XMETRICS

empowering performance

Quick start manual

THE ULTIMATE ACTIVITY TRACKER

DESIGNED FOR *SWIMMERS*

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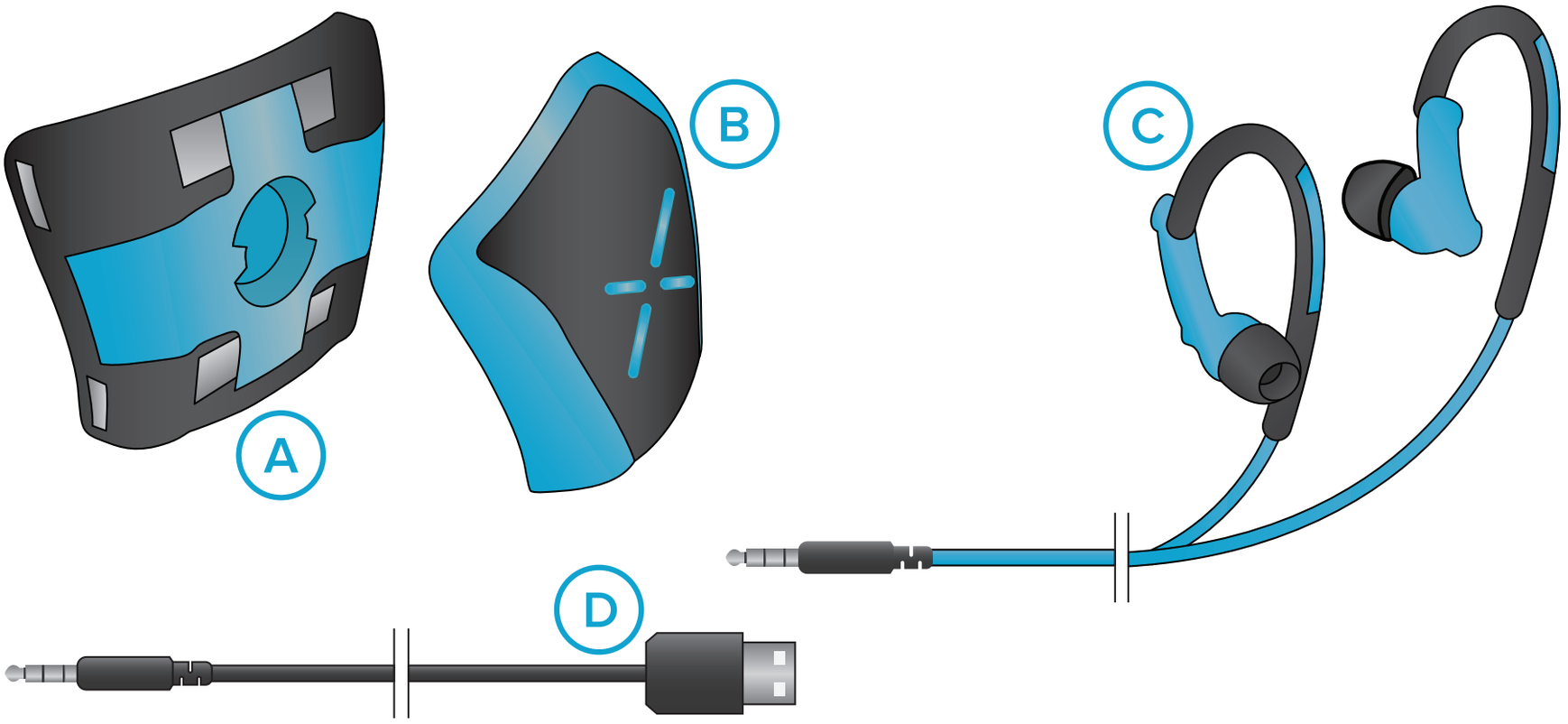
The images presented in this manual have the only purpose to present the product.

WELCOME

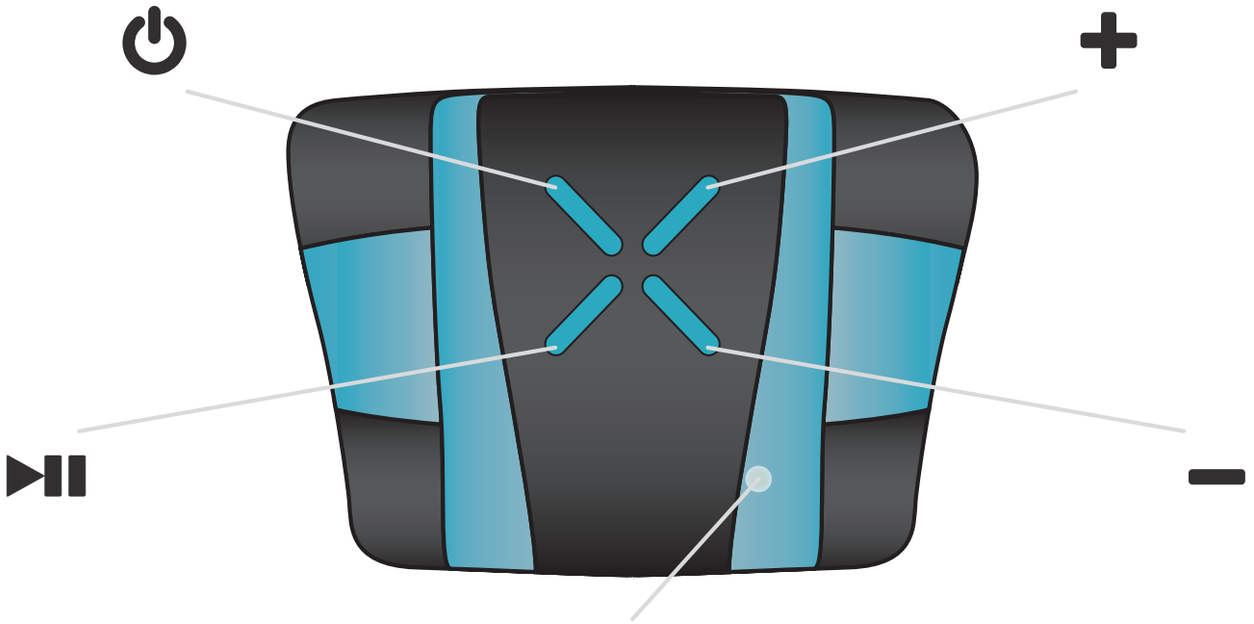
Package contents



A. Silicone band **B.** Device **C.** Earphones **D.** USB cable

WARNING!
Before using your device, fully read the quick start manual. Before starting any training programs, always consult your doctor. For product warnings and other important product information, refer to the last page of this manual.

Buttons and LED



LED

- device on/battery charged
- Bluetooth on*
- battery charging
- data recording
- Connected to *XMETRICS® LINK*
- low battery

	PRESS	HOLD	SETUP MODE
⏻	on	off	back
⏯	start/pause recording	audio menu starts	confirm selection
+	volume +	total time/laps summary	next setting
−	volume -	on/off Bluetooth*	previous setting

RESET FUNCTION: press and hold ⏻ and − together for a few seconds.

*available on XMETRICS® PRO only

General information

The XMETRICS® device is simple to set-up and easy-to-use, through its on-device buttons and user-friendly PC interface. To modify the device settings use *XMETRICS® LINK* when connected to your PC, or the app using tablet or mobile (compatible with iOS, Android, Windows) or use directly the device audio menu and buttons (it entails the use of the provided earphones). You can swim with the device without earphones, by using the on-device buttons, and data will still be recorded. You do not need to remove the silicone band clip on the goggle to swim without the device.

BEFORE USING THE DEVICE

Initial setup

Essential before using the product:

• Download and install *XMETRICS® LINK* on your computer, available on the website **www.xmetrics.it**.

• Software updates can be downloaded from the website **www.xmetrics.it**.

• Charge the device battery (with supplied USB cable).

Now you can connect the device to your computer via the supplied USB cable* and proceed with the

*for the registration of the device, and only in this case, it is not possible to use a tablet or the Bluetooth connection.

registration wizard on *XMETRICS® LINK*. The LED on the device will start blinking with an alternating blue light (showing the connection with *XMETRICS® LINK*) and a red light (showing that the battery is charging) until the battery is completely charged.
• At the end of the registration phase perform the calibration phase following the instruction on *XMETRICS LINK*.

Setup mode

You can customize the settings by using:

• *XMETRICS® LINK* (see detailed information on www.xmetrics.it)

• XMETRICS® device: in order to access the audio menu, connect the earphones to the device and follow the indications.

Actions
• Press ⏯ for more than one second to access the mode menu. The device will communicate the default feedback. (In future use it will be reported the last used feedback).
• To navigate the feedback menu press + and −.
• To select the feedback mode press ⏯.
• To navigate the menu subcategory/feedback parameter press + and −.
• To select the feedback sub-category press ⏯.
• The selected option will be confirmed by the voice command.
• To begin recording press ⏯ and start swimming.

Available feedback from device*

FEEDBACK TYPE	FEEDBACK DESCRIPTION
Laps-meter	Progressive number of completed laps
Split time	Time taken to swim the selected number of laps
Strokes frequency	Audio signal, beeps, to maintain the selected number of strokes
Custom feedback: feedback name and parameters	Feedback selected on *XMETRICS® LINK*
No feedback	Audio settings disabled (battery saving function)

Useful terminology

LAPS: the length of the swimming pool.
TIMING: the time associated with one or more laps.
SPLIT: the distance that consists of a selectable number of laps.
STROKES: it is counted every time the arm makes one full turn.

XMETRICS® LINK* allows you to select additional feedback to support the **PRO version

GETTING STARTED

Start training session

Once the device has been set up, you can start swimming using your XMETRICS® device.

• To start recording your training session press ▶II making sure to hold the device in the swimming pool direction, until a green LED will start flashing. Using the supplied earphones allows you to receive an audio feedback (three *beeps*).

• Press the button ▶II if your training is finished or you wish to take a rest.

• Press ▶II to continue your training session.

By pressing + for more than one second while in setup mode, you will receive the total time and the number of completed laps.

You have to swim full laps in order to collect reliable information.

It is recommended that you switch off the device when the training session is completed.

Feedback audio

To use the in-built audio feedback capability while you are swimming, connect the earphones to the device. All selected menu settings will be audibly communicated through the earphones.

POST TRAINING

Sending data and analysis

Connect the device to your computer in order to download your training data and to analyze your swimming performance. Connect the device to your computer or to your tablet by using the supplied USB cable or Bluetooth* technology to access the data using *XMETRICS® LINK*. Downloaded data will be saved and you can always consult your historical using the *XMETRICS® LINK* platform or the App for tablet and mobile (free download available on www.xmetrics.it). The *XMETRICS® APP* allows you to change device settings and to easily visualize your training performance, using Bluetooth*.

Battery charging

Connect the device with your PC or with any other USB charger to charge the battery. Red led fixed will indicate “charging status” of the battery; “complete charging” is indicated by a fixed green led. **At the first usage be sure that the battery is fully charged.**

WARNING!
Before connecting your device to USB cable, make sure that the connector is dry. In case of problems **during the connection or with data trasmission**, extract the connector and let it dry.

*available on **XMETRICS® PRO** only

SAFETY AND PRODUCT INFORMATION

WARNING!
Failure in following below information could cause serious and deadly injuries.

Device care

• Avoid extreme shocks and take care of device.
• Carefully rinse out the device with fresh water after exposure to chlorine.
• Always dry the device after using it.
• Do not use sharp objects to clean the device.
• Avoid chemical cleaners and solvents that can demage plastic components.
• Do not store the device where it could be exposed for a long time to extreme temperatures in order to avoid permanent damages.
• The device is incompatible with salt water.
• Avoid the exposition of device to heat source or high temperatures.
• Do not disassemble, modify, reproduce, pierce or damage the device.
• Do not dive the device in other liquids (different from water).
• Do not repleace the battery.
• It is recommended to fully recharge your device at least once every three months, to avoid battery charging degrade.
• Use only the supplied connectors (earphones, USB

cable) to ensure correct functioning of the device.
• Keep away from electromagnetic fields while using in the swimming pool.

Please contact local authorities for a correct disposal of device/battery, according to laws and local regulations.

Health warnings

If you have a pacemaker or other electronical devices, ask your doctor before using the device.

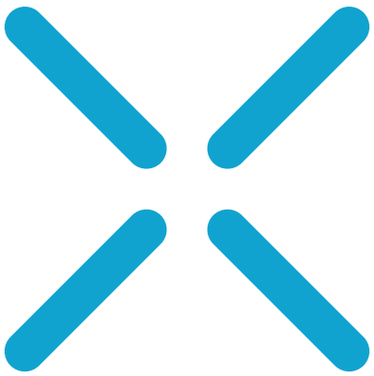
Data privacy

Information about personal data are available on www.xmetrics.it.

With this document, XMETRICS® declares that this product is compliant with essential requirements and other dispositions in the field as expeted from Directive 1999/5/CE.
This device complies with Part 15 of the FCC Rules. FCC ID: 2AE4YXM01-FIT-PRO contains FCC ID: SQGBT830. 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.
Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

CE

For further information and updates: www.xmetrics.it.



Designed and made in Italy

www.xmetrics.it