

LED MODES

1 In order to switch the sensor on, press the Sensor Button once. The Smart Light will glow in a bright white and constantly get darker until one minute is over.



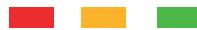
One minute is the time frame for connectivity of the sensor.

2 As soon as you're connected to your smartphone, the Smart Light will pulsate colored in constant intervals :



The color will be assigned to the sensor by the App automatically. That way it's easy to distinguish up to two different sensors (Sensor Duo) from each other and their specific places on your body.

3 Shortly before you start your exercise and after you pressed on "START" the Smart Light shows you a traffic light signal:



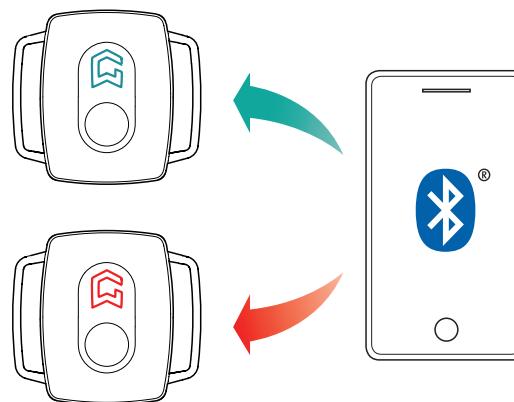
You have at least 3 sec to go into starting position. As soon as you are ready and hold still, the light will turn green and tracking begins. You can also get feedback through vibration of your phone and audio signals over headphones.

4 During your exercise the Smart Light will pulsate in the rhythm of your motion. That way you can be sure it won't miss any of your repetitions.

5 In case of a warning message or any occurring error, the Smart Light will pulse red. Have a look at your smartphone screen and get detailed information.



CONNECTING YOUR SENSORS



If you wish to connect two sensors to your smartphone or tablet, both sensors need to be turned on. Let the App assign one certain color to each of the sensors. That way it's easy to distinguish the position of every sensor.

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NAVIGATION



Start / Stop SET



Next Exercise



Exercise Information



Activate speech input



Confirm input



Reactive speech input



Shut down/disconnect

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NOTICE FOR USING BLUETOOTH

In order to avoid connection problems between the GYMWATCH® Sensor with a mobile device, place both devices close to each other. Make sure both devices are within the maximum bluetooth range of 10m.

Also ensure there is no barrier between the GYMWATCH® Sensor and your receiving device (Smartphone, tablet ...) including persons, walls, corners or fences.



SAFETY INFORMATION

CAUTION GYMWATCH Sensor doesn't prevent you from physical injury.

- Use charging devices, accessories and supplies recommended by the manufacturer only!
- The Sensor must not be exposed to heavy vibration and brute forces.
- Avoid any contact of the hardware with conducting elements, such as metals and fluids
- Do not store the device in extremely hot or extremely cold environment. The recommended range of temperature is between 5°C and 35°C (41°F and 95°F)
- Never expose the sensor to direct sunlight, especially over a longer period of time. It could overheat and be damaged.
- Do not store the device close to heaters, microwaves, kitchen equipment or high-pressure containers.
- Do not touch the device and its charging cable with moist hands during the charging process
- Don't use the product outdoors during heavy rain and thunderstorm.
- Switch the device off in explosive environments.
- Pay attention to all security guidelines regarding the usage of mobile devices while driving a vehicle.
- If the product is damaged, broken or gets very hot, stop using it immediately and send it back to GYMWATCH® for inspection.

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- Prevent children and animals from inserting the device into their mouth.
- Do not poke this device against eyes, ears or other bodyparts.
- Since the device contains a bright LED, do not use it in the direct vicinity to eyes of humans and animals.
- In case of skin irritations or allergic reactions, stop using the device and consult your dermatologist.



Avoid high volume, when using headphones over a longer period of time, to prevent hearing damage.

WASTE ELECTRICAL & ELECTRONIC EQUIPMENT



This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g. USB cable) should not be disposed of with other household waste. This EEE is compliant with RoHS.

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