

Quick Start Guide

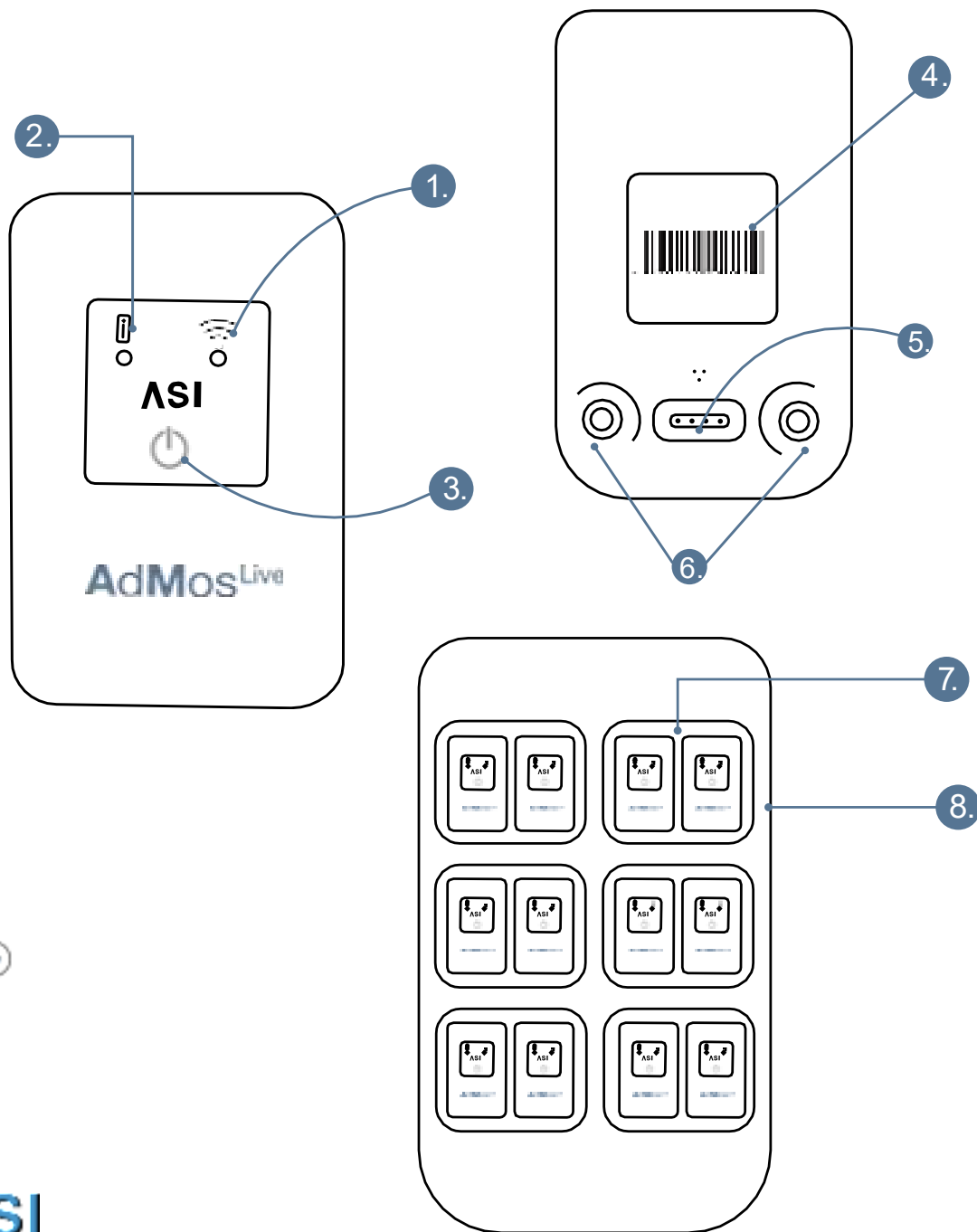
AdMos^{Live}



Welcome

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4. Charging
5. Conductive shirt – care and sizes
6. Warnings





1. Network status
2. Device status
3. Turn on/off
4. Serial number
5. Charging slot
6. Electrocardiogram electrodes
7. Charging slot
8. Docking Station
9. Pod Slot
10. Heart rate meter



LED Behaviors



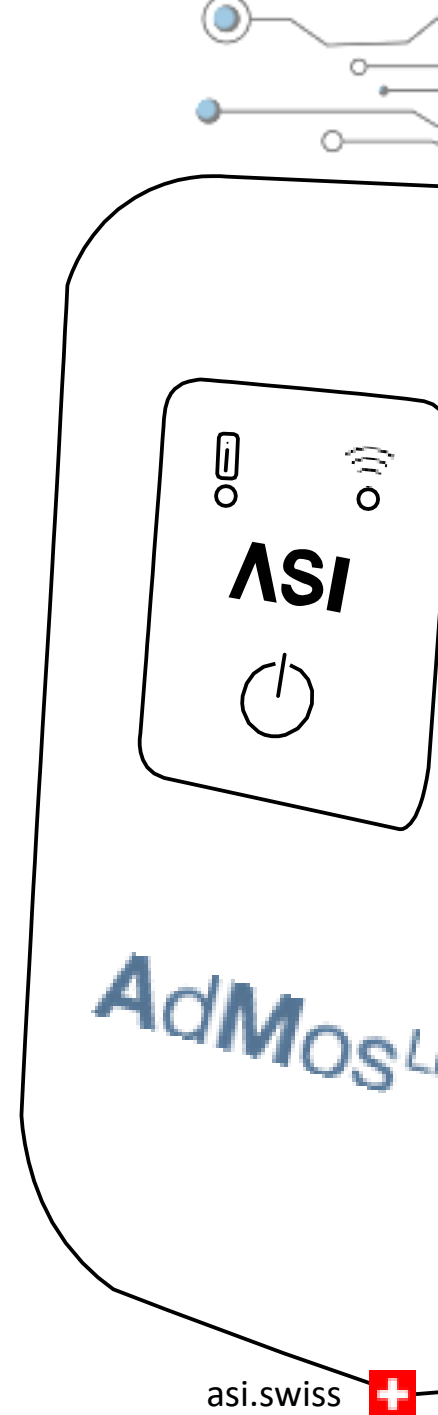
	Blinking red
	Blinking green
	Blinking blue
	Steady red
	Steady green
	Steady blue
	Device status
	Network status

1.

	Device status
	Battery charge complete
	Battery charging
	Starting / sensors initialization
	Recording in progress
	Low battery / Firmware update in progress
	Shutdown / Memory full / other hardware issue

2.

	Network status
	Start-up/config
	Searching network
	Connected to network, connecting to server
	Connected to server, sending data to server
	OTA update in progress
	Network error



Quick start

SWITCH ON/OFF THE DEVICE

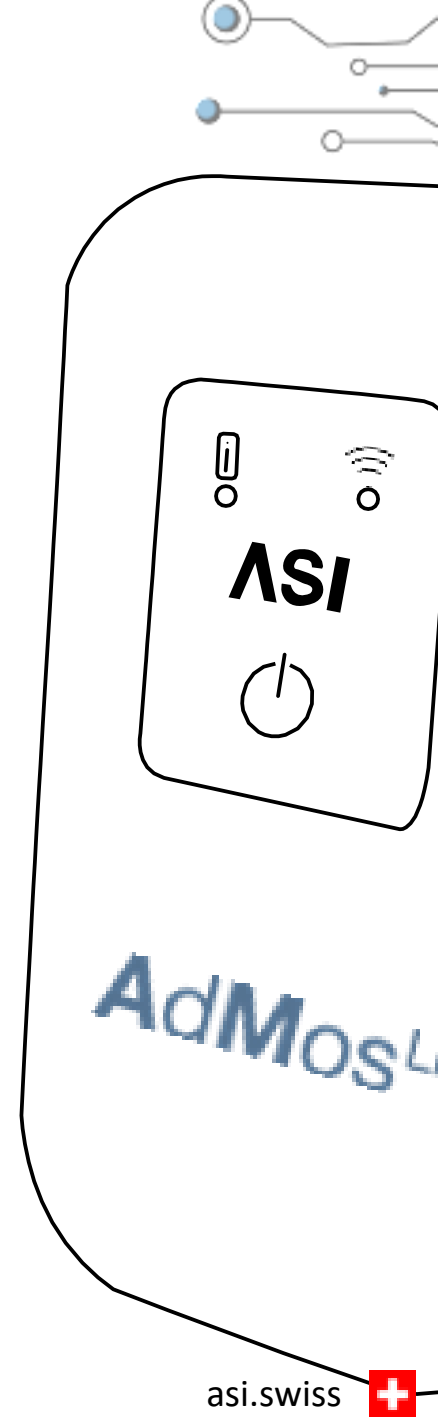
On: Press the button until a green light turn-on.

Off: Press the button three consecutive times, the information LED turns red and then turns off

STARTING PROCEDURE

To get GPS/GNSS satellites, make sure it is open sky
Make sure both LEDs are blinking green

You are ready to go



Charging

AdMos^{Live} has an autonomy ranging between 5 and 10 hours depending on the configuration

Full charging of the battery can take up to 1,5 hour

 Device status

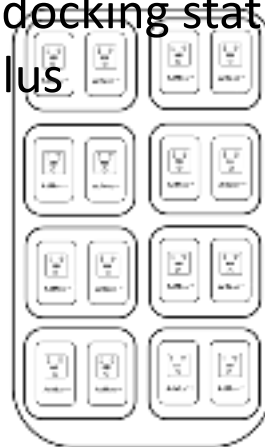
■ Battery charge complete

⚡ Battery charging

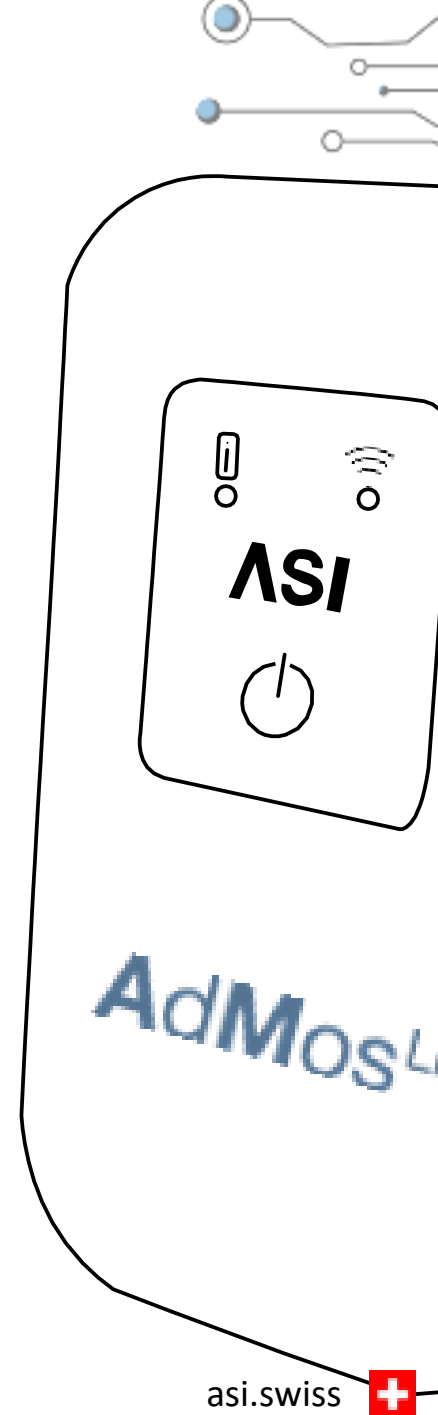
LED behavior in charging mode

WITH DOCKING STATION

Make sure the devices are correctly set to the docking station
Power the docking station with the provided plus



WITH MANETIC USB-CABLE



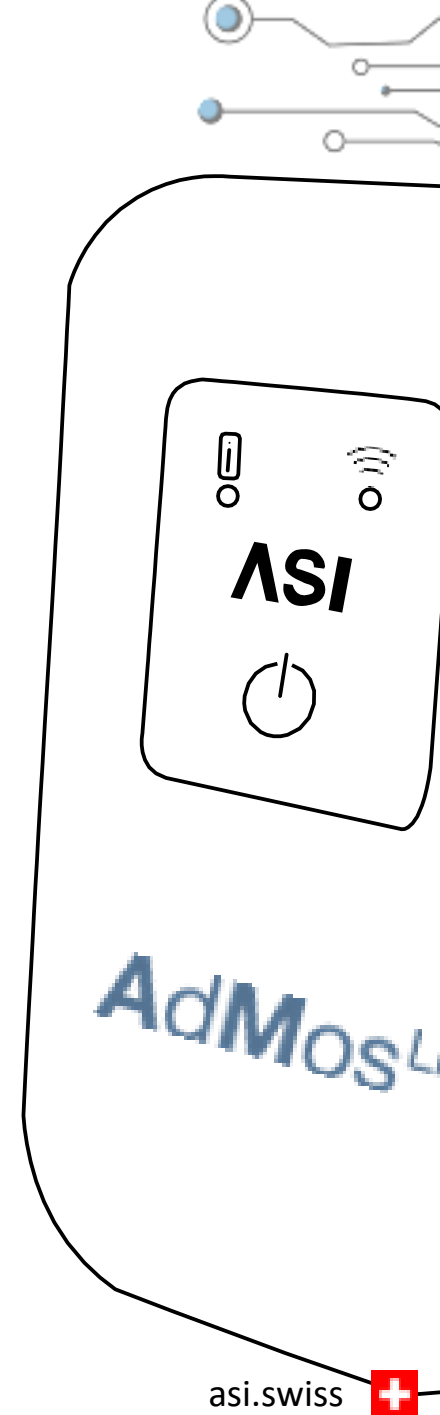
Conductive shirt

Sizes

To ensure the best quality of ECG signal, the shirt size must be aligned with the athlete's chest size. The size must be measured under the pectorals (same position as the belt strap).

Recommended lifetime of the shirt of 100 usages

Care



Warnings

Use AdMos^{Live} only as directed in the user manual.

Do not disassemble the device.

Protect the device from possible damage, do not drop or expose to extreme heat or excessive sun exposure.

Keep the device in a clean and dry place, at room temperature.

Avoid scratching the device.

Protect the AdMos^{Live} from water.



FCC Statement

1. 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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

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

NOTE:

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.

SAR Information Statement

Your wireless phone is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to radiofrequency (RF) energy set by the Federal Communications Commission of the U.S. Government. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health. The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg. * Tests for SAR are conducted with the phone transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the phone while operating can be well below the maximum value. This is because the phone is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output. Before a phone model is available for sale to the public, it must be tested and certified to the FCC that it does not exceed the limit established by the government adopted requirement for safe exposure. The tests are performed in positions and locations (e.g., at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this model phone when worn on the body, as described in this user guide, is **0.387W/Kg**(Body-worn measurements differ among phone models, depending upon available accessories and FCC requirements). While there may be differences between the SAR levels of various phones and at various positions, they all meet the government requirement for safe exposure. The FCC has granted an Equipment Authorization for this model phone with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. SAR information on this model phone is on file with the FCC and can be found under the Display Grant section of <http://www.fcc.gov/oet/fccid> after searching on

FCC ID: **2AZLFASI5010** Additional information on Specific Absorption Rates (SAR) can be found on the Cellular Telecommunications Industry Association (CTIA) web-site at <http://www.wow-com.com>. * In the United States and Canada, the SAR limit for mobile phones used by the public is 1.6 watts/kg (W/kg) averaged over one gram of tissue. The standard incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements.

Body-worn Operation

This device was tested for typical body-worn operations. To comply with RF exposure requirements, a minimum separation distance of 5mm must be maintained between the user's body and the handset, including the antenna. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.