Athos Hub H101
User Manual and Guide
Ver 1.0

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WARNINGS AND NOTICES

CAUTION: LITHIUM ION BATTERY INSIDE

This device contains a high power Lithium Ion battery inside for data backup and continued operation in the event of a power loss. Do not remove or replace this battery yourself under any circumstances. Use of another battery may lead to an unsafe operating condition resulting in the battery overheating and catching fire.

Refer all problems to the factory.

This unit does not operate on the battery power alone, the included AC Wall Mount Power Supply must be plugged into the wall outlet and be supplying power to the unit at all times during normal operation.

BATTERY DISABLE SWITCH

Before transporting this unit and to avoid a hazardous situation while this unit is in transit, the internal battery must be disconnected from the circuitry by sliding the Disable Slide Switch at the bottom of the unit to the DISABLE position.

TEMPERATURE LIMITS

In order to maintain battery safety, the normal operating temperature is limited to the range of 10° C to 40° C. The unit will continue to operate in a limited state when the temperature is between 40°C - 50°C or between 0°C - 10°C but the internal battery will not be charged. This will result in the unit shutting down when the battery charge runs low.

The unit will automatically go to sleep for safety if the temperature is above 50°C or below 0°C. **Operating the unit outside this range is strictly prohibited.**

The storage temperature of the unit with the Battery Disable Switch at the bottom side of the unit set to the DISABLE position is limited to the range of -10° C to 60° C. Storing the unit outside this range may result in permanent damage to the unit.

POWER SUPPLY

Use of any AC power supply other than the one supplied with the unit is strictly prohibited as it may subject the battery to an unsafe charging condition.

Failure to heed the above warnings may lead to an unsafe operating condition resulting in the battery overheating and catching fire and resulting in loss of life and/or property.

This unit has no user serviceable parts inside. Refer all problems with this unit or any accompanying materials to the factory. Opening the unit for any reason at all will void the warranty.

ATHOS HUB Data Sheet

POWER REQUIREMENTS

USE ONLY THE APPROVED POWER SUPPLY: Triad Switching Mode Power Supply, P/N WSU060-3000, Model WS8U059-3000, (UL/CSA Compliant Power Supply)

AC 100VAC to 240 VAC, 50-60 Hz, 0.5A (max)

REGULATED OUTPUT SUPPLY VOLTAGE 6VDC @ 3A

POWER CONNECTOR

Locking barrel connector (2.1 mm), center pin is positive, ring is negative

MECHANICAL

CHASSIS DIMENSIONS

14 inches x 7 inches x 3 inches (approximately 36 cm x 18 cm x 8 cm)

WEIGHT

3 lbs (approximately 1.4 Kg)

Installation space required with antennas in vertical position and cables plugged-in: 15 inches x 10.5 inches x 3.0 inches (approximately 38 cm x 27 cm x 8 cm)

Air vents at the front and back of the unit must be free of obstructions for at least 2 inches (approximately 5 cm).

CO-LOCATION REQUIREMENTS

If multiple Athos Hubs are located near each other, they must be placed at least 6 inches (approximately 15 cm) or more away from each other for best performance.

ENVIRONMENTAL

INDOOR USE ONLY

To avoid overheating, do not place the unit in direct sunlight. This unit is not water-proof. Avoid rain spatter or other water spray on the unit.

NORMAL OPERATING TEMPERATURE: 10°C to 40°C

LIMITED OPERATING TEMPERATURE: FOR A SHORT TIME 0°C to 50°C

STORAGE TEMPERATURE: -10° C to 60° C

RELATIVE HUMIDITY: Relative humidity 5% to 90% (non-condensing)

ALTITUDE: Altitude 12,000 feet (3,658 meters)

WIRELESS NETWORK CONNECTIVITY

WI-FI: 802.11a/b/g/n, Both Device Wifi and Access Point Wifi are present concurrently.

This transmitter module is authorized only for use in device where the antenna may be installed such that 20 cm may be maintained between the antenna and users.

BLUETOOTH: Bluetooth 4.2 with Bluetooth Low Energy (BLE) support for both Central and Peripheral Modes

Note that the Athos Cores must be placed within 6 feet (2m) of the Athos Hub for best performance.

ANTENNAS: On-chassis, permanent, fixed antennas for Wi-Fi and Bluetooth BLE.

The Antennas on this device are permanently affixed to the unit. Any attempt to remove the antennas will break the RF Connector assembly and render the unit useless.

To maintain Radio Certifications and ensure Regulatory Emissions and Compliance Requirements, the use of any other antennas with this device is strictly prohibited.

Make sure that the main antenna which is folded down for shipment is straightened out to the vertical position before operating the device.

RADIO APPROVALS: Operation of this device is limited to the **US and Canada ONLY.**

The following Radio Transceivers are contained within:

FCC ID: 2ADM9-H101 IC ID: 1253A-H101

FCC ID: 2ABCB-RPI32, IC: 20953-RPI32 - Raspberry Pi 3 Model B

FCC ID: 2ADUT-LGPAU06, IC ID: 1253A-12345 - Panda Wireless PAU06

FCC ID: QOQ-BLED112 , IC: 5123A-BGTBLED112 - Silicon Labs Bluegiga BLED112

FCC Statement of Compliance

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment

This equipment complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1) This device may not cause harmful interference, and

2) This device must accept any interference received, including interference that may cause undesired operation.

Industrie Canada Statement of Compliance

CAN ICES-3(B) / NMB - 3 (B)

This device complies with industry Canada License-exempt RSS Standard(s). Operation is subject to the following two conditions:

1) This device may not cause harmful interference, and

2) This device must accept any interference received, including interference that may cause undesired operation.

WIRED NETWORK CONNECTIVITY

On devices that are equipped with an Ethernet Port:

ETHERNET PORT: 1 x RJ-45 (10/100 Mbps)

Use only the Shielded CAT6 cable supplied with this unit to ensure that the unit continues to meet the RadioEmissions Compliance and Regulatory requirements.

The use of an unshielded twisted pair (UTP) Ethernet cable is prohibited with this device.

PERIHPERAL INTERFACE

On devices that are equipped with a USB Port:

USB PORT: 1 x USB Host (Type-A), USB 1.1 (12Mbps) Support Only

Use only the Shielded USB cable with the Ferrite EMI Suppressor supplied with this unit to ensure that the unit continues to meet the Radio Emissions Compliance and Regulatory requirements.

The use of other USB cables is prohibited with this device.

CONTROLS AND INDICATORS

LEDS: Power, Status, Internet Connection

BUTTONS/SWITCHES: Disable Slide Switch at bottom of unit, Power On/Off Pushbutton Switch at the side

AVERTISSEMENTS ET AVIS

MISE EN GARDE: PILE LITHIUM ION A L'INTERIEUR

Cet appareil contient une pile Lithium Ion de haute puissance pour la sauvegarde des données et la constance de son fonctionnement. Dans le cas d'une perte de puissance, en toutes circonstances, ne tentez pas d'enlever et de remplacer cette pile vous-même. L'utilisation d'une autre pile pourrait causer une situation d'opération dangereuse ou la pile pourrait surchauffer et prendre feu.

Veuillez référer tous les problèmes de ce genre à l'usine.

Cet appareil ne fonctionne pas exclusivement sur la puissance d'une pile, vous trouverez inclue une source d'alimentation qui peut être branchée à tout moment sur une prise murale pour assurer un fonctionnement normal.

L'INTERRUPTEUR DESACTIVANT LA PILE

Avant de transporter cet appareil et pour éviter toutes situations hasardeuses pendant que l'appareil sera en transit, la pile intérieure devra être déconnectée des circuits électriques en glissant l'interrupteur qui se trouve au bas de l'appareil vers la position de « désactivation » (DISABLE)

LIMITES DE TEMPERATURE

Pour maintenir la sécurité de la pile, la température d'opération normale doit rester entre 10 et 40 degrés Celsius. L'appareil continuera un fonctionnement limité même à des températures entre 40 et 50 degrés Celsius ou entre 0 et 10 degrés mais la pile intérieure cessera de se recharger. L'appareil cessera de fonctionner lorsque la charge de la pile sera épuisée.

L'appareil s'endormira automatiquement pour des raisons de sécurité si sa température excède 50 degrés Celsius ou sera moindre que 0 degrés Celsius. **L'opération de l'appareil hors de ces limites est strictement interdite.**

La température de stockage sécuritaire pour l'appareil avec la désactivation de l'interrupteur au bas de l'appareil est limitée à la sphère entre 10 degrés et 60 degrés Celsius. Le stockage de l'appareil au delà de cette sphère pourra endommager l'appareil d'une façon permanente

SOURCE DE COURANT

L'utilisation de sources de courant alternatifs outre que celui fourni avec l'appareil est strictement interdit parce qu'il risquerait d'exposer la pile a une condition de charge dangereuse.

Si vous ne tenez pas compte de cet avertissement vous risquez des conditions de fonctionnement dangereuses qui pourraient causer une pile surchauffée et un incendie qui entrainerait des pertes de vies et de propriété.

Cet appareil ne contient aucune pièce réparable par l'utilisateur. Referez tous les problèmes de cet appareil et des matériaux qui l'accompagnent à l'usine. Si vous ouvrez l'appareil, n'importe la raison, vous annulerez la garantie.

ATHOS FICHE TECHNIQUE

EXIGENCES DE PUISSANCE

N'UTILISEZ QUE LA SOURCE D'ALIMENTATION APPROUVEE. : Triad Switching Mode Power Supply, P/N WSU060-3000, Model WS8U059-3000, (UL/CSA Compliant Power Supply)

AC 100VAC to 240 VAC, 50-60 Hz, 0.5A (max)

TENSION D'ALIMENTATION DE SORTIE RÉGULÉE 6VDC @ 3A

CABLE D'ALLIMENTATION

Connecteur de barillet de verrouillage (2.1 mm), La Goupille Centrale est positive, l'anneau est négatif.

MECANIQUE

DIMENSIONS DU CHASSIS

14 pouces x 7 pouces x3 pouces (environ 36 cm x18cm x8 cm)

PESANTEUR

3 lb (environ 1.4 kg)

Espace d'installation requis avec les antennes dans la position vertical et les câbles branchés : 15 pouces x 10.5 pouces x 3.0 pouces (environ 38cm x27 cm x8cm)

Les bouches d'aération à l'avant et à l'arrière de l'appareil doivent être libres de toute obstruction pour au moins 2 pouces (environ 5 cm)

EXIGENCES DE CO-LOCATION

Si de multiples centres ATHOS sont installés à proximité ils doivent être espacés par au moins 6 pouces (environ 15 cm) l'un de l'autre pour assurer la meilleure performance.

L'ENVIRONNEMENT

POUR USAGE INTERIEUR SEULEMENT

Pour éviter le sur chauffage ne placez pas l'appareil dans la lumière directe du soleil. L'appareil n'est pas imperméable. Il faut éviter les éclaboussures de pluie et toute autre exposition à l'eau.

TEMPERATURE DE FONCTIONNEMENT NORMAL: 10 à 40 degrés Celsius.

TEMPERATURE DE FONCTIONNEMENT LIMITE (DELAI COURT) 0 à 50 degrés Celsius.

TEMPERATURE DE STOCKAGE :- 10 à 60 degrés Celsius

HUMIDITE RELATIVE : 5% à 90% (sans condensation)

ALTITUDE : 12,000 pieds (3,658 mètres)

CONNECTIVITE DES RESEAUX SANS FIL

SANS FIL : 802.11a/b/g/n, Les deux, appareil sans fil et le point d'accès sans fil sont présents simultanément.

Ce module émetteur est uniquement autorisé à être utilisé dans un appareil où l'antenne peut être installée de telle sorte qu'il soit possible de maintenir 20 cm entre l'antenne et les utilisateurs.

BLUETOOTH: Bluetooth 4.2 avec Bluetooth basse énergie qui supporte les modes centrales et périphériques.

Notez que les Noyaux ATHOS doivent être placé à moins de 6 pieds du centre ATHOS pour une performance maximale

LES ANTENNES: Sur châssis, permanents, les antennes fixes pour sans files et Bluetooth BLE.

Les antennes sur cet appareil y sont affixées d'une façon permanente. Toute tentative d'enlever les antennes brisera la connexion de l'assemblage RF et rendra l'appareil inutile.

Pour maintenir les certifications radio et pour assurer les émissions règlementaires et les exigences de conformité l'utilisation d'une autre antenne est strictement interdite.

Faites certain que l'antenne principale qui a été plie pour l'envoi est dépliée à une position verticale avant que vous fassiez fonctionner l'appareil.

LES APPROBATIONS RADIO: L'opération de cet appareil est limitée aux **USA et au Canada seulement**.

Les émetteurs-récepteurs radios suivants se trouvent à l'intérieure

FCC ID: 2ADM9-H101, IC ID: 12535A-H101

FCC ID: 2ABCB-RPI32, IC: 20953-RPI32 - Raspberry Pi 3 Model B

FCC ID: 2ADUT-LGPAU06, IC ID: 12535A-12345 - Panda Wireless PAU06

FCC ID: QOQ-BLED112, IC: 5123A-BGTBLED112 - Silicon Labs Bluegiga BLED112

Déclaration de conformité FCC

Cet appareil a été testé et a déterminé qu'il se conforme aux normes pour le appareils numériques de classe B, en accord avec l'article 15 des règlements de la FCC. Ces normes sont conçues pour offrir une protection raisonnable contre l'interférence nuisible dans une installation résidentielle. Cet appareil génère, utilise et peut émettre une énergie radiofréquence, et s'il n'est pas installé et utilisé selon les instructions, peut causer de l'interférence nuisible aux communications radio . Par contre, rien ne garantit que de l'interférence ne peut se produire dans une installation en particulier. Si cet appareil cause de l'interférence nuisant à la réception radio ou télévision, ce que l'on peut déterminer en fermant puis en redémarrant l'appareil, l'utilisateur peut tenter de corriger l'interférence en utilisant l'une des mesures suivantes:

- Réorienter ou déplacer l'antenne réceptrice.
- Éloigner l'appareil du récepteur.
- Brancher l'appareil dans une prise connectée à un circuit différent de celui sur lequel est branché le récepteur.
- Consulter le détaillent ou un technicien expérimente en radio/télévision pour obtenir de l'aide..

Avertissement:

Tout changement ou toute modification non expressément approuvé par les responsables de la conformité peut faire perdre à l'utilisateur son droit d'utiliser l'équipement.

Déclaration de conformité Industrie Canada

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage ext susceptible d'en compromettre le fonctionnement.

LA CONNECTIVITE DU RESEAU FILAIRE

Concernant les appareils avec Port Ethernet

PORT ETHERNET: 1 x RJ-45 (10/100 Mbps)

Il ne faut utilisez qu'un câble CAT 6 blindé fourni avec cet Equipment pour assurer que cet appareil continue arépondre aux normes d'émission radio et aux exigences règlementaires.

L'utilisation d'un câble multiple, tordu, non blinde (UTP) genre Ethernet est interdit avec ces appareils

INTERFACE PERIFERALE

Sur les appareils ave porte USB

PORTE USB: 1XUSB Hôte (type-A), USB 1.1 (12Mbps) Support seulement.

N'utilisez qu'un câble blinde USB avec suppresseur d'EMI de ferrite fourni avec cet appareil pour assurer que l'appareil continue à respecter les normes d'émission radio et les exigences règlementaires.

L'utilisation des autres câbles USB avec cet appareil est interdite.

CONTROLES ET INDICATEURS

LED: Pouvoir, Statu, Connexion à l'internet.

BOUTTONS ET COMMUTATEURS: Désactivez le commutateur a glissière de l'appareil, allumez et éteignez le bouton poussoir sur le cote de l'appareil.

Hub User Guide 1.2

Work Today. Win Tomorrow.

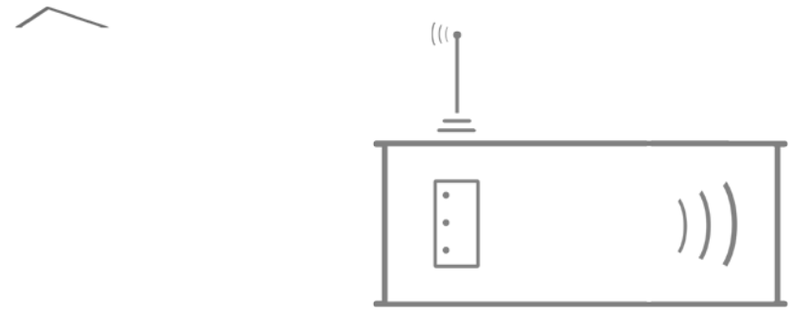
At Athos, our mission is to build better athletes.
Let’s get started.

What you will need to get started

- Computer
- Wi-fi compatibility
- 2 open outlets, or a surge protector power strip, that are close together.

Important:
Athos Hub and Team Charger must be within 6 feet of each other with no objects between them.

Meet your Athos Team Solution

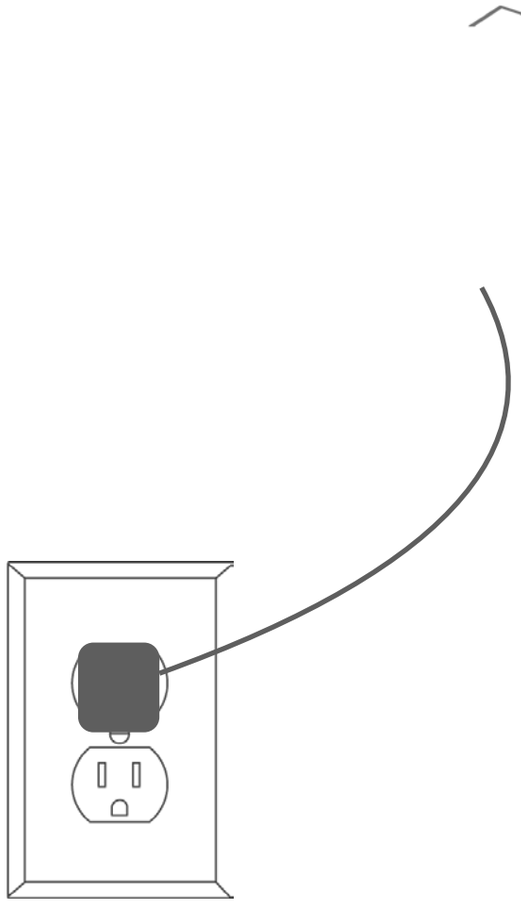


Team Charger **Hub**

Core Pro

There are also 2 power adaptors - one for the Hub and one for Team Charger.

Step 1: Plug-in Team Charger to wall outlet

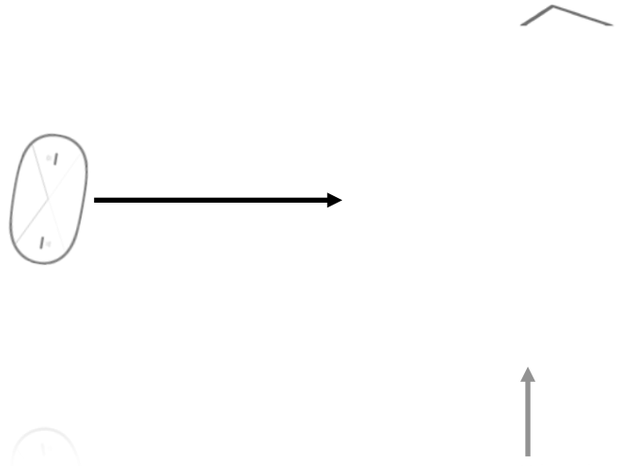


Charger can be placed on a table or on mounted on a wall but should not be placed on the floor.

Step 2: Snap the Core Pros in the Team Charger

Warning: All your Core Pros need to be in the Charger before you turn on your Hub.

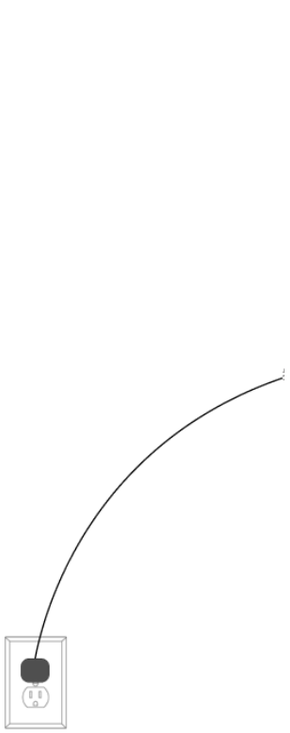
This will ensure that any Core Pro that is blinking red or is solid red will be updated (light will turn green).



Single Core Reset Button

Used for troubleshooting your Core Pros. Only the Core in the slot right above the reset button will reset.

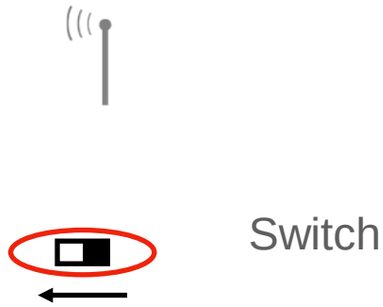
Step 3: Plug the Hub into the wall outlet and point the antenna up



Find a convenient place where you won’t need to move the Hub.

Hub should be placed in an open space, preferably on a table, not on the floor.

Step 4: Start your Hub by toggling the switch to the left (a pen should work)



Status light is on the other side of the Hub.

There is no reason to turn the Hub off.

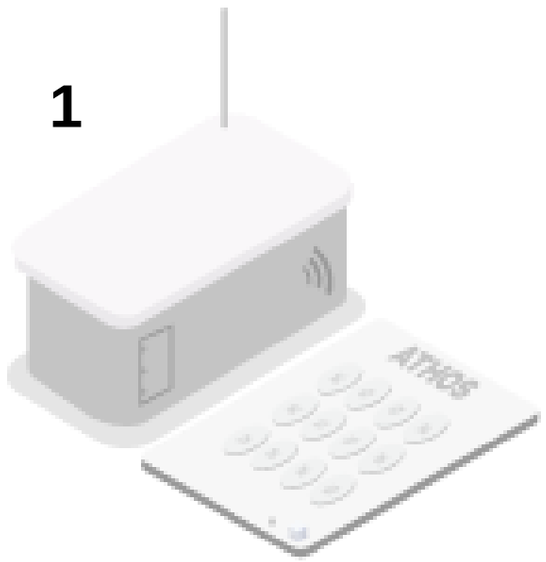
See the next few pages for appropriate positions to set up the Hub and Chargers.

Correct Positions to place Hub and Team Charger

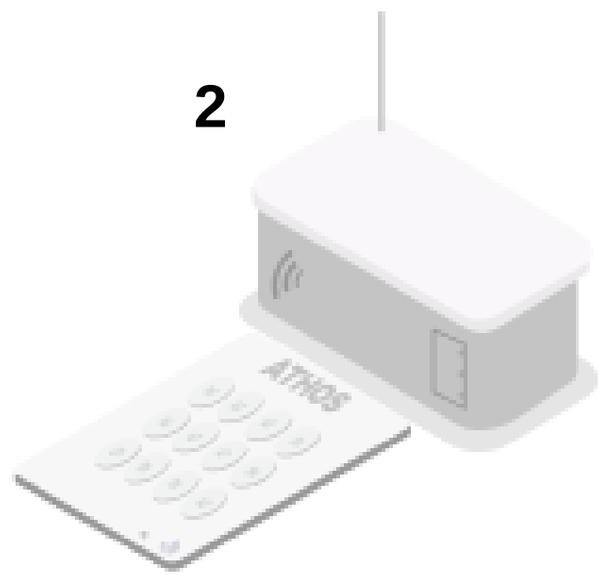
Do

- Place the hub next to the team charger (1, 3, 4) (or above (2, 5), if really needed)

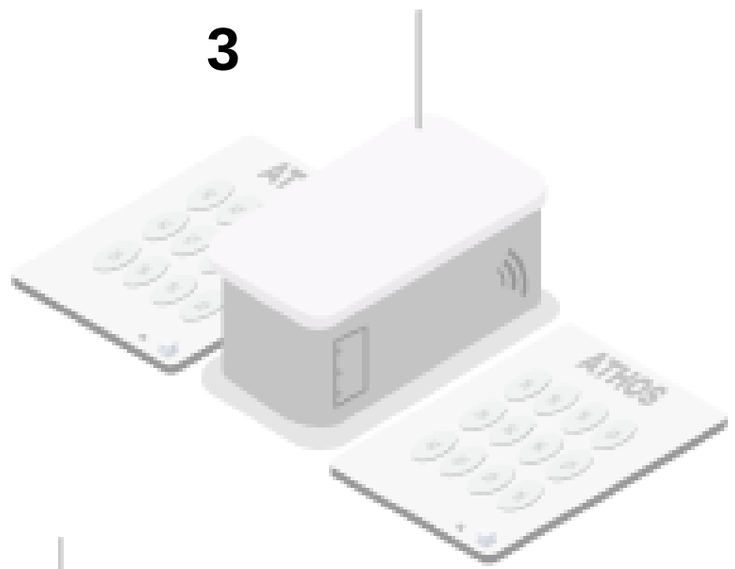
1



2

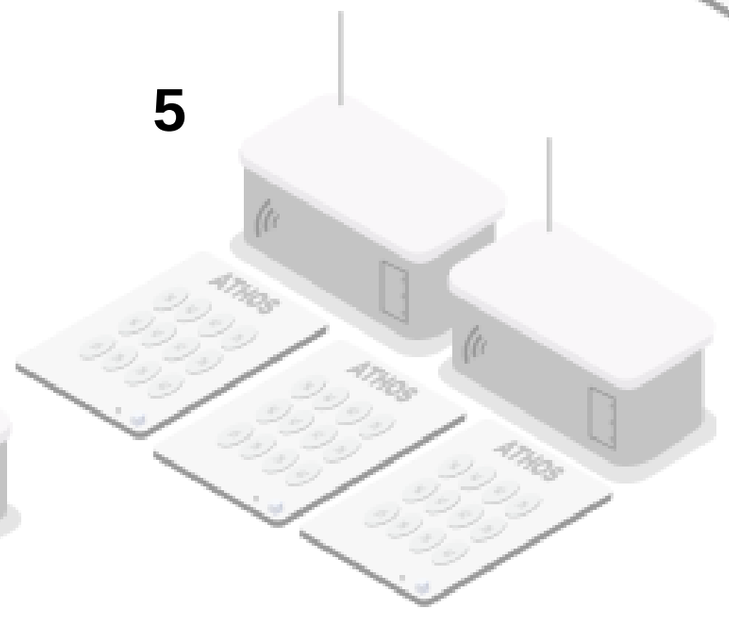


3



4

5

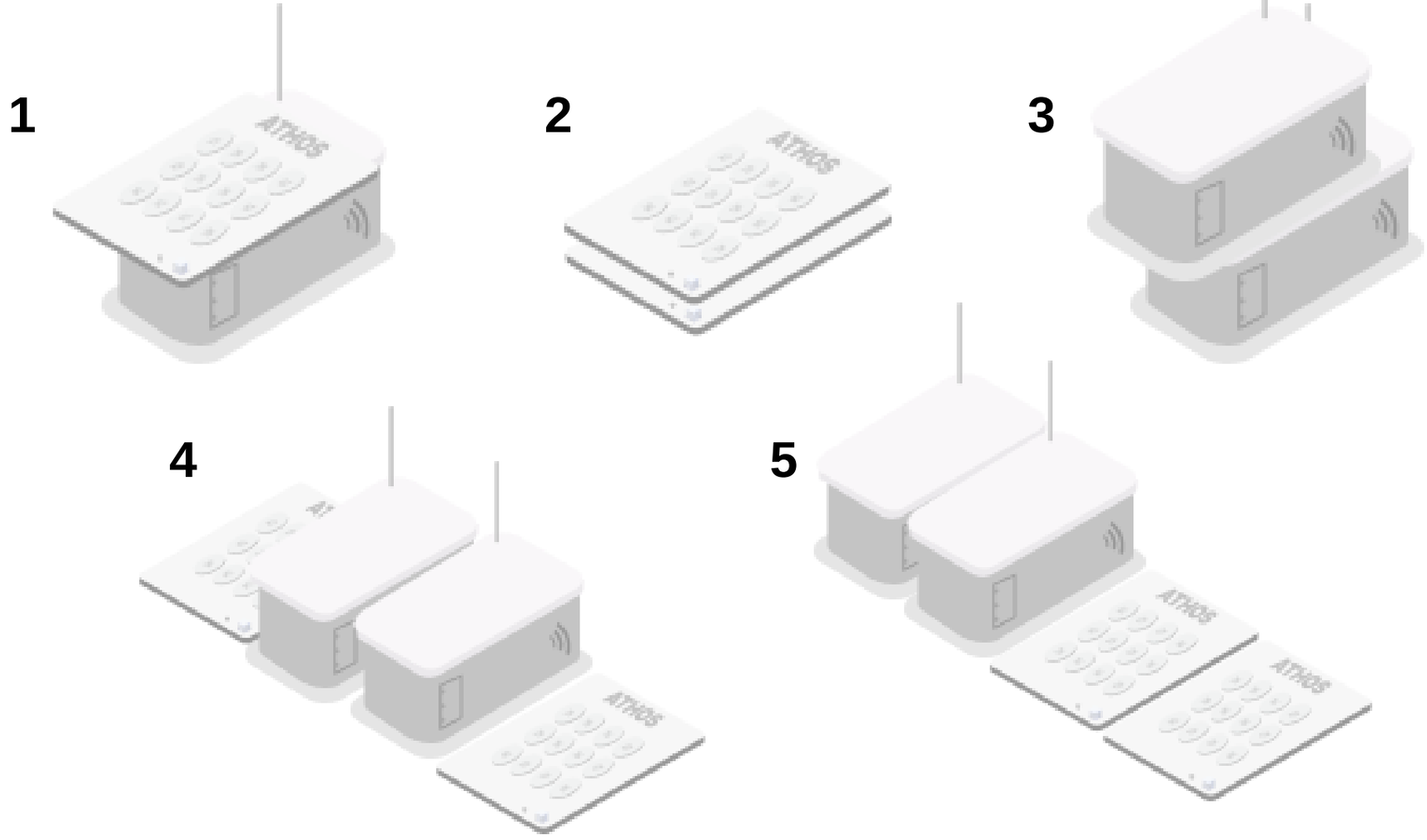


Hubs are 5 inches apart (minimum)

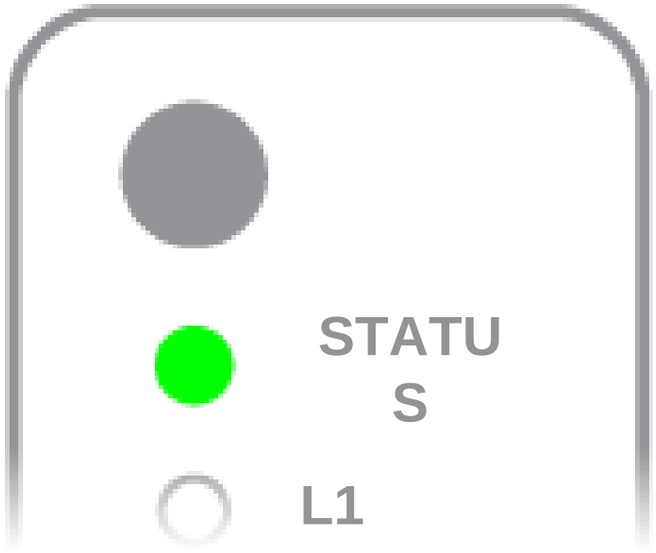
Incorrect Positions to place Hub and Team Charger

Don't

- Put the charger on top of the hub (1)
- Stack team chargers (2) or the hubs (3)
- Place hubs closer than 5 inches to each other (4 & 5)
- Adjust the antenna
- Have any metal between the team charger and hub
- Place the hub or team charger on the ground



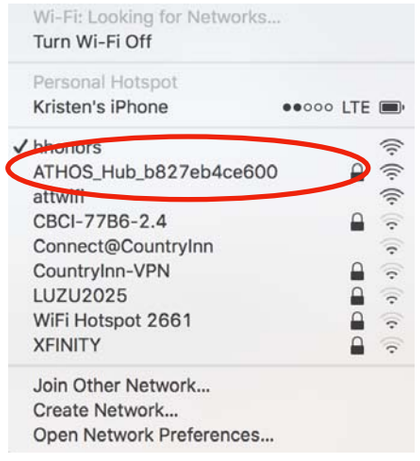
Step 5: Ensure that the status light on your Hub is now green



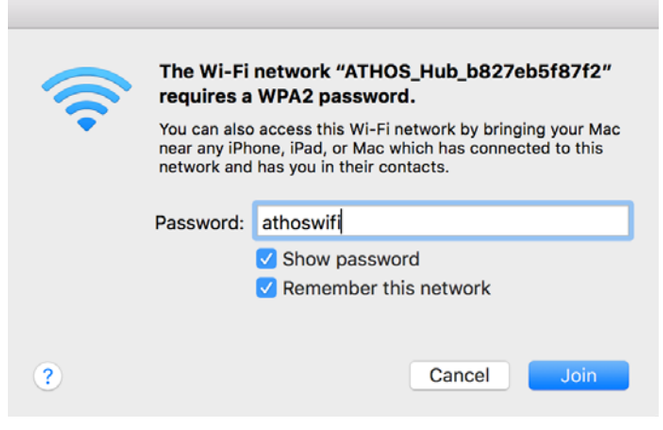
If there is a red light, call your sales representative. This can take up to 90 seconds after you turn on the Hub.

Step 6: Connect to Hub

1. After the hub has been on for 2 mins, go to your wi-fi selection list and select athos_hub_########. (#’s will be a string of letters and numbers)



2. Enter in the password: athoswifi

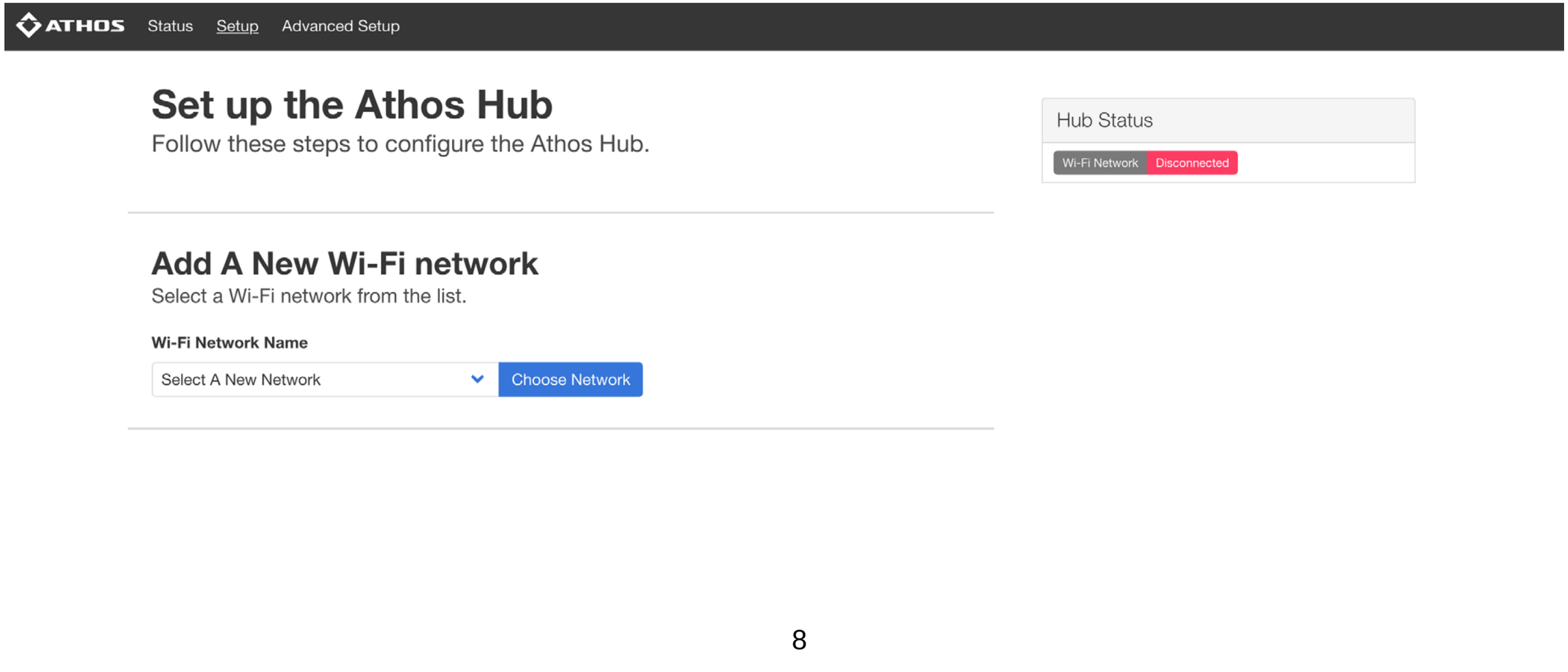


Step 7: Configure your Athos Hub Internet Access

1. Open up your internet browser (we recommend Google Chrome).

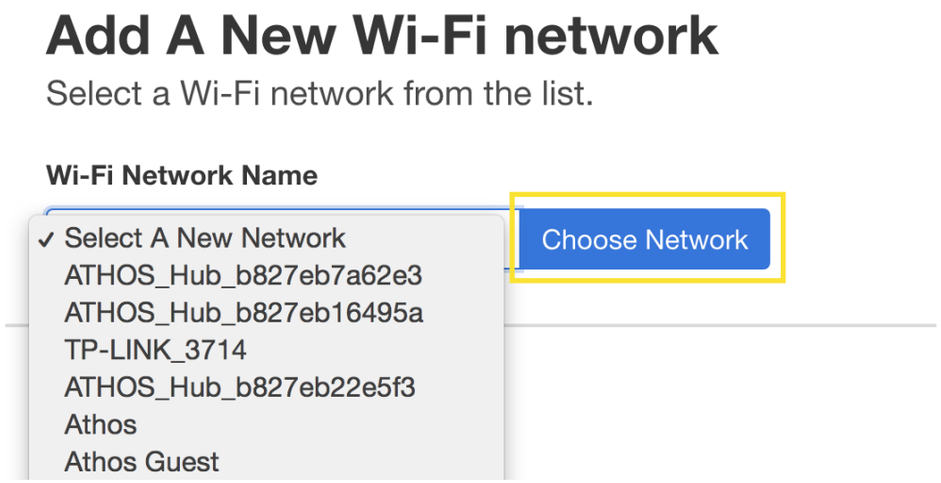
2. Type in the following link into your browsers address bar
http://192.168.2.100:8080

3. View the The Athos “Set up the Athos Hub” page (see below). Make sure you are on the “Setup” Tab.



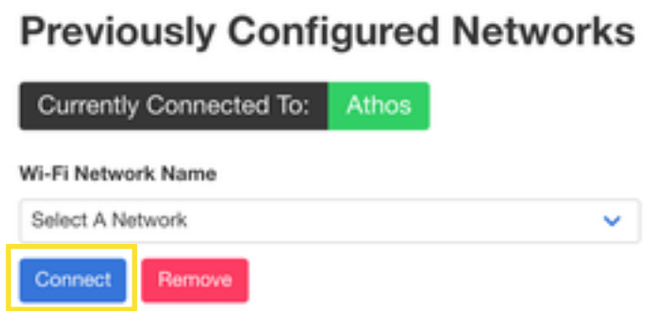
Step 8: Add New Wi-Fi Network

1. Select the Wi-Fi you would like to use to transfer your data from the Hub to the cloud from the list below and click the “Choose Network” blue button.



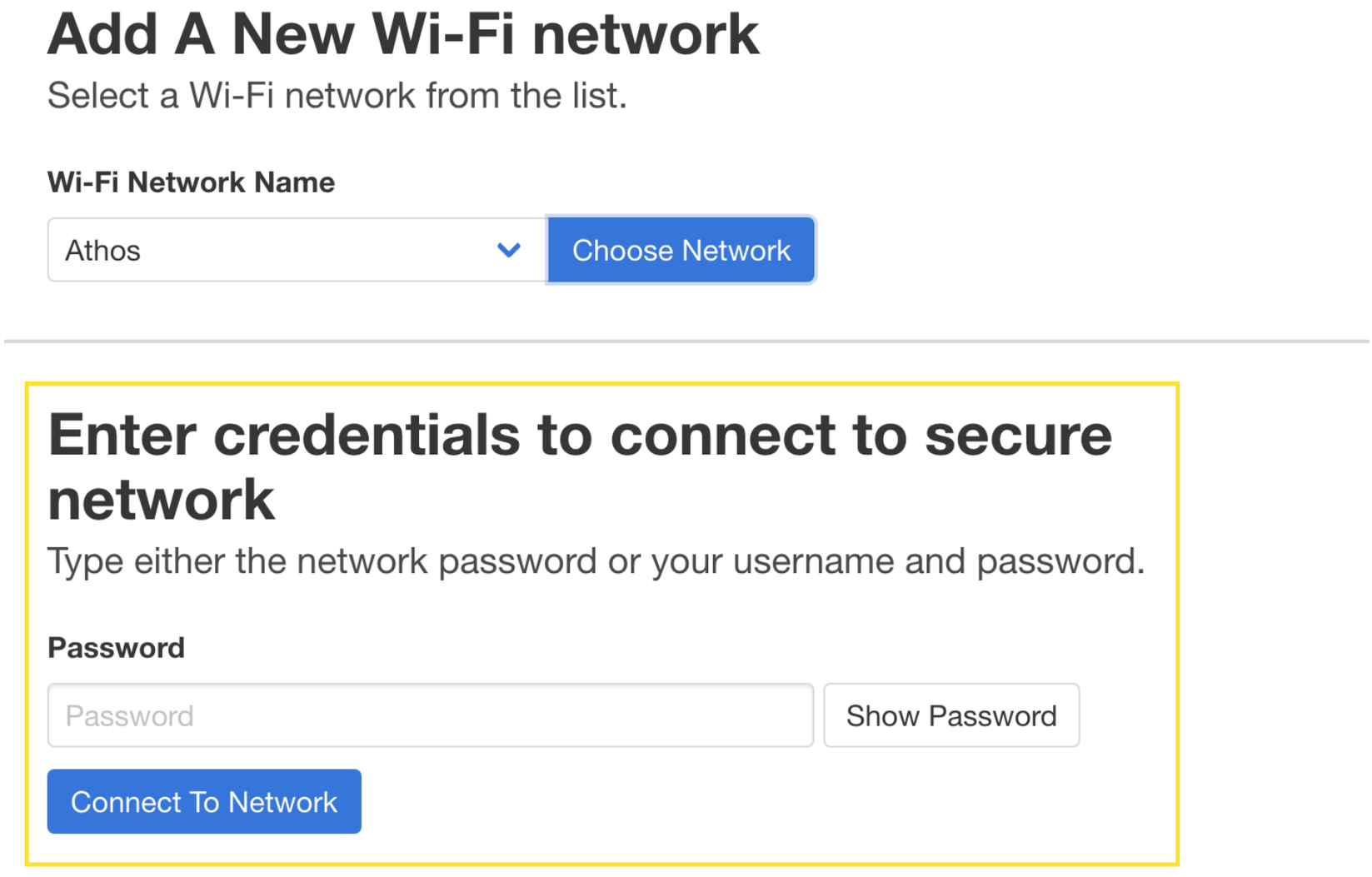
For example, here at Athos we select our Athos Wi-Fi not our “Athos Guest” Wi-Fi as it is faster and more stable.

2. Click the “Connect” blue button to secure your choice.



Step 9: Confirm your Wi-Fi selection

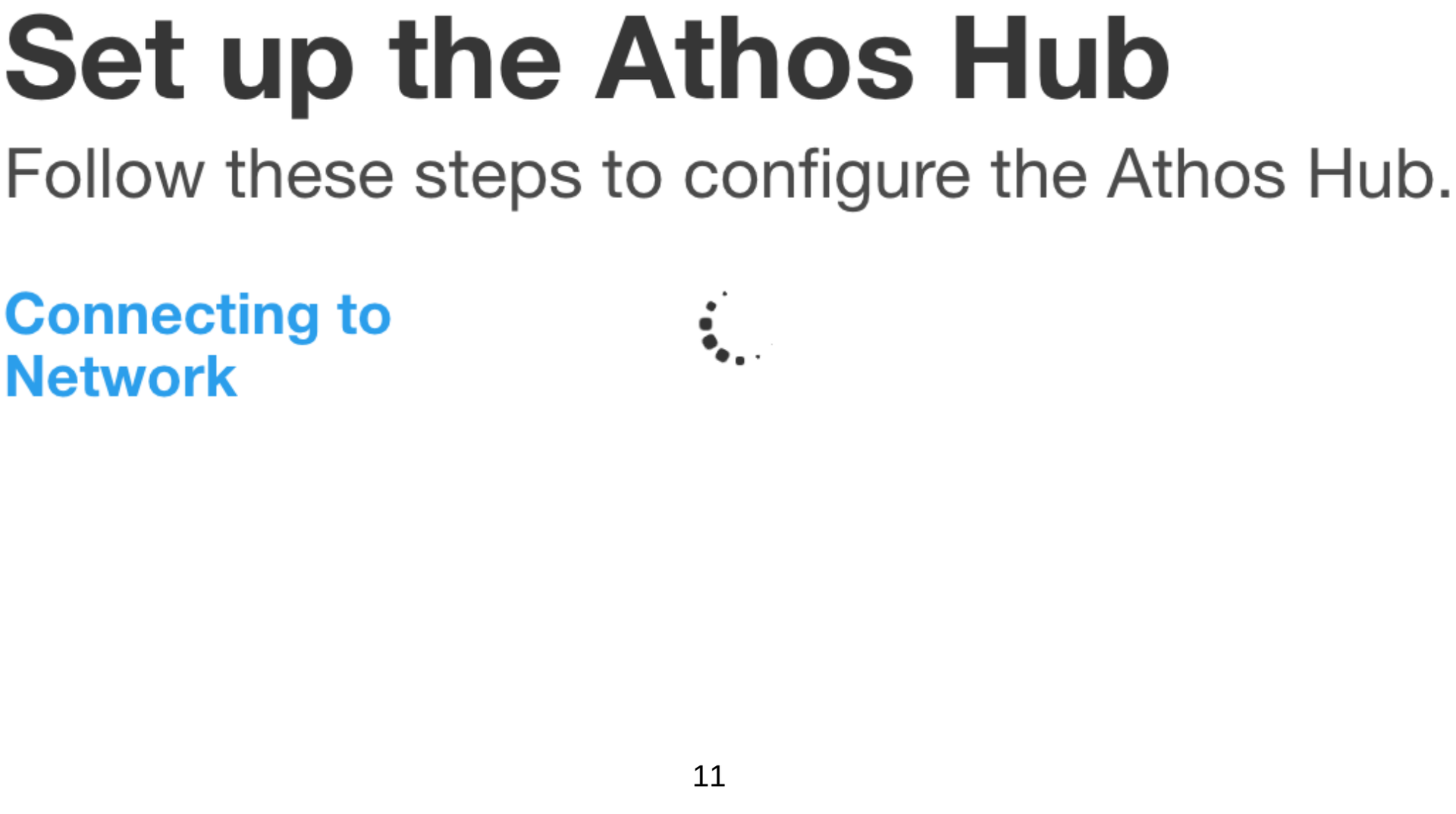
1. You will be prompted for the correct combination of username and password need for your internet connection. Enter in the needed information.



Step 9b: Wait for Network to Connect

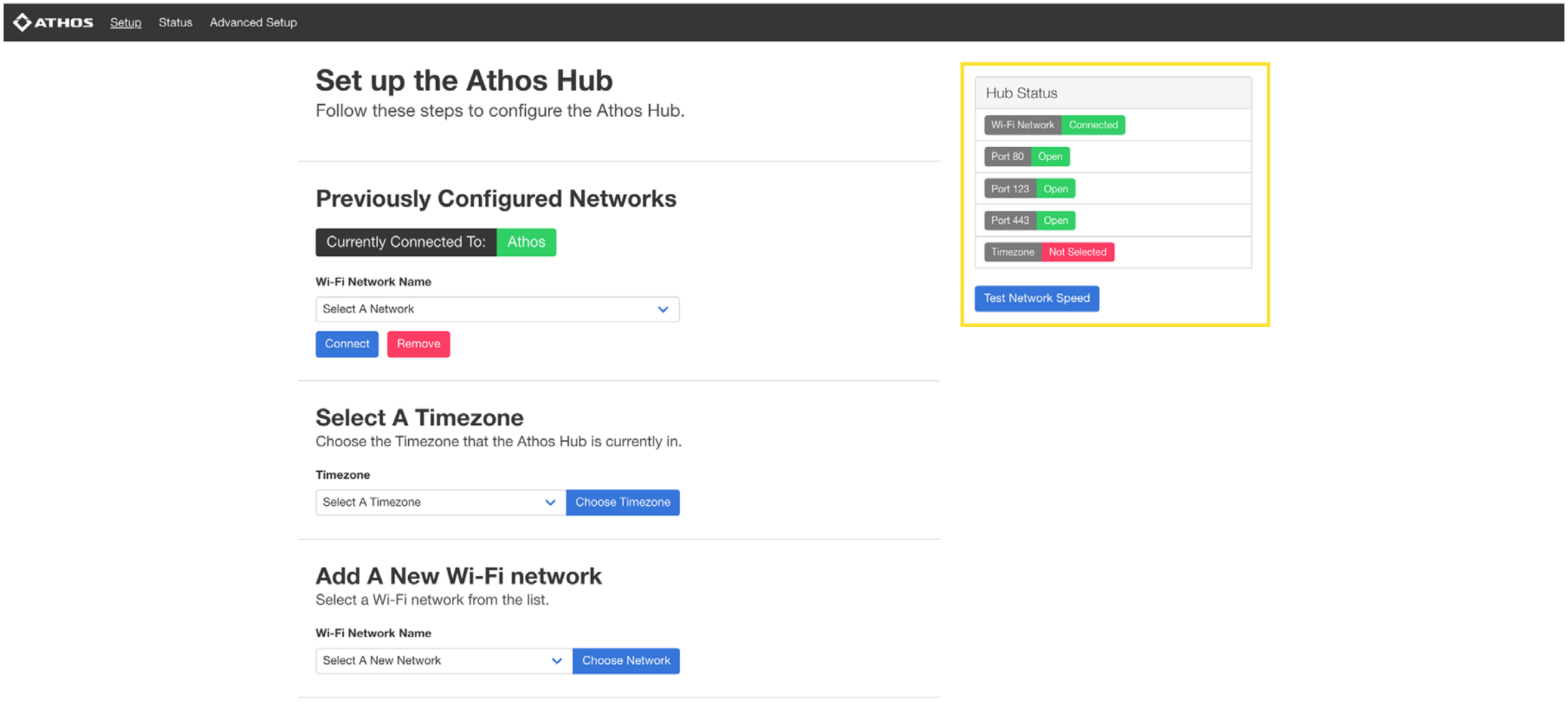
1. Connecting to the network will take a few seconds. You will see the message below as well as a message that the Ports are opening.

2. When this step is complete, the “Set up” page will re-appear.



Step 10: Confirm your Wi-Fi selection has been completed

1. You should now see the “Hub Status” reporting “Wi-Fi Network” is “connected” and the Ports are all “Open”. (Port 80, 123, and 443)



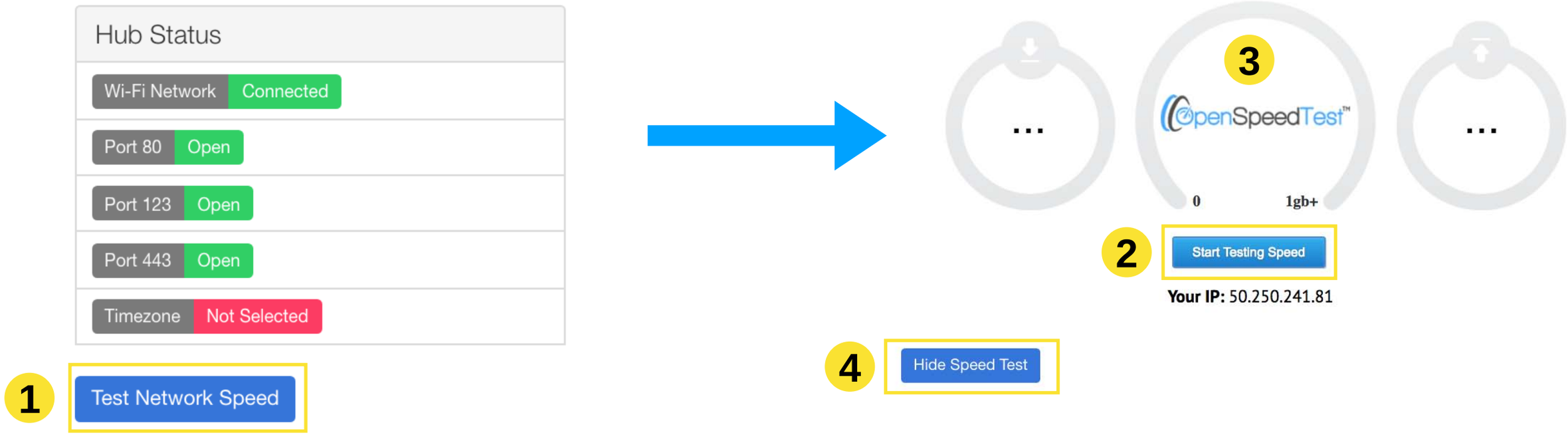
Step 11: Test your Wi-Fi Speed

1. Click on the “Test Network Speed” button under the “Hub Status”. This will pull up the “Open Speed Test”.

2. Click on the “start Testing Speed” button to begin the test.

3. Write down the final number that appears in the center of the circle when the test is complete. (You may need this for future conversations with Athos)

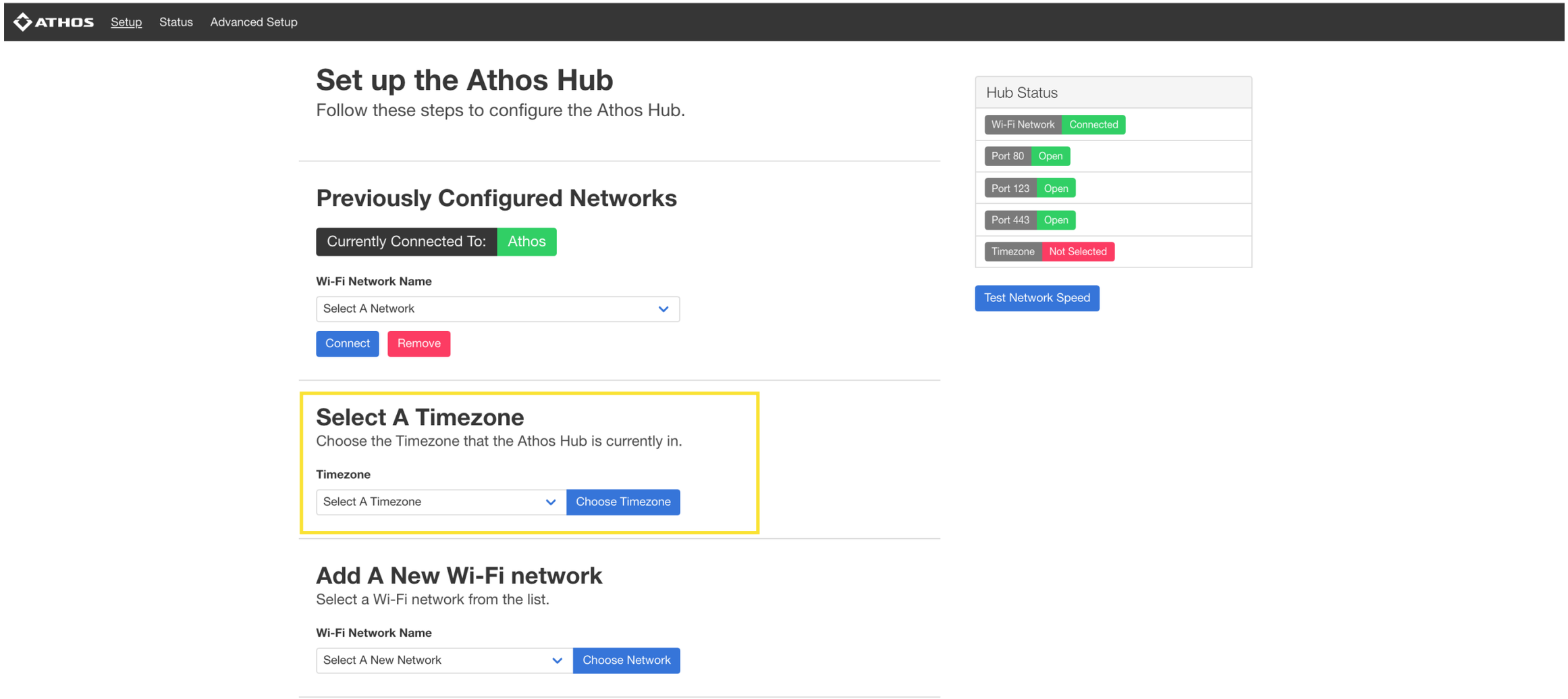
4. Click on the “Hide Speed Test” button to return to previous page.



Step 12: Set your Time Zones

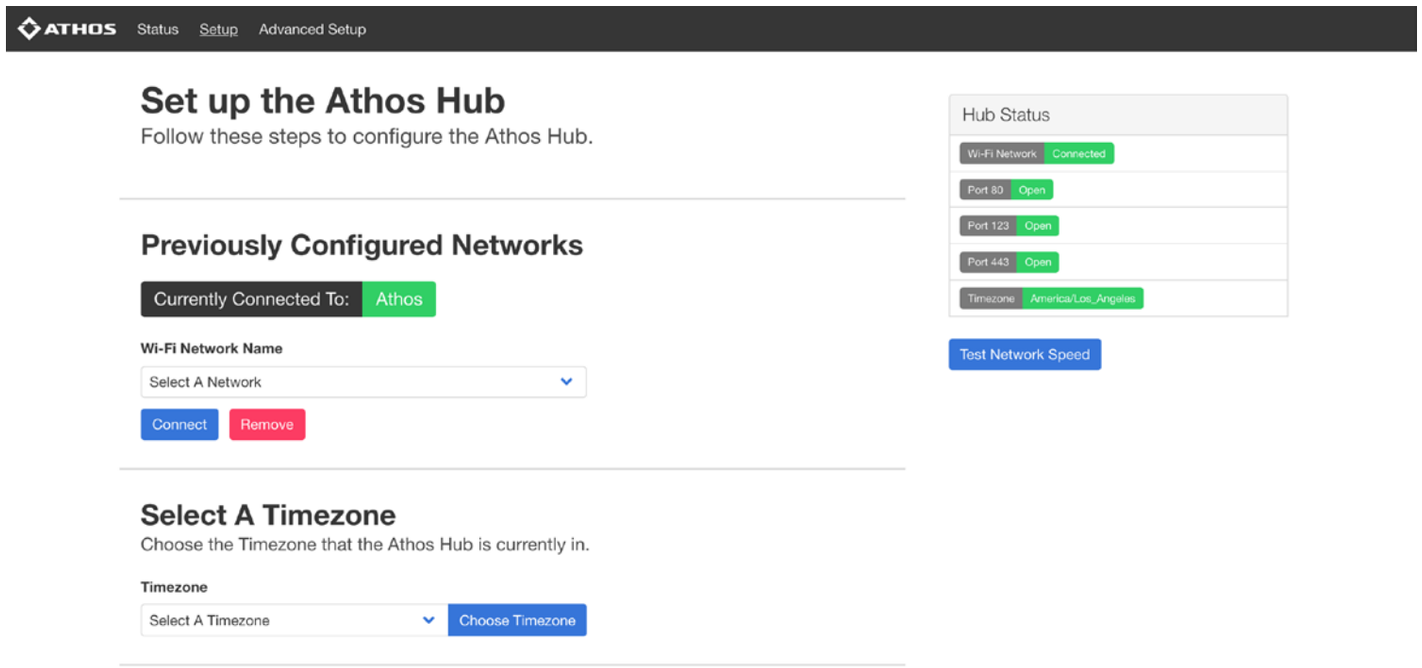
1. Set the Hub Timezone to your current Timezone.

2. Click on the “Choose Timezone” blue button once you have made your selection.

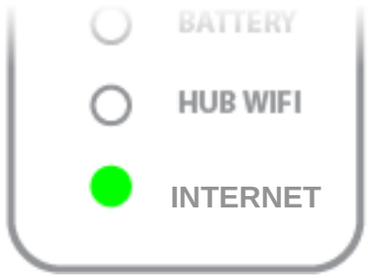


Success! Your Hub is all set up and ready to go.

1. All the elements of the “Hub Status” should now be green, including the “Time zone”.



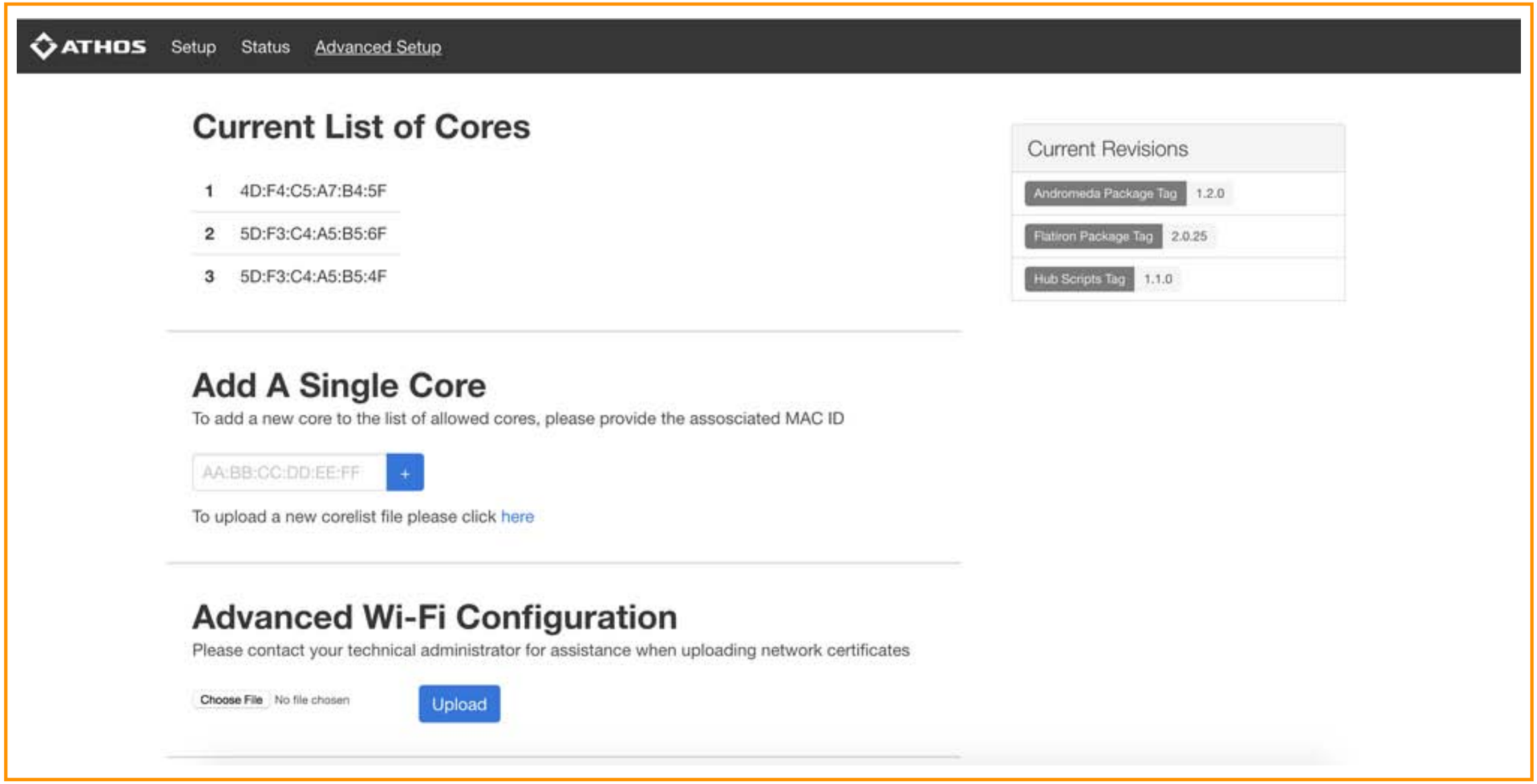
2. The light on the Hub should now also be green.



If either of these things are not happening, please call your sales rep.

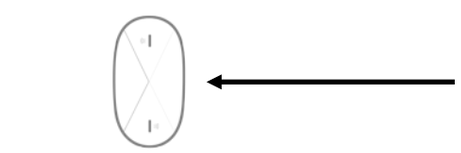
Warning: Only use Advance Settings with Athos Support

1. Call your sales rep and they will help you add a single core if needed.

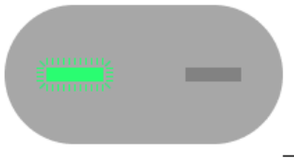


Do a Workout

Step 1: Take the Core Pro from the Team Charger when it is solid

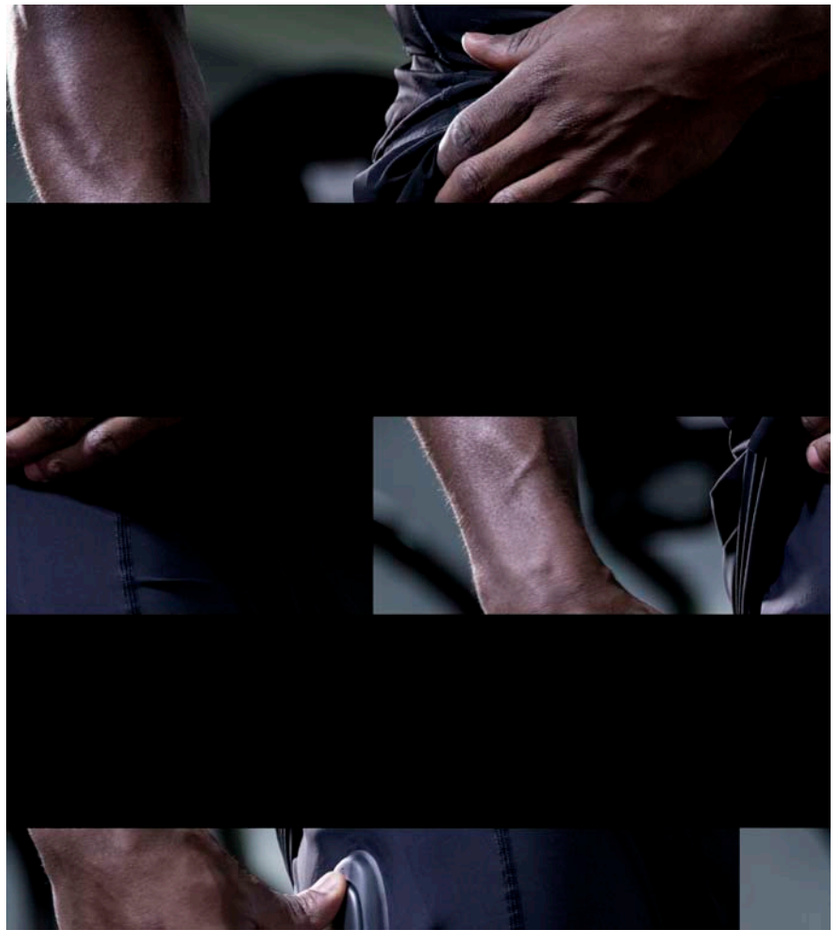


Solid Green
Ready to remove from dock and start workout
Core has sufficient battery and available space for a workout



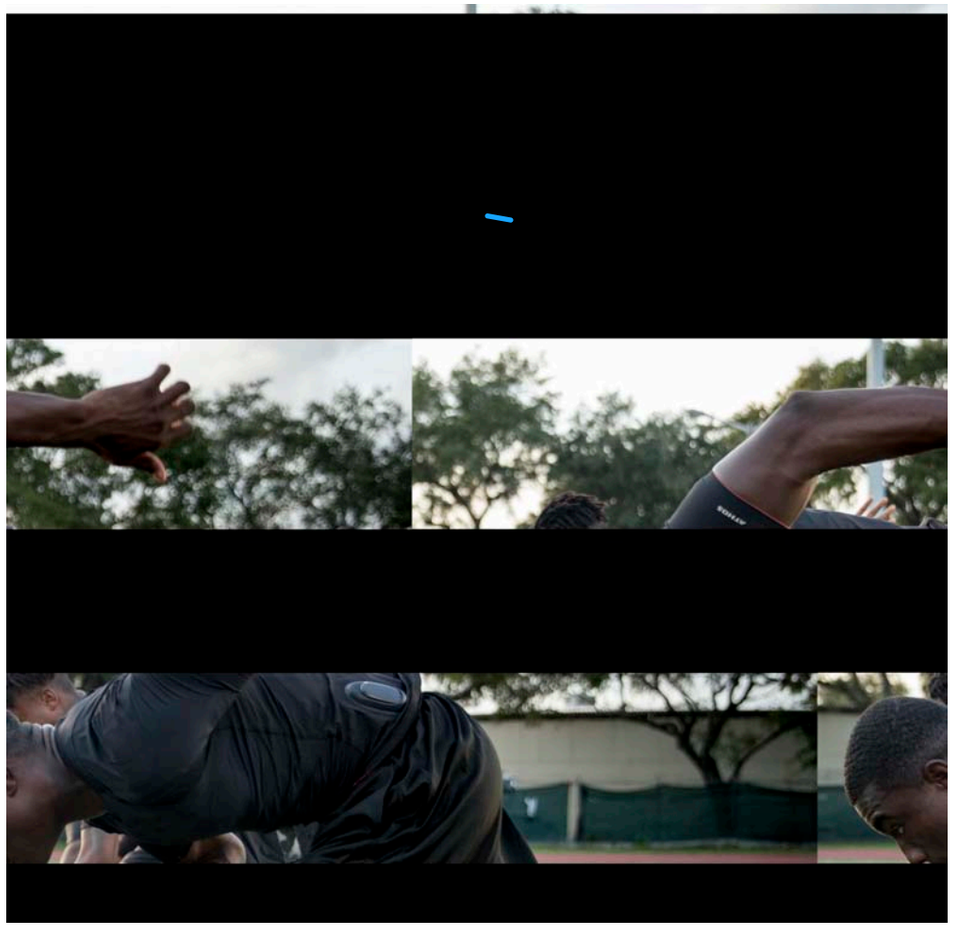
Blinking Green
Ready to start a workout
Core has sufficient battery and available space for a workout

Step 2: Place Core Pro in your Athos Garment



Make sure to take the Core Pro with your Athos number on it (that’s how we know it’s you).

Step 3: Workout! When Core Pro is in Garment it will blink blue



Blinking Blue
Recording data in Athos gear
Core is currently recording data and has sufficient battery and available space to workout

Step 4: Complete your workout by removing the Core Pro from the Garment and snapping it back in the Team Charger

Solid Red
Return or leave the Core in the charging dock
Core is not in a state to workout: not enough space, low battery, or needs to sync data

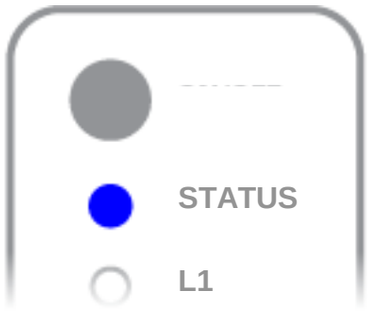
Blinking Red
Return the Core to the charging dock soon
Core should be returned to the dock soon: 1hour remaining from starting to blink red

No Lights
Return the Core to the charging dock
Core is out of battery and needs to charge

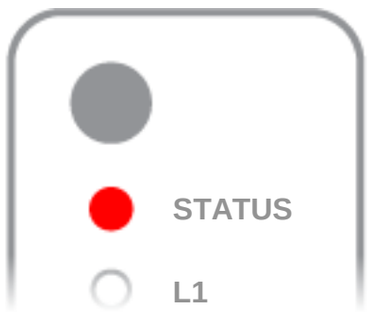
The Core Pro lights will turn red indicating that it has data to upload or needs to charge its battery.

Sync your Data

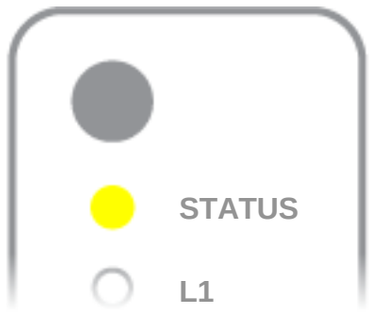
Step 1: Check that the status light is blue to ensure data is syncing from the Core Pro



Blue Light
Data is being sync from your Core Pro.

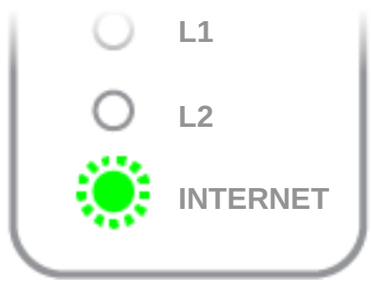


Red Light
Error occurred. Call Sales Representative.



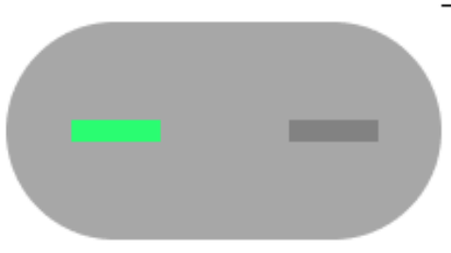
Yellow Light
Hub's memory is almost full.

Step 2: Check that the Internet light is blinking green to ensure data is syncing to the Online Training Center (OTC).

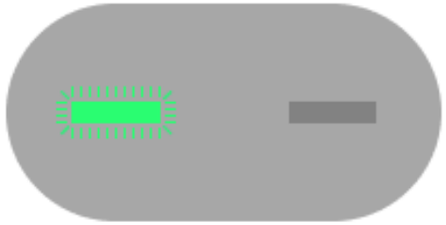


Blinking Green Light
Data is being sync to the OTC.

Step 3: Ready to start your next workout when you see a solid or blinking green light on your Core Pro



Solid Green
Ready to remove from dock and start workout
Core has sufficient battery and available space for a workout



Blinking Green
Ready to start a workout
Core has sufficient battery and available space for a workout

Your data has finished syncing to the OTC and the battery is charged. The amount of time it takes for the data to get from the Core Pro to the OTC depends on how many people worked out and long they worked out for. It takes about 30 minutes to upload a 1 hour workout.

Core Lights Cheat Sheet

Solid Red

Return or leave the Core in the charging dock

Core is not in a state to workout: not enough space, low battery, or needs to sync data

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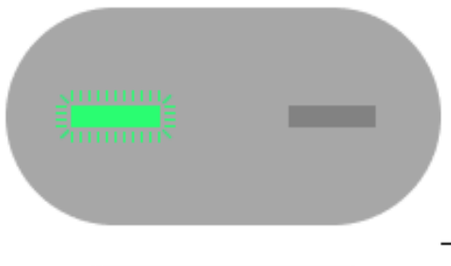
Solid Green

Ready to remove from dock and start workout

Core has sufficient battery and available space for a workout

---



Blinking Green

Ready to start a workout

Core has sufficient battery and available space for a workout

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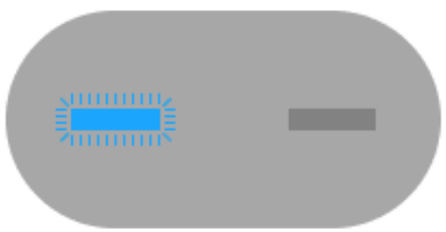

Blinking Blue

Recording data in Athos gear

Core is currently recording data and has sufficient battery and available space to workout

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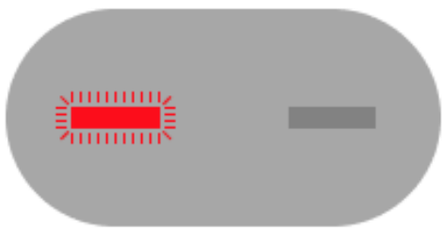

Blinking Red

Return the Core to the charging dock soon

Core should be returned to the dock soon: 1hour remaining from starting to blink red

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No Lights

Return the Core to the charging dock

Core is out of battery and needs to charge

Traveling with your Hub and Charger

Scenario 1: 3 Hour Session away (Game)

Only take Core Pros with you.

Do not put them all in a bag together. The metal of one core can not come in contact with the metal from another core.

Instead place each core folded in the garment in a wash bag.

1. Put the Core Pro on top of the Garment, not in the garment and away from the mount.
2. Fold down the garment over the core.
3. Place Garment in wash bag. This should keep the core from get lost during travel and from resetting.

Scenario 2: Multiple 3 hour sessions away

Take the whole Team Solution system with you
(Team Charger, Hub and Core Pros)

Packing Up

Place the Core Pros on the Team Charger and put everything (including the power adaptors) in the box.

Use the original shipping pack from Athos to pack up your Core Pros, Team Charger and Hub (the cardboard box with foam inlay that was used to house and ship your system).

Be very careful to not hit, step on or snap off the power adaptor on the Team Charger.

Scenario 2: Multiple 3 hour sessions away

Take the whole Team Solution system with you
(Team Charger, Hub and Core Pros)

Once you arrive at Destination

Set up Athos Hub and connect to the available Wi-Fi
(Follow the set up instructions at the beginning of this guide)

Reminder: Once all the Core Pros' lights have turned green they are ready for use.

Scenario 2: Multiple 3 hour sessions away

Take the whole Team Solution system with you
(Team Charger, Hub and Core Pros)

On Game Day

Before game:

To transport to game location use Athos shipping box with foam inlay. Place all cores inside foam inlay.
Hub or Team Chargers do not need to travel to game location.

After game:

1. Place cores back in Team Charger with hub connected to Wifi to download data
   OR
2. Bring Cores back home and download once you return.

ATHOS

Sports Performance Technology

High performance clothing with embedded biometric sensors delivering internal and external load.

WHY USE ATHOS?

ENSURE THAT YOUR ATHLETES ARE READY TO PLAY AT THEIR BEST ALL SEASON LONG

- IDENTIFY at the team level which of your athletes requires attention
- ANALYZE individual athlete muscular stress to know exactly where to focus your attention

The Athos Training System provides powerful insights that are tracked over multiple time scales:

- Use the Athos real-time biofeedback tool to aid in activity execution
- Track performance trends and progress towards your goals
- Make group and individualized programming decisions
- Understand ratios like quad to hamstring, glute to hamstring and anterior to posterior
- Monitor short and long-term impact of your training with acute to chronic training load ratio

WHAT MAKES ATHOS UNIQUE?

ATHOS WEARABLE sEMG SENSORS CAPTURE MUSCLE ACTIVITY

Athos biometric sensors measure training load, an individualized metric representing the stress incurred by athletes' muscles. Training Load, based on duration and magnitude of muscular activity, accumulates both on and off the field to quantify internal load.

Athos Training Load is used to calculate muscular imbalances, contributions, and ratios to quantify how that volume of work directly impacts each athlete.

WHERE AND WHEN SHOULD I USE ATHOS?

USE ATHOS ANYWHERE YOUR TEAM GOES

Athos can be worn in the training room, on the field and in the weight room. Use it in and out of season to take performance to the next level and help individual athletes progress, both healthy and those returning to play after an injury.