face is turned towards the skin, the sock or the fabric of the garment.

RED BAR

Indicates the face of the circuit carrying the logo.

GREY BAR

Represents the support: skin, sock, shoe or garment.

READING DIRECTION

The logo must be readable normally, not upside down.

Seven ways to wear them.

A		Under the arch, directly on the skin	07
B		On the sock, at the arch	08
C		In the shoe	09
D		On the top of the foot	10
E		On the lumbosacral area	11
F		Inside your shorts	12
G		In a cap or an accessory	13

COMFORT AND SAFETY

Always make sure you:

- apply the circuit to a clean, dry surface;
- avoid excessive creasing of the Q-Tape;
- check that it is held comfortably;
- reposition the circuit if needed to keep it securely in place.

Under the arch, directly on the skin

This is one of the most common placements. The circuit is placed under the arch, then held with the Q-Tape.

This option is particularly appreciated when you want a discreet, stable setup inside a shoe.

Recommendations:

- place the circuit in the area shown in your reference photos;
- follow the reading direction shown in the visuals;
- make sure the circuit is held securely without causing discomfort.



LOGO AGAINST THE SKIN



Q-Theta circuit (logo against the skin) under the arch with Q-Tape

On the sock, at the arch

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

This option is very practical if you want to:

- avoid sticking them directly on the skin;
- move your circuits more easily;
- keep a more comfortable feel in certain situations.

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 shown in the visuals is respected.

POSITIONING RULE

For this use:

- the circuit is placed on the sock, at the arch;
- the orientation must stay the same as shown in the reference photos;
- you must therefore follow the normal reading direction for this position.



Q-Theta circuit (logo against the sock), at the arch



LOGO AGAINST THE SOCK



Q-Omega prototype circuits on a sock (logo visible), at the arch



LOGO VISIBLE

In the shoe

The circuits can also be worn in the shoe, following the recommended setup.

This solution works well for:

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

Make sure you keep the correct orientation of the circuit.



Q-ALPHA — LOGO VISIBLE



OMEGA PROTOTYPE — LOGO NOT VISIBLE



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

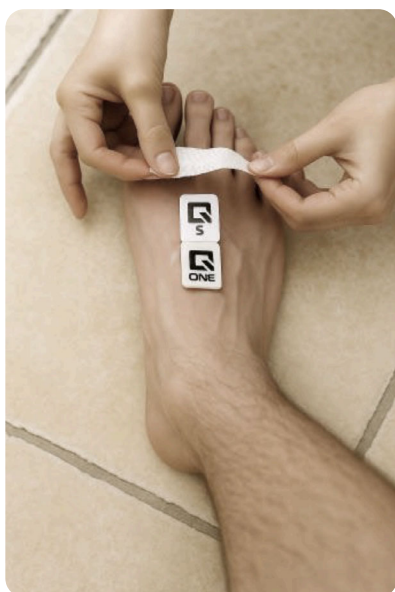
On the top of the foot

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

This placement can be useful in certain specific cases or according to personal preference.

As always:

- follow the placement shown in the photo;
- keep the correct orientation;
- make sure the circuit stays securely in place.



Ultra circuits (logo visible) on the bare top of the foot



Omega prototype (logo hidden) on the top of the foot with a sock



Q-Theta circuit (logo visible) on the top of the foot with a sock

On the lumbosacral area

The circuits can also be worn on the lumbosacral area, that is, on the lower back / sacrum.

This option can be useful for certain wearing habits or activities.

FOR THE OTHER CIRCUITS

For the other circuits used in this location, follow the orientation shown in your reference visuals.

SPECIAL CASE: Q-OMEGA (PROTOTYPE VERSION)

For the Q-Omega prototype placed on the lumbosacral area:

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

In other words, when placed correctly the overall orientation of the circuit follows the intended direction, but the logo ends up on the skin side.



Q-One circuits (logo visible), Omega prototype (logo against the skin) on the lumbosacral area

Inside your shorts

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

- barefoot fighters;
- yoga practitioners;
- disciplines where shoes are not worn;
- and more broadly any situation where wearing them under the foot is not possible.

Sticking them inside the shorts also helps to:

- secure the circuits better;
- avoid losing them;
- keep them discreet and practical.

RECOMMENDED POSITION

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

ORIENTATION BY TYPE OF CIRCUIT

For the Q-Omega (prototype version)

- the logo must be against the skin;
- the circuit is therefore oriented with the logo facing the body.

For the Q-Theta and Q-Alpha circuits

- the logo must be against the fabric of the shorts, as 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 stuck inside the shorts, at the back, logo against the fabric

In a cap or an accessory

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



LOGO VISIBLE

Here too, you should:

- keep to the recommended area;
- keep the correct orientation of the circuit;
- and make sure it is held securely.



Q-Ultra circuits (logo visible) in a cap

A simple guide to help you:

You wear shoes every day

You can favour:

- the arch;
- the shoe;
- or the top of the foot, whichever is more comfortable.

You want to avoid sticking them directly on the skin

The ideal solution is often:

- wearing them on the sock, at the arch or on the top of the foot.

You practise barefoot

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

- wearing them inside your shorts, at the back;
 - or, depending on the case, on the lumbosacral area.
-

Every day

01 Check regularly over the first few days that the circuit stays in place.

02 Replace the Q-Tape when it starts to lose its grip.

03 If you change how you wear it, take the time to check the circuit's orientation.

04 Clean the skin to remove any trace of cream or moisture.

05 Position the circuit according to the instructions above for the chosen area.

06 Press the Q-Tape firmly over the circuit to hold it in place. Smooth it down to avoid creases or air bubbles.

05 IMPORTANT PRECAUTIONS

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

If redness or discomfort occurs, move the circuit and the Q-Tape to a different area.

06 IMPORTANT NOTE

Q-Technology circuits are used as part of an optimisation and everyday-use approach. They do not replace medical advice, a diagnosis or treatment.

If you are unsure how to use your circuits, refer to this visual guide or to the person who helped you with your choice. You can also send your questions by email: office@qbiohacking.com

Passif | Non-invasif | Sans batterie | Sans électrode | Observation fonctionnelle | Résultats variables | Ne constitue pas une allégation médicale
