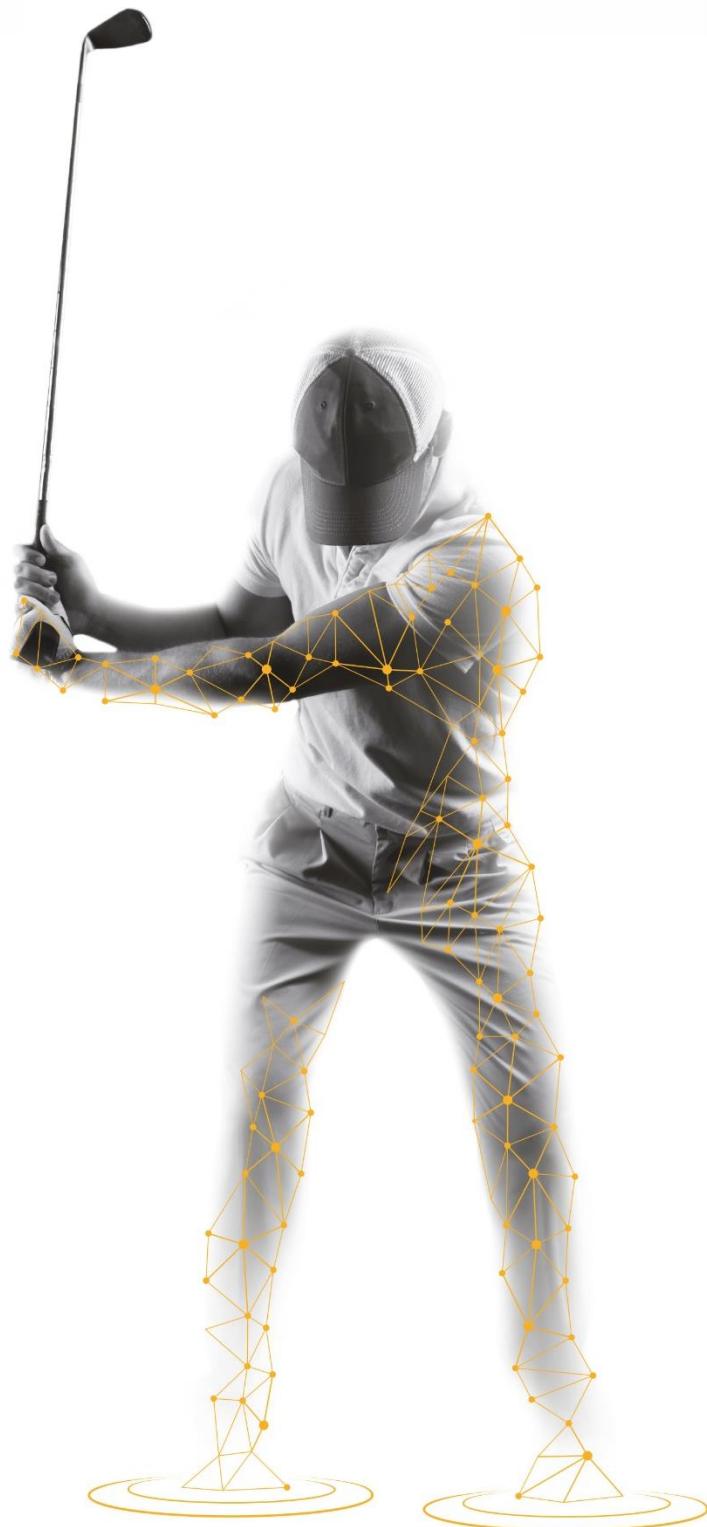
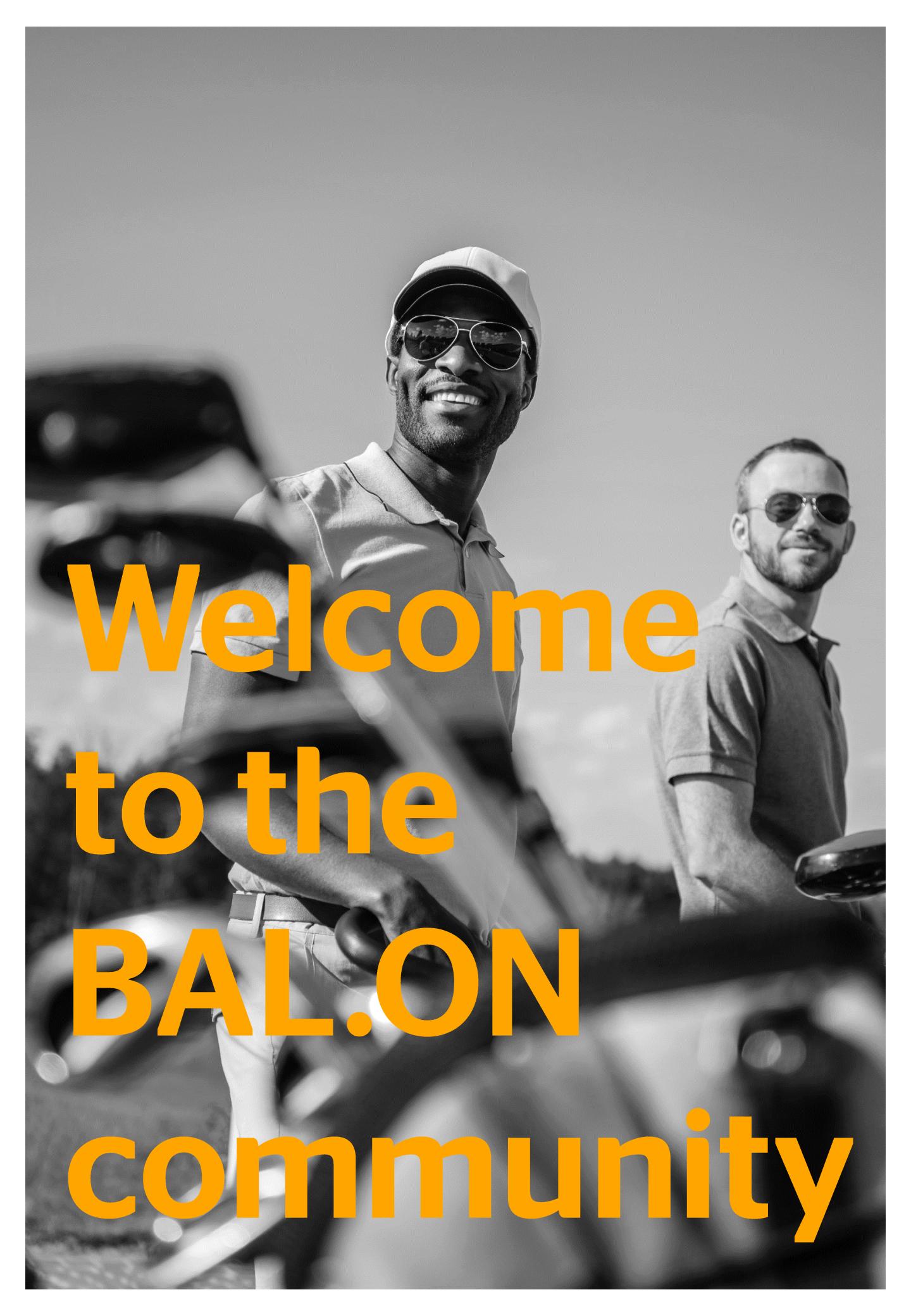


Continental 



BAL.ON 

User Manual



Welcome
to the
BAL.ON
community

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1

Introduction

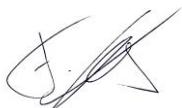
Hello golf enthusiast!

We are very glad to welcome you as part of the BAL.ON family. By buying our Smart Kit, you not only became one of a community which strives to improve their golf game but also part of a new era of digitally supported golf training.

Our ultimate goal is to provide you the best personal coach whenever and wherever you need it. Therefore, our team is working relentlessly to offer you state-of-the-art technology and expert knowledge in the field of golf swing analysis. BAL.ON uses highly sensitive Pressure Soles in your golf shoes and measures exactly how you distribute weight and pressure during your golf swing. The BAL.ON app will then analyze the data and give you instant coaching feedback.

Now that you have our product in hand, we are pretty sure you want to know how to get the most out of your golf swing. This user manual illustrates you the most important points to get you right on track. In case you need additional information or further support, do not hesitate to contact our dedicated support team and visit www.bal-on.golf.

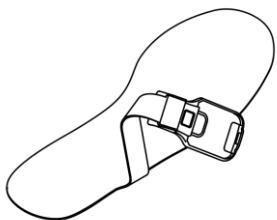
“The key to trusting your swing is to know the crucial data behind it!”



Felix Lindner, Co-Founder

2

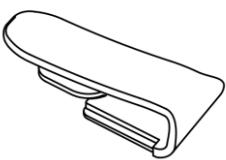
What's inside the box



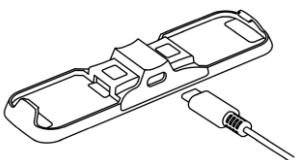
2x Pressure Soles



2x Smart Pods



2x Clips



1x Charger + USB-C cable



1x Training Case

3

How to get started

To get started, you only need two things right beside you - your golf shoes and your smartphone or tablet.

Visit the Apple App Store, download and start exploring the BAL.ON app.

*info: the download and usage of the app requires access to an internet connection.



Shoe Setup

Step 1: Fully charge the Smart Pods.

When charging the Smart Pods, the LEDs will light up and indicate the following:

- Continuous red LEDs: charging
- Continuous green LEDs: charged



Step 4: Remove the Smart Pods from the Charger and attach them to the Sole Connectors.

Step 3: Slide and snap the Clips to the back of the Sole Connectors. The Clips are attached properly when you hear a clicking sound.

Step 4: Place the Pressure Soles under the original shoe insoles or on top if not they're not removable.

Step 5: Attach the Smart Pods on the outside of the shoes.

Step 6: Turn on the Smart Pods.

Press the ON button until it vibrates, and the LED light is blinking.

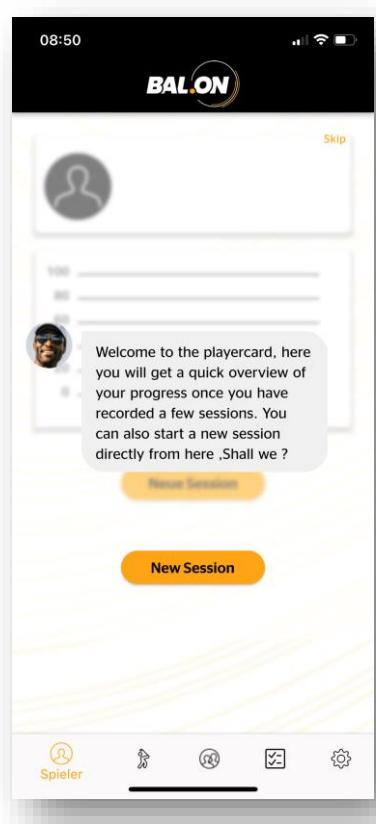
Step 7: Grab your smartphone or tablet.

Account Setup

In order to use this product, you will need to use a compatible mobile device (iOS 13 or higher).

Step 1: Open the installed BAL.ON app.

When opening the BAL.ON app for the first time you will be prompted to log in or create a new account.



Step 2: Create a new account.

Click "I'm new - sign me up" and follow the guided account setup.

Step 3: Follow the onboarding process.

Our virtual coach Fox will guide you through the onboarding process and ask you a few questions regarding your golfing experience.

Step 4: Start your first session whenever you are ready.

Turn to the next page in the user manual for detailed instructions on swing recording.

Swing Setup

Step 1: Turn on your Smart Pods.

Press the ON button for approximately one second until it vibrates, and the LED light is blinking.

Step 2: Start a “New Session” via the player card or the sessions tab.

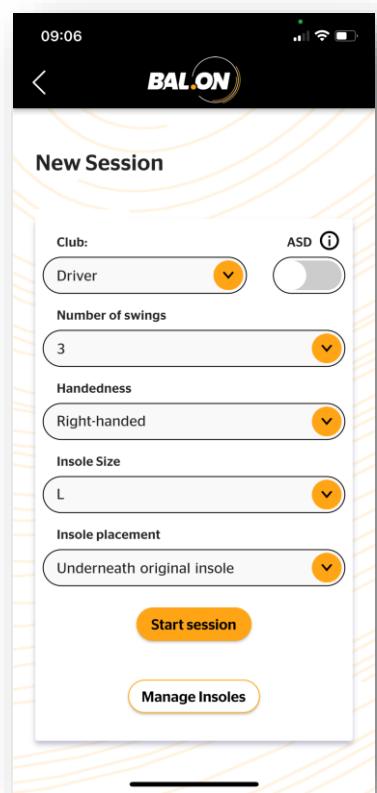
Step 3: Fill in the details of your test session and press “Start Session”.

Here you can choose the number of shots, the club and the Pressure Sole placement.

Step 4: Pair your Pressure Soles with the app.

Click on “Pair” with your Bluetooth turned on. Select your soles and after a short moment the connection should be established. The connection is confirmed by vibration.

Step 5: Click on “Continue” to start the session.



Swing Setup

Step 6: Position your phone so that you fit into the indicated shape.

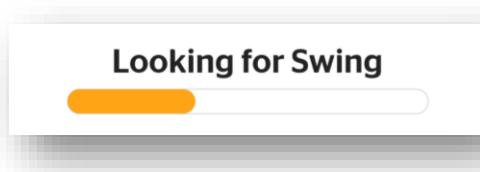
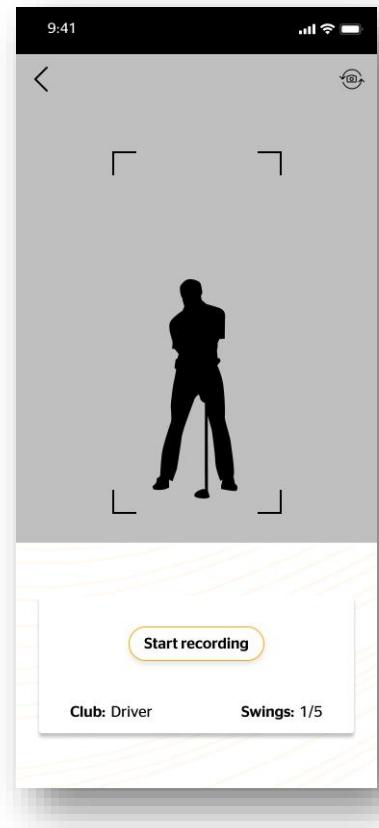
For valid results, use the BAL.ON Smart Kit only on the driving range and film yourself in portrait mode. We also recommend filming yourself face on with your body and club fully visible while performing the golf swing.

Step 7: Press “Start Recording” and perform your first swing.

Step 8: Press “Stop Recording” after performing your swing.

Step 9: Repeat the last two steps until you finish the session.

*info: enable automatic swing detection (ASD) and record several swings directly one after the other without pressing the trigger every time. Our system recognizes your swing automatically and captures it. You will receive a slight vibration over the soles which tells you that you can take the next swing. Also, you can see a progress bar on the screen. When the bar is filled, your swing was recognized and saved.



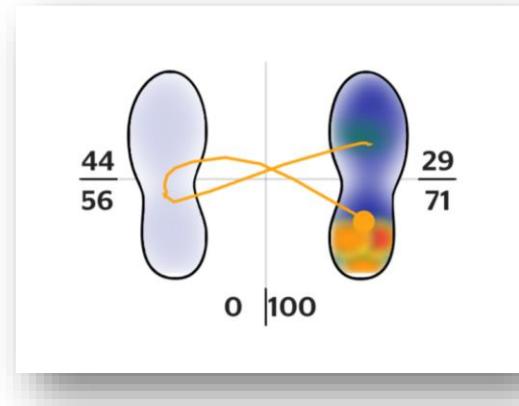
4

Swing Analysis

Congratulations! So far you have prepared your golf shoes with our Pressure Soles, created an account in the BAL.ON app and recorded your first swings. During this process, your pair of Pressure Soles, relying on its 18 sensors, collected tons of data, which we've combined with the recorded video footage.

To give you profound insights into this data, we focus our analysis around four swing key positions. From these four positions, swing metrics are derived to evaluate your swing in the smallest detail.

To give you some in-depth information on your swing, we display a pressure distribution heatmap of your feet along with a trace for the center of pressure (CoP).



Heatmap: From blue/green (minimum) to yellow/red (maximum), pressure level increases.

CoP: Center of pressure is moving according to your pressure distribution throughout the swing.

Swing Key Positions

Your golf swing is divided into the following sections:

Address:

Starting position of the golf swing.

Top of Backswing:

The position to finish the backswing.

Impact:

The position at the moment of the clubface making contact with the ball.

Finish:

The position at the end of the swing.



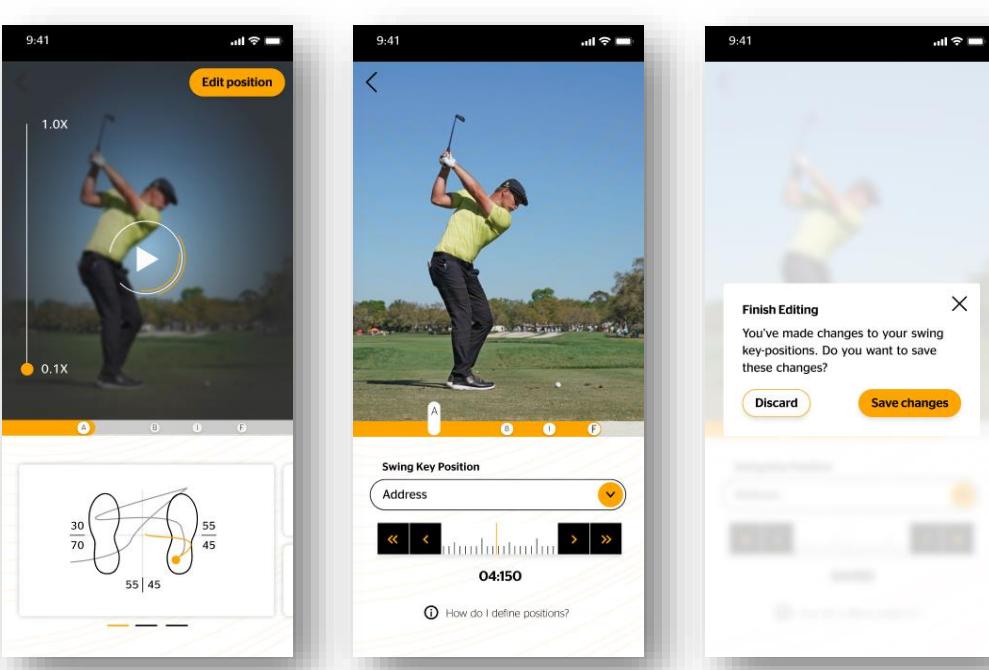
Swing Key Positions

How to edit Swing Key Positions

For every video recorded we automatically detect the swing key positions in your swing. You can find them highlighted in the timeline of every captured recording.

Of course, you can always set and edit the swing key positions manually:

1. Press “Edit positions” inside your swing review screen.
2. Choose the swing key position which you wish to edit and select the preferred time frame in the video timeline by pressing the left or right arrow keys.
3. Press “Save changes” when the swing key positions are set correctly.



Swing Metrics

The following swing metrics determine your overall golf swing score:

Setup:

This swing metric evaluates the weight and pressure distribution just before the address position. We recommend slightly more pressure on the lead foot (50 – 60%)

Backswing:

This swing metric evaluates the pressure distribution between trail and lead foot at the highest point of the backswing. Top players have most of the pressure on the trail foot (70% – 80%).

Transition Timing:

This swing metric evaluates the optimal timing of the pressure shift between backswing and downswing. It is a small window within milliseconds before top of backswing and just after starting the downswing.

Rhythm:

Pros definitely have different rhythms, but they are all in a certain time bracket. You learn whether your rhythm is on point or can be improved. A repeatable swing can improve your ballstriking positively.

Swing Metrics

Max Vertical:

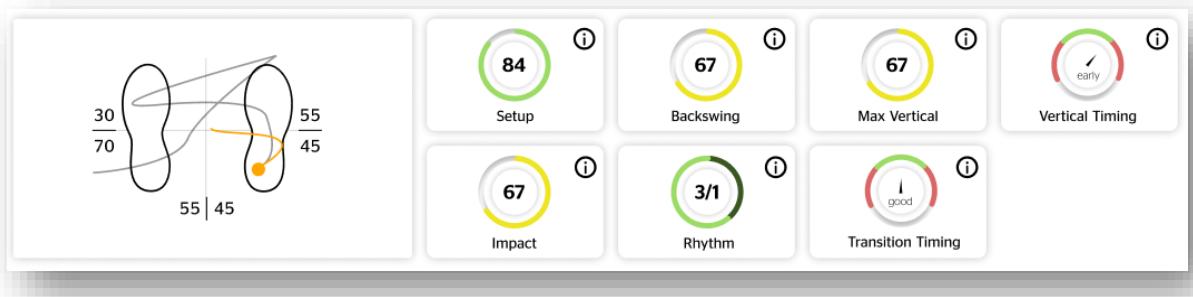
This swing metric provides information about the maximum pressure generated in the downswing. The higher the force, the faster the club.

Vertical Timing:

This swing metric evaluates the timing of produced vertical pressure during the downswing. A perfect timing will result in a higher club speed and therefore have an impact on your shot distance.

Impact:

This swing metric evaluates the amount of pressure in the lead and trail foot at impact. This is an important factor to create a good strike.



*info: an instant feedback on every swing metric is displayed through a score via a color code from red (bad) to green (good) or a timing information.

Virtual Coach

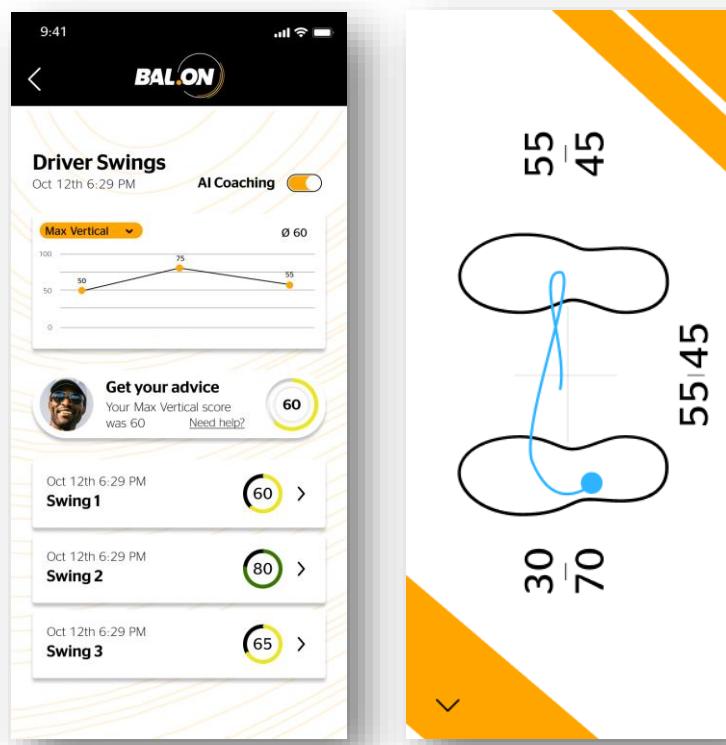


Automatic instant feedback from our virtual coach “Fox”:

Surprise. Your golf swing might not be perfect yet. But that's where our virtual coach comes into place.

“Off-Balance Set-Up”, “Low Maximal Pressure” and “Bad Rhythm” are only a few examples for swing faults that can be identified with our swing metrics. Our virtual coach reads your video and sensor footage and will provide you tailor-made drill videos.

Enable AI Coaching in the session overview to receive a recommended metric to work on. Together with the live heatmap and the center of pressure training sessions, our training program will support you to become a better golfer.



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Safety Instructions



WARNING: HEALTH AND SAFETY INFORMATION

Follow the precautions below to avoid damaging your device, accessories, or any connected devices, and to reduce the risk of personal injury, property damage, discomfort or other potential hazards. Keep all safety instructions and other instructions for future reference. For safety reasons we recommend using only original BAL.ON components. All modifications and changes to the BAL.ON components are prohibited. The manufacturer assumes no liability for any resulting damage.

BAL.ON Smart Kit

Handle your BAL.ON Smart Kit with care. You may damage the components by puncturing, burning, deforming, crushing, dropping, modifying, attempting to insert foreign objects into or by disassembling them.   **WARNING:** Battery overheating or injury may be caused when using a damaged Pressure Sole, Smart Pod, or other component of the Smart Kit.

Pressure Soles

Avoid anything that will affect the operation of the Pressure Soles. This includes cutting, folding, creasing, heating, melting or excessively pulling, stretching, twisting, or bending the soles. Check that the soles fit in your shoes properly. Otherwise, this could result in a damaged product. Also make sure to use the soles only in a clean and dirt-free condition. As our BAL.ON Pressure Soles should be positioned under the original shoe insole, make also sure that their undersides are clean and dirt-free as well. Otherwise, this could lead to incorrect data registration.

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Safety Instructions



Smart Pods

Please make sure, that the area which includes the contact pins is clean and dirt-free. If this is the case, you can carefully connect the Smart Pods to the Sole Connectors. To maintain flawless operation, make sure to avoid hits, falls and external influences like sand, mud, water, frost, snow, dust or more than 95% humidity.

Battery and Charging

Our Smart Pods are powered by a lithium battery, which is a sensitive component that can cause injury if damaged.

⚠⚡WARNING: Do not attempt to remove the battery. Replacement by unqualified professionals may cause damage to your device. The usage of an unqualified or improper battery may constitute a potential risk of fire, explosion, leakage, or another hazard. For battery service, reach out to the BAL.ON customer service via the options found at www.bal-on.golf. The battery can be charged by plugging the Smart Pods to the provided Charger which must be connected to a USB wall Charger or a USB port which is able to deliver at least 300 mA. A wall Charger is not included with the BAL.ON Smart Kit. Please only use the enclosed charging cable. Never pinch or twist the USB charging cable and do not force the wall Charger into a port. **ⓘ INFO:** The Pressure Soles normal charging voltage is $5V \pm 0.25$ V with a maximum charging current of 149 mA per connected Smart Pod. The maximum input voltage of 5.25 V shall not be exceeded under any circumstances. For your own safety make sure to only use certified charging equipment.

⚠⚡WARNING: Fire, electric shock, injury, or a damaged BAL.ON Smart Kit or other property can be caused by using damaged cables or Chargers. The same applies to charging when moisture is present or due to failure to use compatible charging accessories.

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Safety Instructions



Radio Frequency and Medical Device Interference

Observe the regulations prohibiting the use of radio technology (e.g. cellular or Wi-Fi). A Bluetooth low energy transceiver operating at 2.4GHz SRD band is featured in the BAL.ON Smart Pods. The maximum transmission output is +5,5 dBm. The maximum transmission output is +5,5 dBm. Our Smart Kit complies with regulations governing radio frequency emissions. Nevertheless, such emissions may have a negative effect on the operation of other electronic equipment. For example, while flying, use the BAL.ON product only in accordance with the airline's instructions. In the case that you need to disable the Bluetooth functionality of the Smart Pods, follow the instructions of the user manual to turn off the Smart Pods.

INFO: Some components of the BAL.ON Smart Kit emit electromagnetic fields. Since they could interfere with defibrillators, pacemakers, or other electronic medical devices, we advise you to consult your physician or your medical device manufacturer to ensure that it is safe to simultaneously use your implanted device and this product. For further questions about using our product near implanted medical devices consult your healthcare provider before using the BAL.ON Smart Kit. The use of the product is at your own risk.

Medical Device

The BAL.ON Smart Kit is exclusively designed and created for golf training purposes and is not a medical device. Consult your physician, doctor, or physiotherapist before following any provided physical exercises. The information we provide serves not as a basis for decision making and should not be relied upon without using other sources of information, like mentioned before.

⚠ WARNING: Stop exercising immediately in the unlikely event of experiencing pain, feeling faint or dizzy, or breathing problems.

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Safety Instructions



Storage and Transport

When not in use, fully charge the Smart Pods and store disconnected from the Pressure Soles and smartphone to extend battery life. The sent along packaging is there to protect the BAL.ON Smart Kit components. Therefore, insert the components into the transport packaging and check if it is fully closed to withstand environmental influences. In general, we recommend storing the components at room temperature and to not expose the kit to direct sunlight. ⓘ INFO: Do not store the Smart Kit outside of room temperature and no longer than six months without charging. To avoid a loss of capacity, the battery must be recharged after a maximum of 3 months of storage. When not in use, the relative humidity is fixed at $60 \pm 20\%$.

Cleaning and Drying

The product needs to be dry and clean to operate in its best possible way. We recommend using a slightly damp cloth to do so.

⚠ WARNING: Do not use harsh chemicals or detergents under any circumstances. Cleaning under abundant water or in the washing machine/dish washer is strictly prohibited as well. After using the Pressure Soles in damp conditions, it is very important to let them dry naturally. A well aired room is most suited for this purpose. Make sure to stay away from non-natural drying/heating equipment or direct sunlight. This applies for all components of the BAL.ON Smart Kit.

Environmental Characteristics

Operating temperature and humidity: The BAL.ON Smart Kit ideally operates in temperatures between -5 and 45 degree Celsius. The max. relative humidity is fixed at 95%. For charging the batteries the min. temperature is 0 degree Celsius. The maximum temperature is 40 degree Celsius.

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Safety Instructions



Distraction

Using our product while performing certain activities can distract you. To reduce the risk of accidents, only use the product on the driving range and not on the entire golf course. It must not be used while engaging in other activities like operating heavy machinery, operating vehicles, etc. Furthermore, local laws about using mobile devices and headphones must be followed.

Water Resistance

The BAL.ON Smart Kit is resistant to humidity, but not fully waterproof. Do not use it in wet conditions or let it submerge. Do not wash the product and clean it only according to the instructions provided in this user manual. A damaged product will result in compromised humidity resistance.

Age Limitation

This product is not a toy. It must be kept out of reach of children. The usage by children is not intended.

⚠ WARNING: Some product components contain small parts that are not suitable for children under the age of three years. If swallowed, a doctor must be contacted immediately. For purchasing and using our product, it is required by law that you confirm you are at least or over 18 years of age or have parental consent.

5

Safety Instructions



Repair and Service

If the product is not working properly or has been damaged, you are advised to contact customer service for authorized service.

⚠ WARNING: Do not attempt to repair the BAL.ON Smart Kit yourself. Disassembling the product may result in loss of humidity resistance and other product properties. Injury may be caused by disassembling. Unauthorized changes or any alterations to the device will lead to loss of warranty coverage.

6

Regulatory Information

EU/UK-Compliance



Konrad Hornschuch AG hereby confirms that this product complies with the fundamental requirements and other relevant provisions of Directive 2014/53/EU. For further information, please head to the declaration of conformity section at www.bal-on.golf.

USA-Compliance

This device 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. Users are not permitted to make changes or modify the device in any way. Changes or modifications not expressly approved by BAL.ON will void the user's authority to operate the equipment.

This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter. Non-body-worn devices must be placed at least 8" (20cm) away from the body.

6

Regulatory Information



Waste Electrical and Electronic Equipment (WEEE) Directive and Battery Directive



The BAL.ON Smart Pods contain a lithium-ion battery. The WEEE symbol states that only qualified recyclers or hazardous material handlers are allowed to dispose the product when the lifespan reaches its end. This battery must not be mixed with the solid waste stream.

⚠ WARNING: Improper disposal may lead to fire, explosion, and/or other hazards. Recycling our product and a separate collection of its electrical accessories and battery will help to conserve natural resources, the environment and protect human health.

BAL.ON

Engineered in Germany. Made in Italy.

Konrad Hornschuch AG, Salinenstrasse 1, 74679 Weissbach, Germany.
Konrad Hornschuch AG is part of the Continental corporation.

Other Trademarks:

The Apple logo is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

Troubleshooting and FAQs

Find answers to your most frequently asked questions regarding hardware and software. Check the FAQ section online.

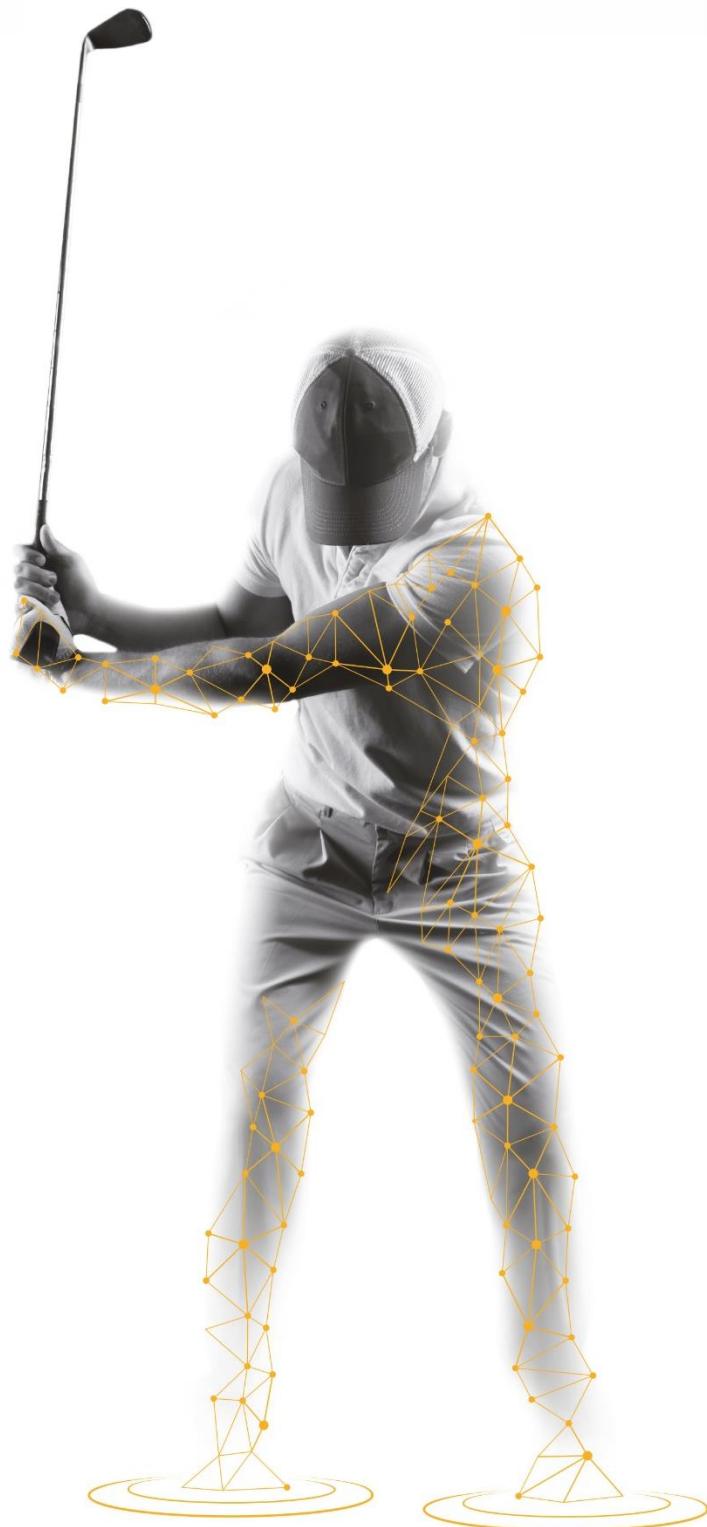
www.bal-on.golf

Feel free to contact our customer service team to get additional help or information.



**Now get out
and perform
some
swings!**

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BAL.ON 

User Manual