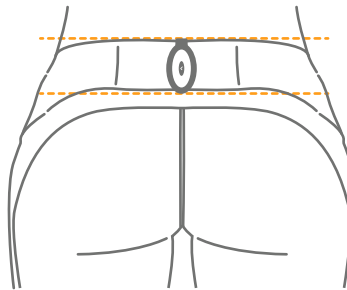## WEARING THE LUMO RUN CLIP

Clip the Lumo Run sensor facing outward centered on the back of your waistband where it meets your spine. The sensor should be level with your hips to accurately measure pelvic movement.

• Place the sensor in the exact center of your waistband.

• Place the sensor facing outward and vertical.
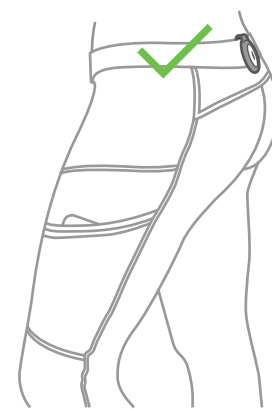
FOR BEST RESULTS

The accuracy of your Lumo Run sensor is dependent on proper placement of the sensor on the body.

The Lumo Run sensor should be worn on snug-fitting mid-rise garments.

SENSOR POSITIONING

Correct   Incorrect

OPEN THE APP AND GO ON A RUN

Open the Lumo Run app and confirm that your sensor is linked with the app. Put on your headphones and use the app to start a new run.

If you wish to run without your phone, you can access your post-run summary by syncing your Lumo Run sensor to the app after completing your run. Your sensor will automatically sync with the app as long as Bluetooth is enabled on your device.

QUESTIONS?

For questions about your Lumo Run, visit our Help Center at **lumobodytech.com/support**.

If you still need help, contact our Support Team from 7am - 4pm PST at **1-877-702-7866**.

COMPLIANCE AND WARRANTY

Lumo Run contains small parts, which can be a choking hazard. If swallowed, seek immediate medical attention.

To view warranty and return info, visit **lumobodytech.com/warranty-and-returns**.

To view regulatory and compliance statements, visit **lumobodytech.com/compliance**.

LUMO RUN™

QUICK START GUIDE

WHAT'S IN THE BOX

Lumo Run sensor
Clip
Micro-USB cable
Quick Start Guide

For more information

LUMORUN.COM/GO
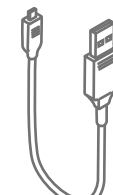
If any item is damaged or missing, visit **lumobodytech.com/support**.
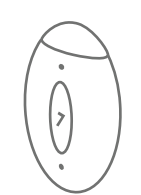
Lumo Run sensor   *Clip*   *Micro USB cable*

LUMO RUN SENSOR

Charging
port cover

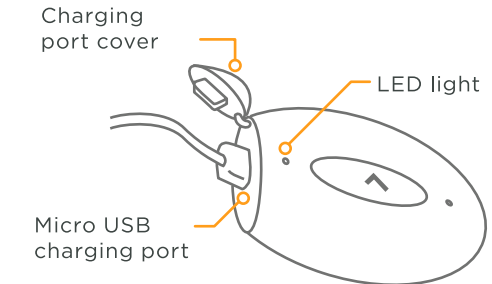LED light

Micro USB
charging port

WAKE AND CHARGE LUMO RUN SENSOR

The battery may not be fully charged when you first unpackage your Lumo Run sensor.

To wake up and charge your Lumo Run sensor, insert the micro USB cable into your sensor and connect to a power source. The LED light displays charging status.

🟠 Charging   🟢 Fully charged

To view your exact charge level, check the Lumo Run app. One charge will last up to 25 hours of in-run time.

DOWNLOAD THE LUMO RUN APP

Download the Lumo Run app from the App Store and turn your phone's Bluetooth connection on.

Create an account and link your Lumo Run sensor to the app when prompted to do so. It may take a few moments as your sensor updates to the latest firmware.

Download on the
App Store

ATTACH CLIP

Attach the enclosed clip to your Lumo Run sensor by slipping the sensor into the groove and pulling the rubber encasing over the edges.
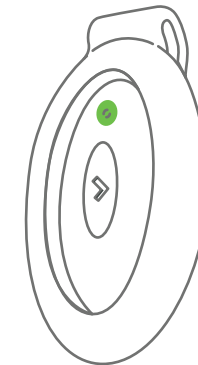
For best connectivity, place the sensor in the clip with the charging port facing up and LED light facing outward.

**BETTER
FORM
BETTER
RESULTS**™

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☐ @lumobodytech

#lumorun

FCC part 15.19:

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.

FCC ID: OS7LRM0100

FCC part 15.105(b):

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

FCC part 15.21:

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Radio Frequency Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This device and its antenna must not be co-located or operated in conjunction with any other antenna or transmitter.

INDUSTRY CANADA (IC) COMPLIANCE NOTICE

This Class B digital apparatus complies with Canadian ICES-003.

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 interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

IC Radiation Exposure Statement:

To comply with the IC RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

AVIS D'INDUSTRY CANADA (IC)

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du 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 est susceptible d'en compromettre le fonctionnement.

Déclaration d'Industrie Canada (IC) sur l'Exposition aux Rayonnements :

Pour se conformer aux exigences de conformité RF canadienne l'exposition, cet appareil et son antenne ne doivent pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur. Cet équipement est conforme aux limites d'exposition aux rayonnements définie par l'IC RSS-102 pour un environnement non contrôlé.