

# swimmo

Abstract wavy lines in shades of dark blue and teal, centered on the page, suggesting water or motion.

**Quick Start Guide**

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# Measure. Compare. Improve.

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02

Swimmo Watch and App.  
Swim smarter and achieve goals faster.  
Getting better and staying motivated  
in the pool was never easier!



**Automatic lap and distance counter** - never again lose count. Focus on your swim



**High precision calories counter** - we provide more accurate data on calories burned by using pulse as additional signal.



**Heart Rate monitor** - your pulse is measured from the wrist - no need for chest straps! Control training intensity thanks to different intensity vibrations.



**PaceKeeper™** - swim at defined pace. Smart vibrations will inform you when to slow down or speed up.



**Real-Time Haptic Feedback** - communicate specific events via unique frequency of vibrations



**Training History (swim log book)** - always with you, simple charts and detailed views of the training and results.



**Social Features** - now you can share your swim and compare your workout with friends. Share from Swimmo app to Facebook and Twitter.

# Get The Swimmo App

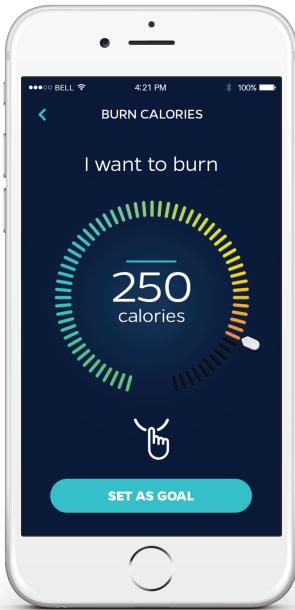
- ✓ Supercharges your watch and allows you to create and analyze your goals.
- ✓ Search for the „Swimmo“ app & download it. You can also use the direct links below.
- ✓ Swimmo app works using Bluetooth Low Energy. Make sure to turn Bluetooth on.



[www.swimmo.com/m/ios](http://www.swimmo.com/m/ios)



[www.swimmo.com/m/android](http://www.swimmo.com/m/android)



# Charge & Connect

## Charge

Use the charger and USB cable to plug Swimmo in.



## Connect Swimmo with Swimmo App

Run your Swimmo application and follow the registration instructions. Once you've done that the application get connected to the nearest Swimmo.



Watch the video: [www.swimmo.com/how/start](http://www.swimmo.com/how/start)

# Navigate

Tap the screen  
to select an option



Rotate Swimmo  
to change options



Watch the video: [www.swimmo.com/how/navigate](http://www.swimmo.com/how/navigate)

# Set Your Goal & Swim

(calories workout example)

01

Choose „New workout” → The application will automatically connect to Swimmo using Bluetooth → „Add your own goal” → “Calories workout” → Choose how many calories you want to burn during the workout and set your goal!

02

Wait a few seconds while Swimmo syncs with the mobile app and you’re good to go!

03

After your workout Swimmo will send your results back to the app. Check „History” to see your workout’s details.

Watch the video: [www.swimmo.com/how/app](http://www.swimmo.com/how/app)

## More info

If you have any questions, please contact us at [hi@swimmo.com](mailto:hi@swimmo.com)

WWW.SWIMMO.COM