# COROS POD 2 动态传感器 使用说明
# COROS POD 2 User Guide

## 型号/Model: FD05

## 1. 如何连接？ / Connect your COROS POD 2 to the app/watch

**首次激活 / Initial setup**

将POD 2放入充电盒充电，等待指示灯闪烁后，即可与手机或手表连接；

Place your COROS POD 2 on the charging dock. When the status light flashes, it is ready to connect to the COROS app or your COROS watch.

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APP扫码连接 / Connect from the COROS app

- 开启手机蓝牙，进入COROS APP；
- 点击个人中心的"扫码"图标，扫描包装盒卡片上的二维码，根据提示进行连接；
- 在APP完成添加后，将自动为手表连接POD。

- Ensure that Bluetooth is on and open the COROS app.
- Go to the Profile page and tap the "scan" icon.
- Scan the QR code on the package insert to complete the connection.
- COROS POD 2 automatically connects to your COROS watches if they are also connected to the COROS app.

手表连接 / Connect from your COROS watch

- 进入手表“设置”-->“配件”-->“添加蓝牙配件”，选择搜索出的设备，并确认连接；

- On your COROS watch, go to "Settings".

- Then go to "Accessories".
- Select "Add Bluetooth" to begin searching for available devices.
- Select your COROS POD 2 on the result list to complete the connection.

## 2. 如何给POD充电？ / Charge your COROS POD 2

**使用充电盒给POD充电 / Charge your COROS POD 2**

- 将POD放入充电盒；
- 充电时指示灯闪烁，完成后熄灭；
- 充电盒满电状态下，约可支持5次给POD全程充电。

- Place your COROS POD 2 on the charging dock.
- The status light on your COROS POD 2 flashes when charging and stops flashing when fully charged.
- With a full charge, the charging dock holds up to 5 charges.

**连接电源充电 / Charge your charging dock**

- 将POD放入充电盒，接通“电源”；
- 优先给POD充满后，再给充电盒充电；
- 充电时指示灯闪烁，完成后熄灭；

- Plug the charging cable that came with your COROS POD 2 into the connector on your charging dock.
- Then plug the other end of the charging cable into a USB charger or port.
- The status light on your charging dock flashes when charging and stops flashing when fully charged.
- You can charge your charging dock with or without your COROS POD 2 connected.
- Your COROS POD 2 will be charged first if connected.

## 3. 如何查看POD电量 / Check the battery percentage

在手表上查看POD电量 / From your COROS watch

- 手表开启运动模式-->连接POD，在“准备”界面查看POD剩余电量；
- 运动结束，在“运动记录”界面查看POD剩余电量。

- Select a running activity on your watch.
- The battery percentage is on the activity start page.
- You can also check the battery percentage after finishing an activity on the summary page.

在COROS APP上查看POD电量 / From the COROS app

- 在设备列表中查看剩余电量；
- Connects your COROS POD 2 to the COROS app.
- The battery percentage is on the Device page.

**运动中查看POD状态指示灯 / During activity**

- 运动中若POD闪烁绿色指示灯，表示POD电量高于5%；
- 若POD闪烁橙色指示灯，表示POD电量低于5%（约可继续跑步1.5小时），请及时充电；

- If your COROS POD 2 flashes green light, the battery percentage is over 5%.
- If the light flashes orange, your COROS POD 2 has less than 5% battery and can last about 1.5 hours in running activity.

**从充电盒取出POD时查看电量 / Disconnecting from the charging dock**

- 将POD从充电盒取出时，POD长亮绿色指示灯，表示电量高于5%；
- 若POD长亮橙色指示灯，表示电量低于5%（5%电量约可继续跑步1.5小时）；

- If your COROS POD 2 has a solid green light, the battery percentage is over 5%.
- If the light remains orange, your COROS POD 2 has less than 5% battery and can last about 1.5 hours in running activity.

## 4. 佩戴足部记录距离与配速 / Receive distance and pace when wearing on your shoe

- 在APP或手表添加POD；

- 鞋扣穿过鞋带，将POD紧固在鞋面上方，窄头朝向脚尖，确保跑步过程中不会晃动；
- 手表开启跑步模式，等待POD图标亮起绿色，选择“开始”运动。
- Connect your COROS POD 2 to the COROS app or your COROS watch.
- Place the clip under the shoelaces with the thin end facing the direction of your run, and secure your COROD POD 2 into the clip.
- Select a running activity on your COROS watch, wait for the POD icon to change to green, and start the run.

（图例：绑鞋扣的过程）

## 5. 佩戴腰部记录跑姿 / Receive advanced running metrics when wearing on your waistband

- 在APP或手表添加POD；
- 将POD放入腰夹中，固定在腰后中间处，确保跑步过程中不会晃动；
- 手表开启跑步模式，等待POD图标亮起绿色，选择“开始”运动。
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- Connect your COROS POD 2 to the COROS app or your COROS watch.
- Place the clip under the waistband with the light facing outward, and secure your COROD POD 2 into the clip.

- Select a running activity on your COROS watch, wait for the POD icon to change to green, and start the run.

**FCC Warning**

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.

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

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 Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

**ISED Canada**

This device complies with ISED Canada licence-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.

Le présent appareil est conforme aux CNR d' ISDE 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' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d' en compromettre le fonctionnement.

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

Tous les changements ou modifications non expressément approuvée par le responsible de la conformité pourrait vider l' utilisateur est habilité à exploiter l' équipemen.

ISEDC Radiation Exposure Statement

This equipment complies with ISEDC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IC exposition aux radiations

Cet équipement est conforme avec ISEDC les limites d'exposition aux rayonnements définies pour un contrôlé environnement.

Cet émetteur ne doit pas être co-localisés ou fonctionner en conjonction avec une autre antenne ou émetteur.