



DESIGNED AND MADE IN ITALY

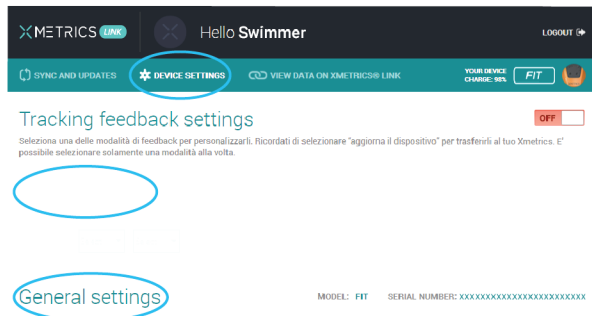
xmetrics.it

QUICK GUIDE

B PERSONALIZE YOUR XMETRICS REGISTRATION AND SETTINGS

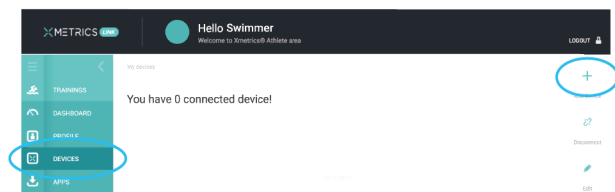
- Create your account on <https://link.xmetrics.it> to download and install the XMetrics Link-Desktop App compatible with your operating system;
- connect the device to your computer, making sure you are connected to internet, use the USB cable provided and launch the Desktop App;
- go on *DEVICE SETTINGS* tab, customize your audio feedback and set date and time (fig. 4);
- to pair your device with your account, select the serial number from “General Settings” (fig. 4) and copy it;

fig. 4



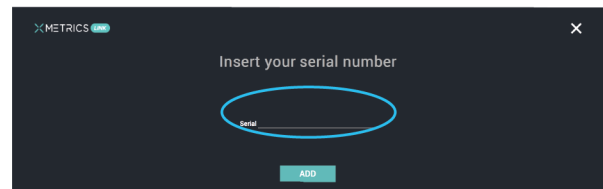
- go to <https://link.xmetrics.it> and login, click on the *DEVICES* icon and click on the *ADD DEVICE* icon in the right column (fig. 5);

fig. 5



- paste the serial number in its proper space and click on the *ADD BUTTON* (fig. 6).

fig. 6



The battery of your XMetrics is already charged, although we suggest you charge it for at least 30 minutes before using it.

C SEE YOUR PERFORMANCE UPLOADING SWIMMING DATA

Connect the device to your computer, making sure you are connected to internet, and launch the Desktop App. Upload your training data by pressing the *UPLOAD* button. To analyze your performance data press the *VIEW DATA ON XMETRICS LINK* button.

VIEW FULL MANUAL ON **XMETRICS.IT**

HAVE FUN WITH YOUR **XMETRICS!**

With this document, XMETRICS® declares that this product is in compliance with essential requirements and other dispositions in the field as expected 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.

Welcome to the XMETRICS Quick Guide!

Your XMETRICS has been designed for swimming in pools. It is positioned on the back of the head attached to the goggles. It records all your swimming data and provides real time audio feedback about your performance directly while you are swimming.

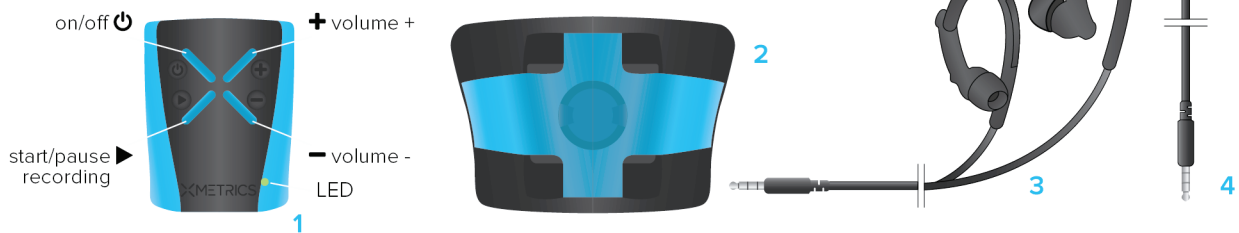
XMETRICS is ready to use, if you can't wait to swim with your new device you can start right away, just follow the instructions included in **point A**.

However we suggest you charge the device for at least 30 minutes before using it.

Remember to register your device (**point B**), in order to personalize the audio feedback and upload your training data (**point C**).

PACKAGE CONTENT

1 DEVICE 2 SILICONE BAND 3 EARPHONES 4 USB CABLE



Once opened, release the device by turning it clockwise while holding the siliconic band.

A / DIVE!

GETTING STARTED IN THE POOL

Fix the XMETRICS silicone band onto your goggles strap (*fig. 1*) and place the goggles on the head (*fig. 2*). Use the earphones provided to receive audio feedback while swimming (*fig. 3*).

fig. 1

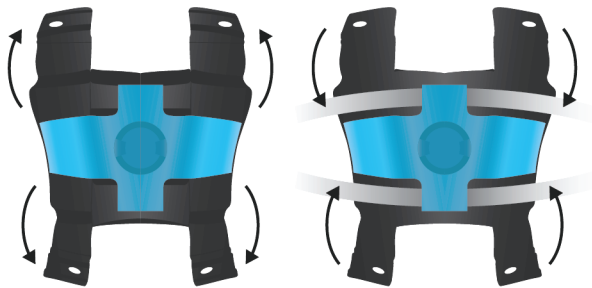
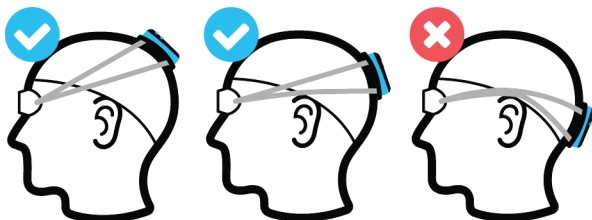


fig. 2



Once you are in the water:

Using the earphones

- turn on your XMETRICS by pressing **⏻**;
- wait until a fixed green light appears on the device;
- place the device on the silicone band on the back of your head (*fig. 3*);
- wear the earphones provided;

- connect the earphones to the device (*fig. 3*);
- press **⏻** and wait to hear three *beeps*.

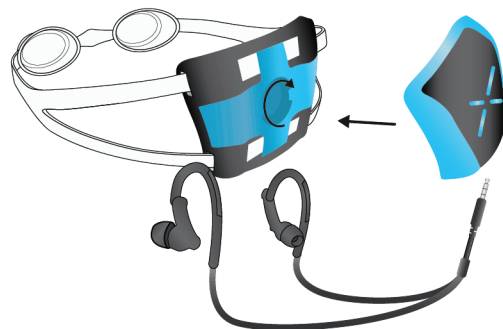
Now, you can start swimming.

The device will provide the default audio feedback, time per lap (PRO), lap counter (FIT).

Not using the earphones

- turn on your XMetrics by pressing **⏻**
 - wait until a fixed green light appears and then press **⏻**, the green LED will start to blink;
 - place the device on the silicone band on the back of the head (*fig. 3*).
- Now, you can start swimming.

fig. 3



In order to not compromise the recording phase you must:

- press play just before starting swimming and pause as soon as you're done with your training;
- swim the whole lap in the same style without stopping;
- to dive or to change row press **⏻** to pause and press it again to restart data recording;
- swim the four main swimming styles.