# Swimsense Live™

### BLUETOOTH® SWIM TRACKER

## INSTRUCTION MANUAL

**FINIS**®

## WELCOME

Thank you for purchasing your Swimsense™ Live. The Swimsense™ Live is a waterproof fitness-tracking device that uses proprietary algorithms to record the most accurate swim workout data. Designed to help all swimmers, from beginner to elite, optimize time spent in the water. The Swimsense™ Live is engineered to capture stroke count, total distance, time/pace and more. Using the FINIS Live™ mobile application, users can view and share workout data from multiple devices. The Swimsense™ Live is the ideal training tool for any swimmer looking to build motivation, promote healthy habits and make the most of every swim.

## CONTACT US

USA: 888.333.4647
Europe: 359.2.936.86.36
Web: www.FINISinc.com
Support: http://www.FINISinc.com/support
Facebook: www.facebook.com/FINISinc
Twitter: www.twitter.com/FINISswim

## REGISTRATION

Register your device to receive future updates and firmware versions for your Swimsense™ Live.

Register online: http://www.FINISinc.com/registration

When prompted to input batch code, please refer to the back of the device.

### IMPORTANT!
If you need direct assistance, it is important that you contact our Technical Support team directly to ensure you are receiving proper instructions - do not return the unit to a dealer or retailer. Our team is happy to talk through how to service your Swimsense™ Live.

**Please contact our Technical Support Team.**
www.FINISinc.com/support
USA 800.388.7404
EU: +359 2 936 86 36

## TABLE OF CONTENTS

## INCLUDED

**A.** Swimsense™ Live

**B.** USB Magnetic Dock

**C.** Quickstart Guide

A.
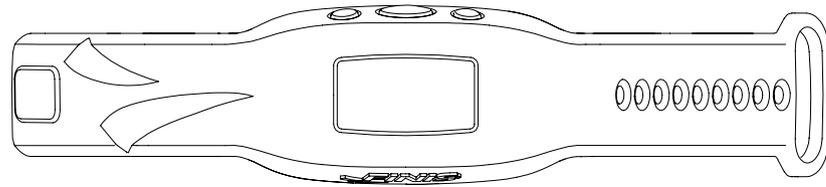
B.
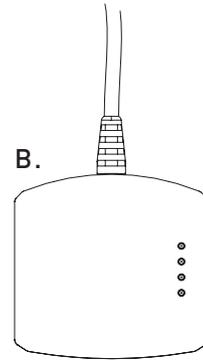
## BUTTONS

Three buttons deliver all device functions

**A.** Left/Up

**B.** Center/Select

**C.** Right/Down

*User Tip: Use Left or Right button to scroll through various settings and the Center button to select and save settings.*

A.    B.    C.
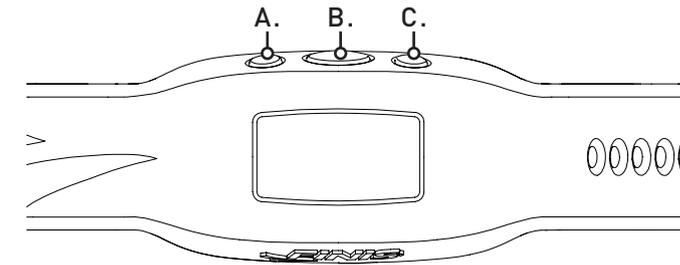
## CONNECTING

**A.** Use USB magnetic dock for charging, updating firmware and connecting to a computer.

**B.** Align connectors with the pins on the USB magnetic dock.

**C.** Connect The USB magnetic dock to computer's USB port.
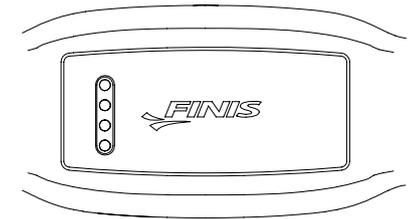
## CHARGING

Charge unit fully before first use; device
will turn off automatically when battery
is depleted

A. Once connected, FINIS logo animation
   will appear.

B. Device will read "CONNECTED TO
   USB".

C. The blinking battery icon indicates
   charging.

D. Takes approximately 1.5-2 hours to
   charge from low to full.

E. Full battery icon indicates a full charge.

F. Full battery lasts up to 7 hours
   depending on usage and settings.



**A.**

**B.**
CONNECTED TO USB

**C.**
CONNECTED TO USB
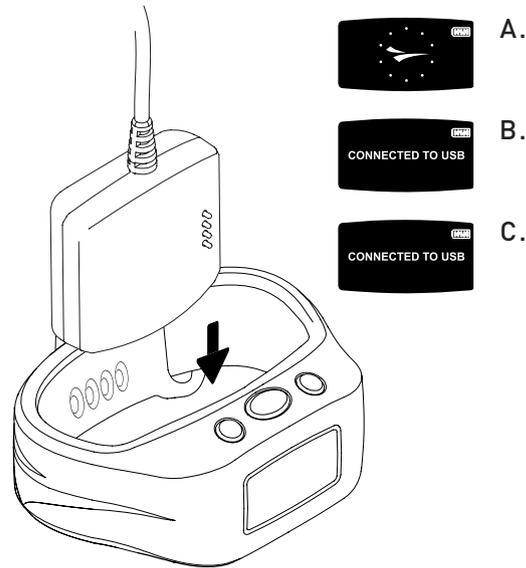
## HOW TO WEAR

A. Place on top of wrist, with buttons facing hand.

B. Buckle to desired tightness.

C. Orient device to easily view OLED display.
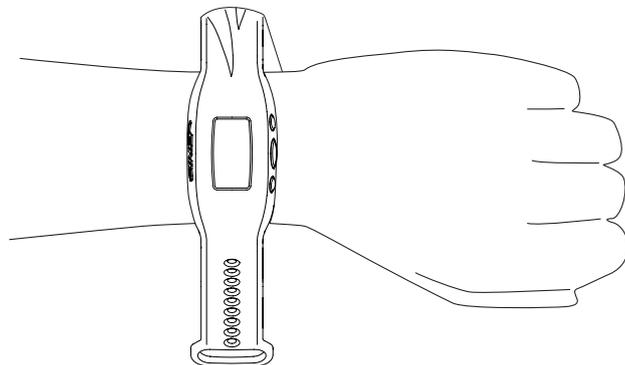


## HOW TO USE

### A. ON/OFF
- To POWER ON: Press the Center button once.
  - FINIS logo animation will appear.
- To POWER OFF: Press and hold the Center button for 3 seconds.
  - Device will read "POWER OFF?"
  - Use the Left or Right button to scroll between selections.
  - Press the Center button to select either [check] for Yes or [X] for Cancel.

**A.**


12:45
DEC 17, 2015

**B.**


POWER OFF?

POWER OFF?
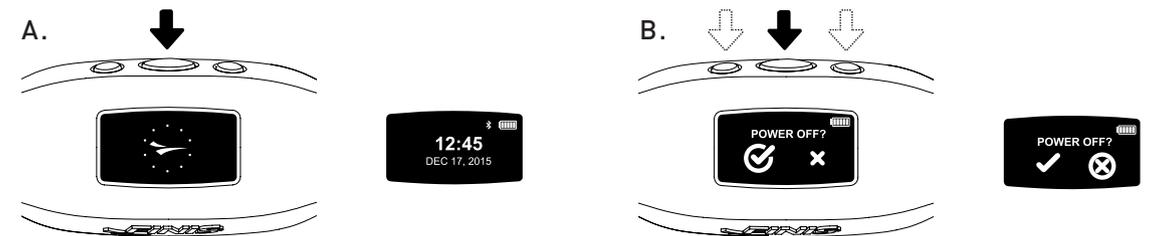
### B. SETTINGS
For accurate data collection, complete device settings to match lifestyle

- When time is displayed, scroll through the main menu using the Left or
  Right button.
  - Press the Center button to select "SETTINGS".

*User Tip: Use Left or Right button to scroll through various settings and press the Center
button to select and save settings.*

**A.   B.   A.**


SETTINGS

EXIT SETTINGS
WRIST          LEFT
POOL           50M

GENDER         MALE
AGE            28
WEIGHT         160 LBS

SAVER          05 SEC.
SET TIME
FORMAT         12 H

RESTORE DEFAULTS
CHOOSE STATS
VERSION        V.1.0.1
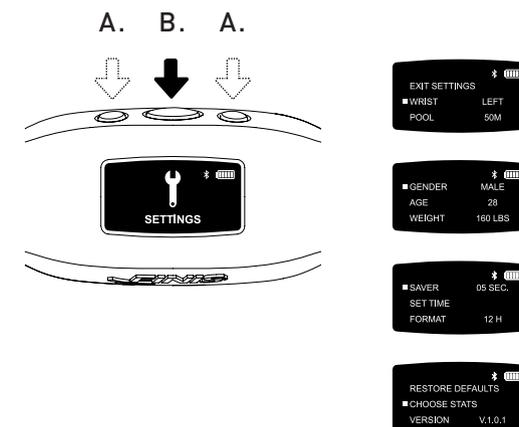
1.  Wrist | Select preferred wrist to wear device
    - Use the Left or Right button to scroll between "LEFT" or "RIGHT" and the Center button to select and save.

2.  Pool | Customize pool distance and unit
    - Use the Left or Right button to scroll through the pool distance and the Center button to select and save (25, 33, 50, etc.).
    - Choose between "Y" yards or "M" meters.

3.  Gender
    - Use the Left or Right button to scroll between "MALE" or "FEMALE" and the Center button to select and save.

4.  Age
    - Use the Left or Right button to scroll through the numbers. Press the Center button to select and save each digit.

5.  Weight
    - Use the Left or Right button to scroll through the numbers. Press the Center button to select and save each digit.
    - Choose between "LBS" pounds or "KG" kilograms.

6.  Saver | Customize how long the active screen displays before transitioning to the idle screen
    - Use the Left or Right button to scroll through the numbers. Press the Center button to select and save each digit.

*User Tip: A shorter duration allows device to function longer on a single charge.*

7.  Set Time | Customize the date and time
    - Date
        - Year
            - First two digits do not change.
            - Use the Left or Right button to scroll through the numbers. Press the Center button to select and save the third and fourth digits.
        - Month
            - Use the Left or Right button to scroll through the months and the Center button to select and save.
        - Day
            - Use the Left or Right button to scroll through the numbers. Press the Center button to select and save each digit.

- Time
    - Use the Left or Right button to scroll through the hours and minutes. Press the Center button to select and save each digit.
    - Choose between "AM" or "PM".

8.  Format | Select how time is displayed
    - Choose between "12H" for a 12-hour clock or "24H" for a 24-hour clock.

9.  Restore Defaults | Reset to device's original settings
    - Select [check] for Yes or [X] for Cancel

10. Choose Stats | Device will display up to 5 preselected statistics during a workout
    - Use the Left or Right button to scroll between selections.
    - Use the Center button to highlight up to 5 statistics.
    - To deselect a highlighted statistic press the Center button.
    - "WARNING CANNOT EXCEED 5 STATS" will appear once 5 statistics are highlighted.
        - Workout Time | Total duration of workout displayed in hours, minutes and seconds
            - Device displays minutes:seconds from 00:00 to 59:59
            - After 59:59, time display will change to read hours:minutes (01:01)
        - Workout Distance | Total distance of workout displayed in yards or meters
        - Workout Calories | Total calories burned during workout
        - Workout Laps | Total laps swum during workout
            - 1 lap is equal to the distance swum before the turn
            - Device counts laps based on the movement of the turn
        - Avg Dist/Stroke | Average distance of each stroke during workout
        - Avg Stroke Rate | How often user takes a stroke cycle. Stroke cycles for each stroke are listed below
            - Butterfly: one stroke (both arms at the same time)
            - Backstroke: two strokes (one stroke for each arm)
            - Breaststroke: one stroke (both arms at the same time)
            - Freestyle: two strokes (one stoke for each arm)
        - Avg Stroke Stroke | Average of total strokes taken per lap
        - Interval Number | Counts the total number of intervals (number of times the swimmer stops and starts again)
            - The distance of each set does not affect the Interval Number.

*User Tip: Swimming a set of 3 X 50 yards and 3 X 100 yards = 6 Interval Numbers.*

- Internal Time | Displays interval swim and rest times
  - Automatic Mode
    a. Interval swim time starts when the user begins swimming. When user stops swimming, the rest interval starts.
  - Manual Mode
    a. Press the Left button to manually start recording the interval swim time. The swimmer animation moving across the screen indicates that the interval swim time is recording.
    b. Press the Left button again to stop the interval swim time and begin tracking the interval rest time.
    c. Repeat this process to manually record each swim and rest interval.
- Save Stat Selection | Center button saves stat settings
- Version: V2.1.1.8 | Indicates current firmware loaded on device
- Exit | Returns to the main menu

## C. SWIM MODE
Tracking workout data

- Scroll through the main menu using the Left or Right button.
- Press the Center button to select "SWIM".
  - To START Workout
    - Device will display "READY?"
    - Use the Left or Right button to scroll between selections.
    - Press the Center button to select either ✔ for Yes or ✖ for Cancel.
    - A 3-second countdown will appear and Swimsense™ Live will begin recording workout data.

A.   B./D.   A.



C.

DISTANCE
800 M

D.
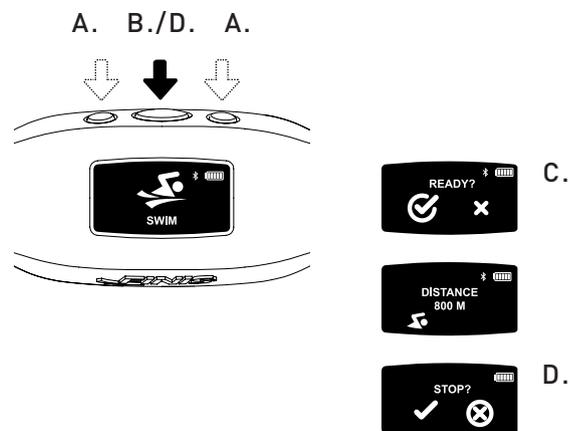
- During Workout
  - Display will continuously scroll through the 5 preselected statistics.
- To PAUSE/UNPAUSE on a single statistic
  - Press the Right button.
  - This feature pauses the display only – workout will continue to record.
- To END Workout
  - Press the Center button
  - Device will display "STOP?"
  - Use the Left or Right button to scroll between selections.
  - Press the Center button to select either ✔ for Yes or ✖ for Cancel.
  - ✔ animation indicates that the workout has been successfully saved.
- Device can store up to 14 workouts
  - "WATCH FULL NEXT SWIM WILL DELETE OLDEST WORKOUT" will display when device has reached maximum storage capacity.

*User Tip: To prevent the oldest workout from being deleted, device must be synced to the FINIS Live™ mobile application (summary workout data) or the FINIS Live™ web platform (complete workout data) before entering SWIM MODE.*

**IMPORTANT |** Routine Maintenance for the Swimsense™ Live
**A.** After each use, rinse device with fresh water, pat dry and store in a cool, dry environment.
**B.** Clean contacts on back of device using a soft cotton swab or toothbrush and rubbing alcohol.
  - Please Note: Failure to dry and clean device regularly may cause chemical build-up and compromise functionality.
**C.** Do not attempt to charge or connect while wet; USB magnetic dock is not waterproof.

## D. HISTORY

Brief summary of all workouts currently on device

- Scroll through the main menu using the Left or Right button.
- Press the Center button to select "HISTORY".

*User Tip: Use Left or Right button to scroll through various settings and press the Center button to select and save settings.*

1. Workouts | Number of workouts currently stored on device (maximum storage space is 14 workouts)
2. Distance | Total distance swam in all workouts currently on device
   - Distance displayed in unit of choice.
3. Swim Time | Total time swam in all workouts on device
4. Avg Pace | Average pace per pool length of all workouts on device
5. Clear History | Deletes all workouts currently stored on device
   - Use the Left or Right button to scroll between selections.
   - Press the Center button to select either ✔ for Yes or ✖ for Cancel.
6. Exit History | Return to the main menu

## E. BLUETOOTH®

Locate MAC Address and pair with the FINIS Live™ mobile application

- Scroll through the main menu using the Left or Right button.
- Press the Center button to select "BLUETOOTH".
- 12-digit MAC Address will appear.

## F. PAIRING

Establishing a Bluetooth® connection between the Swimsense™ Live and the FINIS Live™ mobile application

- Download the FINIS Live™ Mobile Application.
  - Samsung Galaxy 5 (or higher)
  - iPhone 4 (or higher)
  - Apple App Store® and Google Play™

*User Tip: Previous FINIS Streamline account-holders can use existing login information.*

- Find and Authenticate Device in the FINIS Live™ Mobile Application.
  - FIND DEVICE: Select device that displays the last 4 digits of the MAC address.
  - AUTHENTICATE DEVICE: Type MAC address.

*User Tip: The capital letter O does not appear in any MAC addresses. "0" refers to zero.*

- Tap "CONTINUE"
- DEVICE SETTINGS
  - Preselected settings will automatically sync from the Swimsense™ Live.
    - Settings must be changed on device (see "SETTINGS" instructions).
  - Change "Device Nickname" to name of choice.
  - Tap "CONTINUE"
  - "CONFIRMED" indicates a successful connection to the FINIS Live™ mobile application.
  - Tap "CONTINUE" to return to "DEVICE MANAGEMENT" menu.

A.

DOWNLOAD ON THE
**APP STORE**

DOWNLOAD ON
**GOOGLE PLAY**

BLUETOOTH

B.

EXIT BLUETOOTH
MAC      C0:88:84:00:AA
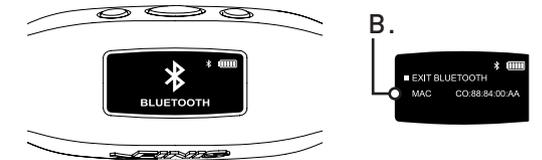
# HOW TO USE

## G. FINIS LIVE™ MOBILE APPLICATION SYNCING

Sending summary workout data to the FINIS Live™ mobile application

- In the FINIS Live™ mobile application: Select device in the "DEVICE MANAGEMENT" menu.
    - To initiate syncing press [yellow sync button] in the top right corner.
        - Animated yellow bar indicates syncing progress.
        - Device will read "SYNCING BLUETOOTH".
    - Green check mark indicates a successful sync.
    - Red mark indicates a failed sync.
        - Be sure device is powered on and within a close proximity
    - Most recent workout will be listed first in the FINIS Live™ mobile application.

**A.**
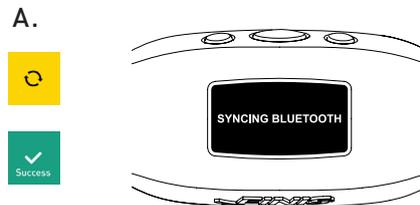


## H. FINIS LIVE™ WEB PLATFORM SYNCING

Sending complete workout data to the FINIS Live™ Web Platform

- Download and install FINIS Connect at https://apps.FINISinc.com/FINIS-live/downloads
- Connect USB magnetic dock to computer.
- Open FINIS Connect download.
- Select "Swimsense™ Live" from pop-up window.
- Workouts will display.
    - Select "ALL" or individually select workouts, then select "UPLOAD".
    - ✔ indicates a successful upload, ✘ indicates that workout has not uploaded.
    - "Upload of Swimsense™ Live workout was a success" pop-up indicates that workouts have been uploaded to the FINIS Live™ web platform training log
        - To clear workouts from device, select "CLEAR"
    - Select "Training Log" in upper left corner to view workouts in the FINIS Live™ web platform.

# SYSTEM REQUIREMENTS

Recommended to maintain optimal performance

**A.** Mobile Platforms
- Android
    - v. 4.4.4 (or higher)
    - Google Play™
    - Bluetooth®: BLE (4.0 or higher)
- iPhone
    - iOS v. 8 (or higher)
    - Apple App Store®
    - Bluetooth®: BLE (4.0 or higher)

**B.** Desktop/Laptop Platforms
- Windows
    - Windows 7®, Windows 8®, Windows 10®
    - Bluetooth®: BLE (4.0 or higher)
- MAC
    - Mac®OS9X (or higher)
    - Bluetooth®: BLE (4.0 or higher)

**C.** Hard Drive: 100 GB space required

**D.** RAM: 2 GB space required

# CARE INSTRUCTIONS

Recommended to maintain optimal performance

**A.** Waterproof IPX8
- Tested to perform at a depth of 3 meters (10 feet) for 30 minutes. If immersion at 3 meters (10 feet), or deeper, occurs for longer than 30 minutes, damage may occur

**B.** Do not place in direct sunlight to dry as this may cause damage.

**C.** Routine Maintenance
- After each use, rinse device with fresh water, pat dry and store in a cool, dry environment.
- Clean contacts on back of device using a soft cotton swab or toothbrush and rubbing alcohol.
- Please Note: Failure to dry and clean device regularly may cause chemical build-up and compromise functionality.
- Do not attempt to charge or connect while wet; USB magnetic dock is not waterproof.

# WARRANTY

**One Year Limited Warranty:** The Swimsense™ Live is warranted by FINIS to be free of defects in materials of workmanship, under normal use, for 1 year from the purchase date of original device. The limited warranty excludes damage resulting from improper care or handling, accidents, modifications, unauthorized repairs, normal wear or other causes which are not defects in materials and workmanship. If there is a covered defect, we will repair or replace the product free of charge or issue a refund at FINIS' discretion. Proof of purchase required.

Please visit www.FINISinc.com/support for more information.

# IC STATEMENT

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.

CAN ICES – 3(B)/NMB-3(B)

Le Présent appareil est conforme aux CNR d'Industrie Canada applicable aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
  (1) L'appareil ne doit pas produire de brouillage;
  (2) L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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

# FCC STATEMENT

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.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the 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 particular installation. If this equipment does cause harmful interference to radio or television receptions, 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 device and receiver
- Connect the device to 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