omegawave

ADAPTIVE TRAINING PLANS IOS USER GUIDE

FOREWORD

Thank you for your purchase and welcome to the Omegawave community!

Omegawave's readiness assessment is the most comprehensive non-invasive method to evaluate the physiological state of an athlete. The *Adaptive Training Plans* product utilizes the results of this assessment and combines them with running plans created by world class coaches to create individualized workouts that are optimal for your state at any given time. This training model allows for performance improvements while optimizing the time dedicated to training.

This document will guide you through your first assessment and workout, and provides in-depth explanations of features that you can return to at any time.

TABLE OF CONTENTS

GETTING STARTED

Let's start by reviewing what's inside the box:

- Omegawave Bluetooth Low Energy (BLE) sensor. Model name: OW-CB2. Has the capacity to simultaneously measure both an electrocardiogram (ECG) and Direct Current (DC) Potential of the Brain.

- ECG chest strap

- DC Potential cable

- Pre-gelled electrodes for DC Potential measurement

- Micro-USB charging cable

In order to use the accompanying mobile App, *Adaptive Training Plans for Running*, you will need to have an iPhone 4S or newer. You will also need to be using iOS 8.4 or a newer operating system.

To get started, please ensure:

- That your mobile device has an active Internet connection via WLAN or mobile data (3G/4G).
- That the BLE sensor is fully charged by connecting the micro-USB cable to a computer or USB compatible power source and attaching it to the sensor.
    - A red light on the sensor will appear to indicate that the sensor is being charged. Once the light turns off, the sensor is fully charged. A full charge will take approximately one hour.

IMPORTANT!

Please ensure that the white dot on the charging cable aligns with the sensor LED as illustrated.

Please do not force the cable into the sensor, otherwise you may break the sensor's micro-USB connector.

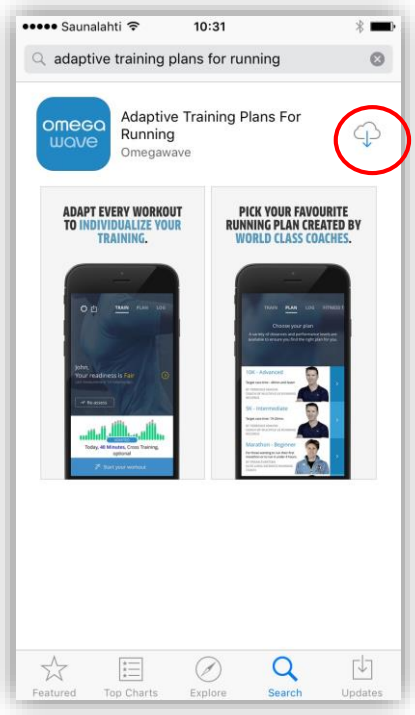
Support

If you have any questions or need technical assistance, please contact us at support@omegawave.com.

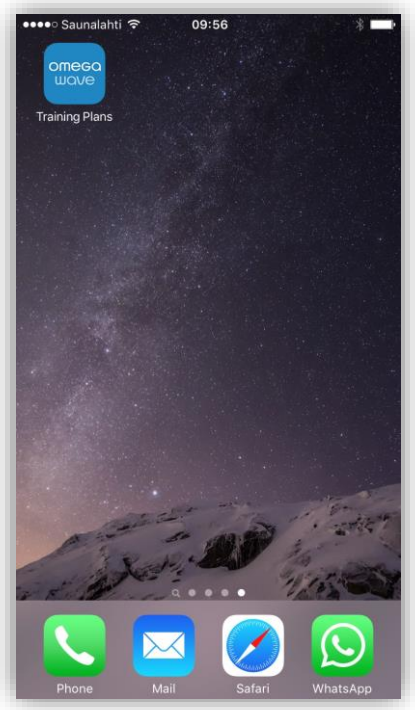
If you wish to learn more about the science behind Omegawave, please visit our Knowledge page. You can also find us on Facebook and Twitter.

DOWNLOADING THE APP FROM THE APP STORE

1. Open the App Store Application on your mobile device. Type *Adaptive Training Plans for Running* into the search field and then download the Application.

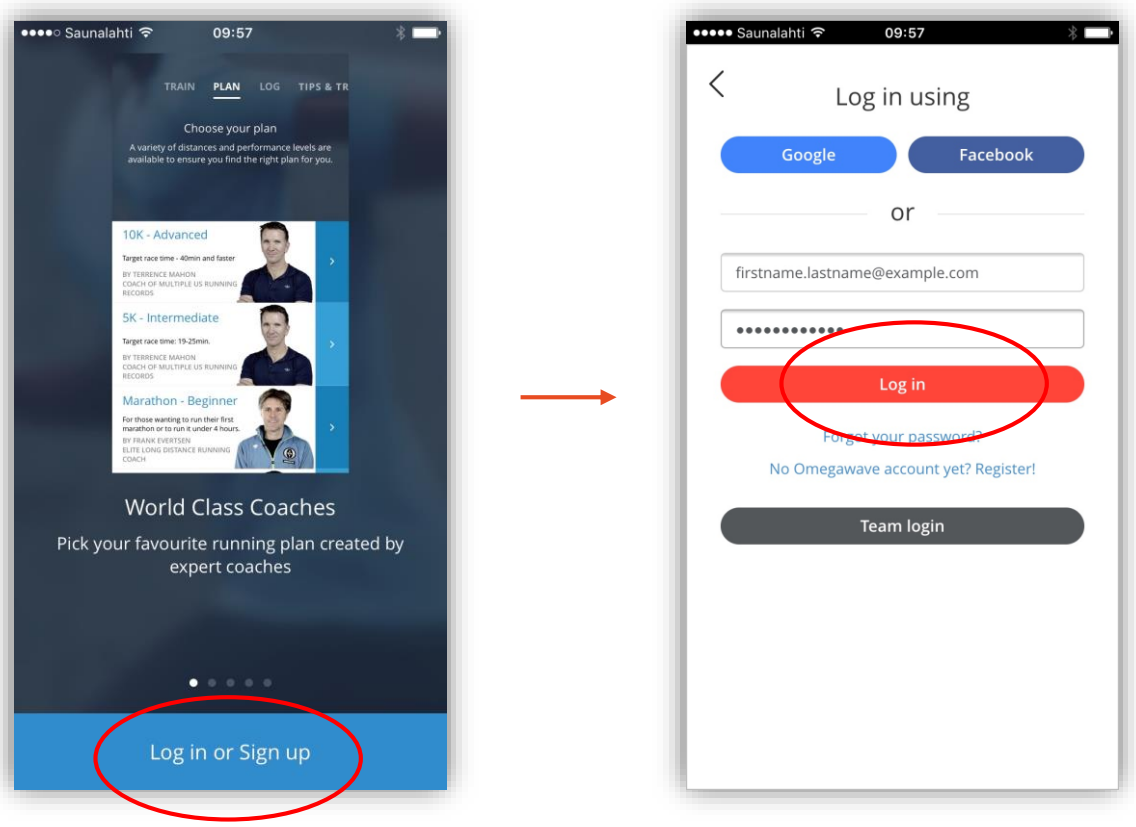


2. Launch the App.



LOGGING IN

Having launched the *Adaptive Training Plans for Running* App, sign in through **Log in or Sign up**.



If you are new to Omegawave

Use the email address and password you set during registration to log in.

If you are an existing Omegawave user

Use the authentication type (Omegawave, Facebook or Google) that is linked to your existing account to log in.

If you do not have an Omegawave account yet

Use the App to create an account if you do not already have one, by tapping **No Omegawave account yet? Register!**

NOTE

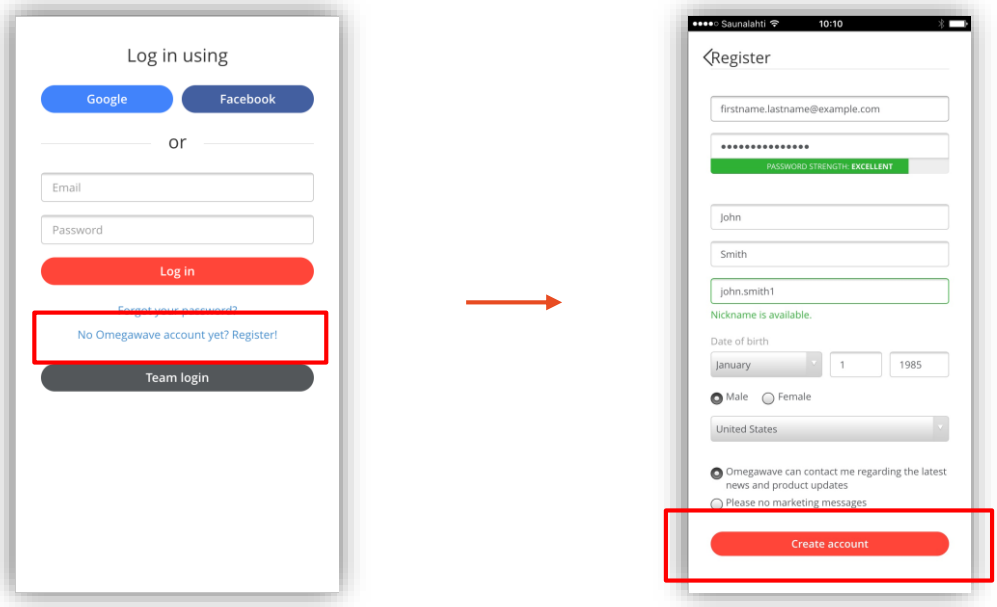
If you forget your Omegawave account password, you can set a new one from the **Log in or Sign up** view by tapping **Forgot your password**.

CREATING AN ACCOUNT

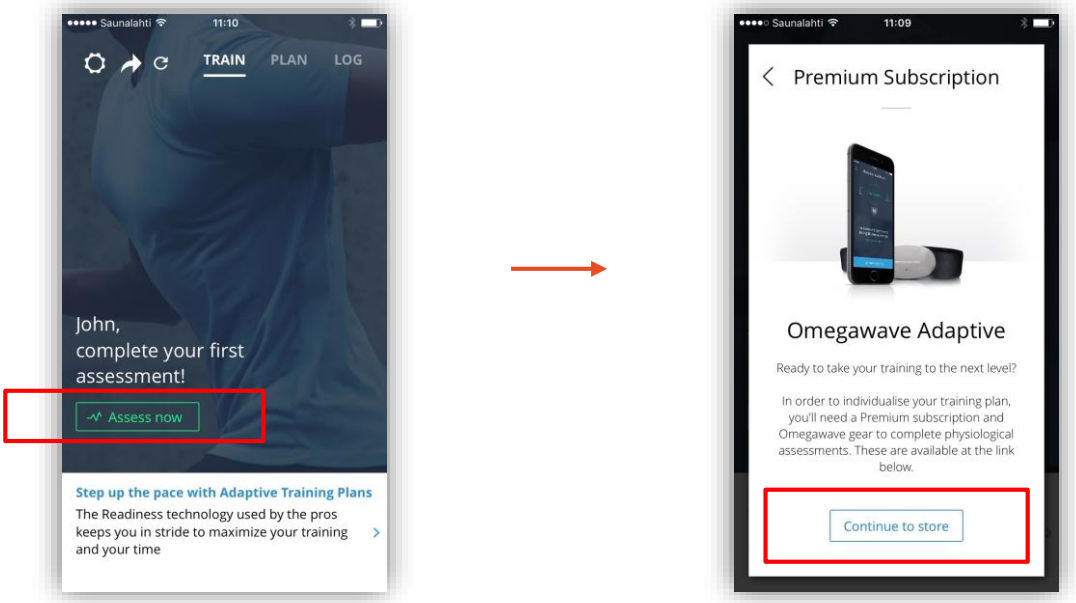
If you have already purchased the *Adaptive Training Plans* but didn't create an account during the purchasing process, follow steps (1) and (2) below to create one and then contact us at support@omegave.com to link a subscription to this new account.

If you have not purchased the Adaptive Training Plans and would like to create an account, follow steps (1), (2) and (3) below.

1. Create an account by tapping **No Omegawave account yet? Register!**
2. Fill in the required information and tap **Create account.**



3. After having updated your personal details, tap **Assess now** and then tap **Continue to store** to order your subscription and hardware.

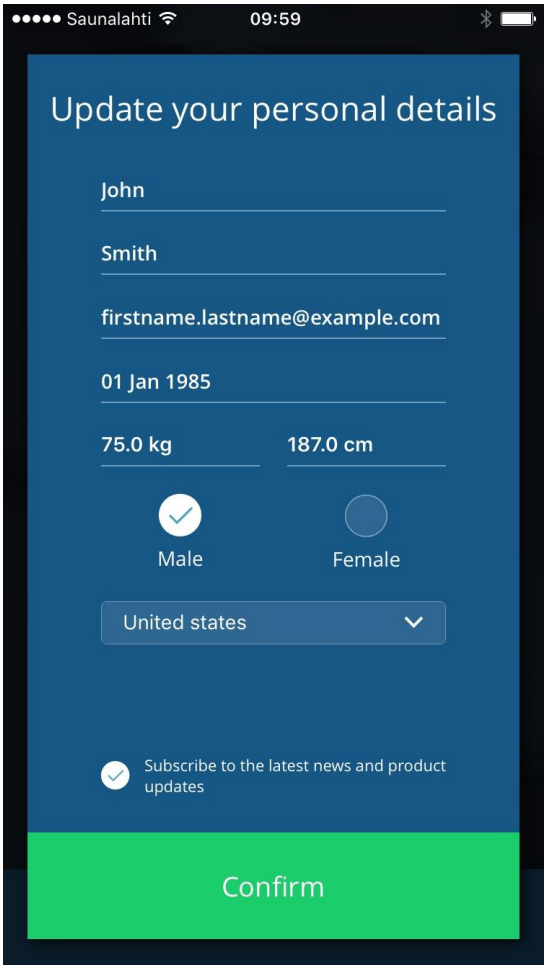


MANAGING YOUR PERSONAL DETAILS

IMPORTANT!

The App needs to know your gender, date of birth, height and weight in order to calculate certain indices. It is important to always keep your personal data up to date.

1. After logging in, the App will ask you to confirm the details you have provided before and to edit the default values for weight and height
    a. Update your personal details and tap **Confirm**
    b. If you entered something incorrectly, you may update these details at any time from **Settings** and **Edit Profile**



USING THE MEASUREMENT HARDWARE

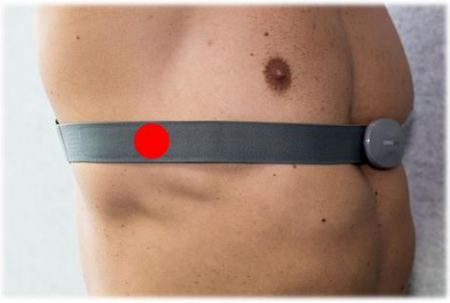
For a workout to be adapted, you must first complete a readiness assessment. For accurate results, we recommend both the ECG and DC Potential measurement, which can be conducted at the same time. If you only wish to measure your cardiac system, this can be done by not connecting the DC cables to the sensor. Measuring only the central nervous system via the DC cables is not supported.

ECG measurement

An ECG recording is used to assess the state of your cardiac and energy supply systems.

The sensor should be attached to the ECG chest strap and must be placed at the bottom of the sternum. Thoroughly soak the ECG chest strap electrode pads with water. The micro-USB port on the sensor needs to be facing down; if you attach the sensor upside-down, your ECG will appear inverted and will cause inaccurate assessment results.

The electrode pads on the inside of the chest strap must be aligned with the midaxillary line of the body (position V6, shown as the red dot in the picture below). The chest strap should be relatively tight around the chest and it should not move out of position during normal breathing.



Female users should place the chest strap directly below or under a sports bra support band. When possible, remove undergarments to ensure optimal placement of the chest strap.

DC Potential measurement

A Direct Current (DC) Potential of the Brain recording is used to assess the state of your central nervous system.

One **single-use**, pre-gelled electrode should be used to connect the sensor to your forehead via the DC Potential cable (please see the next page for illustrations). The other electrode should be attached to the palm of your dominant hand at the base of the thumb, and also connected to the sensor via the DC Potential cable. **Note that each measurement requires a new set of gelled electrodes**; using old or standard ECG electrodes will result in inaccurate assessment results.

Store unused electrodes in their original pouch and close it tightly or use a sealable plastic wallet to prevent the electrodes from drying.

The DC Potential cable with a head symbol connects to your forehead.

The DC Potential cable with a hand symbol connects to the base of your dominant hand's thumb.

The DC Potential cable connects to the micro-USB port of the sensor. Please ensure that the white dot on the cable aligns with the sensor LED as illustrated.

NOTE

Follow this protocol when dressing the chest strap, sensor and DC electrodes to avoid bending the micro-USB connector:

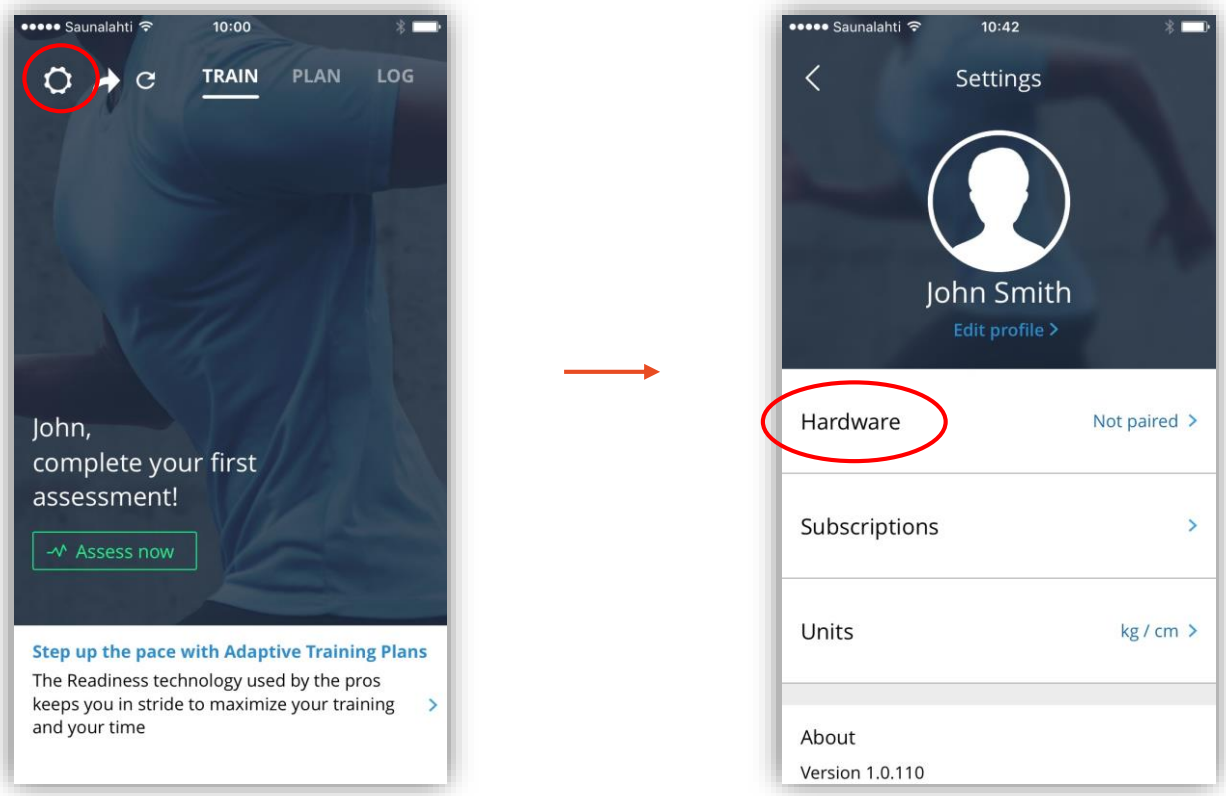
1. Thoroughly wet the chest strap and wear it
2. Attach the DC electrodes to the hand and forehead
3. Attach the DC cable to the DC electrodes on the body
4. Attach the DC cable to the sensor
5. Attach the sensor to the chest strap

The picture below shows an athlete with the hardware properly attached (left hand dominant).

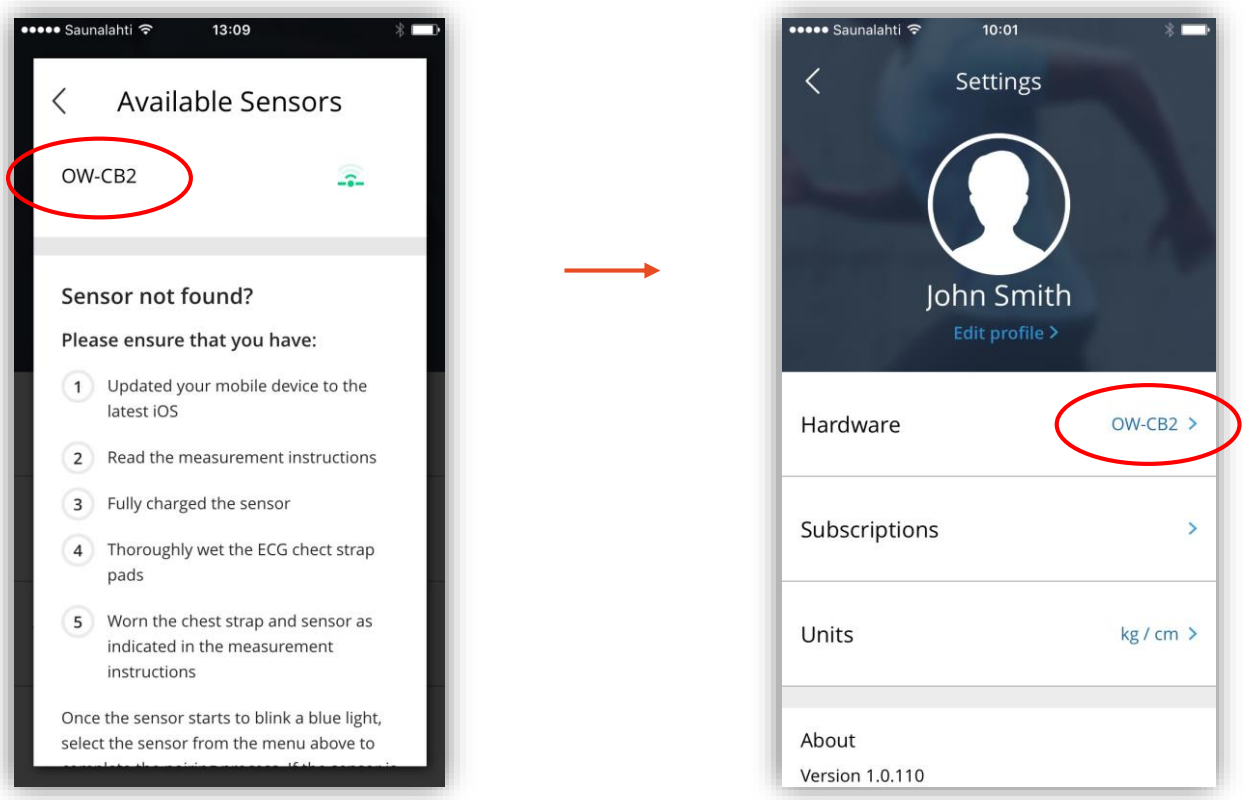
PAIRING THE SENSOR WITH THE APPLICATION

NOTE
Before proceeding with the following steps, please wear the chest strap and attach the sensor to it as described above. Please ensure that your device's Bluetooth is switched on. The sensor's Bluetooth connection will be activated and the LED will start flashing a blue light only when the sensor is connected to the chest strap.

1. Open the *Adaptive Training Plans for Running* App, tap **Settings** and then tap **Hardware**.



2. When the sensor is active it will appear on the list of Available Sensors. Select the sensor by tapping **OW-CB2** to complete the pairing process. Once complete, it will be visible in the **Settings view.**



IMPORTANT!
Do not pair the sensor via iOS Bluetooth settings. If you have done so, go to iOS Bluetooth settings, select the **OW-CB2** sensor and tap on **Forget This Device**. Then pair it under the App's settings.

MEASURING

Before conducting your first Readiness assessment, please observe the following instructions to ensure accurate results.

Timing

Ideally, measure close to your training, but no more than 12 hours prior.

- If measuring in the morning, wait approximately 30 minutes after waking and begin before your first meal. Get up and perform your normal activities.
- If measuring after exercise, wait at least 30 minutes.
- **To achieve comparable results**, where possible, complete the assessment in the same environment and under the same conditions each time.

Conditions

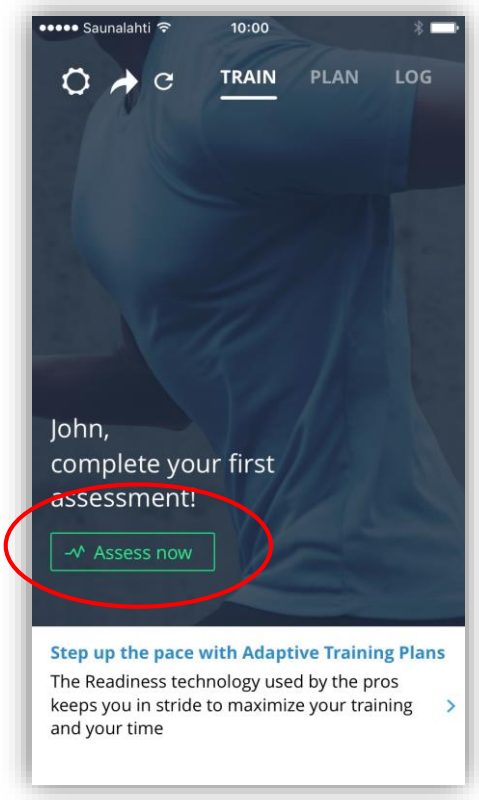
Regardless of when you measure, ensure that you:

- Wait approximately 2 hours after consuming food, coffee, alcohol, energy drinks or other stimulants.
- Find a calm and quiet environment away from external stimuli (TV, music, loud noises, etc.).
- Avoid bright lights and do not use any other electronic devices during the measurement.

To Measure

1. Make sure that you have an active Internet connection via Wi-Fi or mobile data.
2. Make sure that your mobile device's volume is not on mute.
3. Thoroughly wet the ECG chest strap electrode pads with water and only use new gelled electrodes. Seal the electrodes in an air tight bag to prevent drying out.
4. Attach the belt, electrodes and sensor as described previously and demonstrated below.

5. Tap on **Assess now** in the main **Train** view.

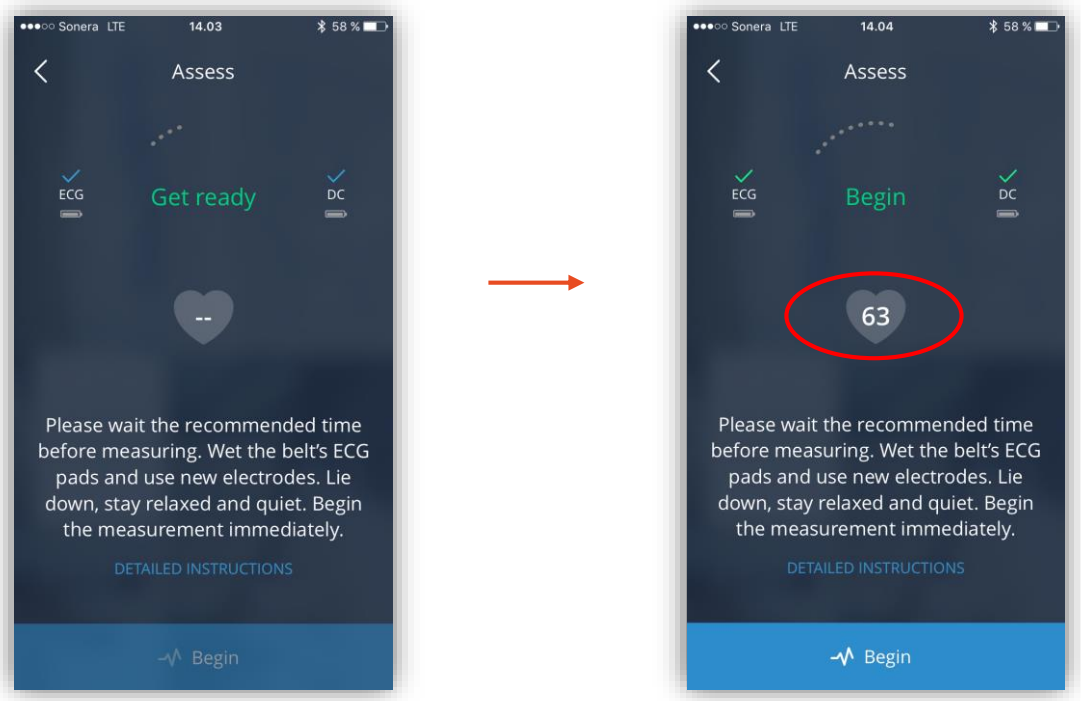


6. The App will automatically detect the paired Omegawave sensor if it is active. If your heart rate is not detected after a short moment, please try these troubleshooting tips:
    a. Re-pair the sensor to the App under **Settings** and **Hardware.**
    b. Thoroughly re-wet the chest belt.
    c. Close the App, open it and try again.
    d. Connect the sensor to a power supply using the micro-USB charging cable for a few seconds. Check that the sensor's LED light turns red. This will reset the sensor.
    e. Fully re-charge the sensor.
    f. Restart your mobile device.
    g. If none of these have worked, your sensor may have a fault. Please contact Customer Support at support@omegawave.com.

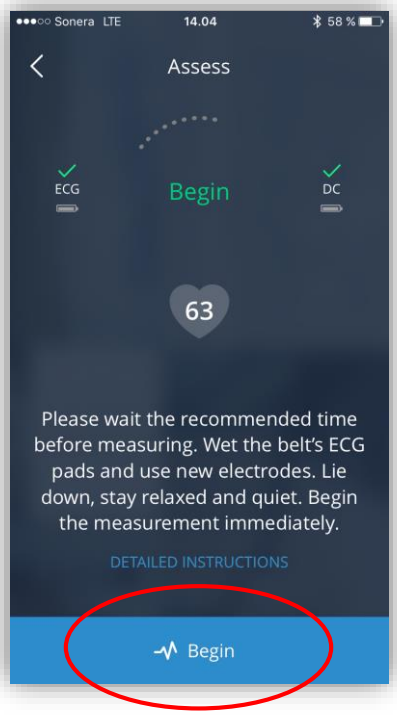
IMPORTANT!

If interrupted during the measurement for any reason, cancel it and start from the beginning. **Always wait at least 10 minutes before re-measuring**. During this time stand up and carry on your daily activities to regain an active level of wakefulness. Remaining in a supine position in between measurements without getting up will distort your assessment results.

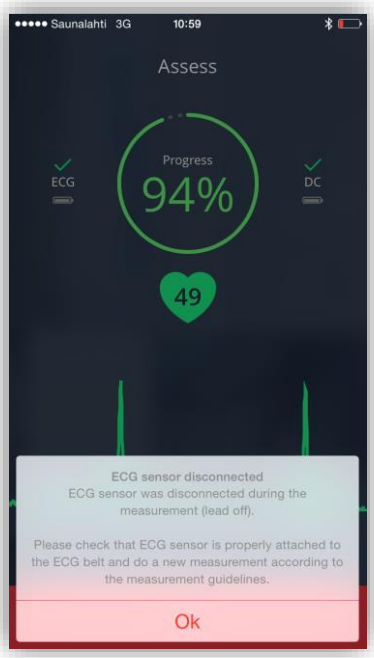
7. Once your heart rate is detected, the guidance text will change from **Get ready** to **Begin** and the **Begin** button will become active.



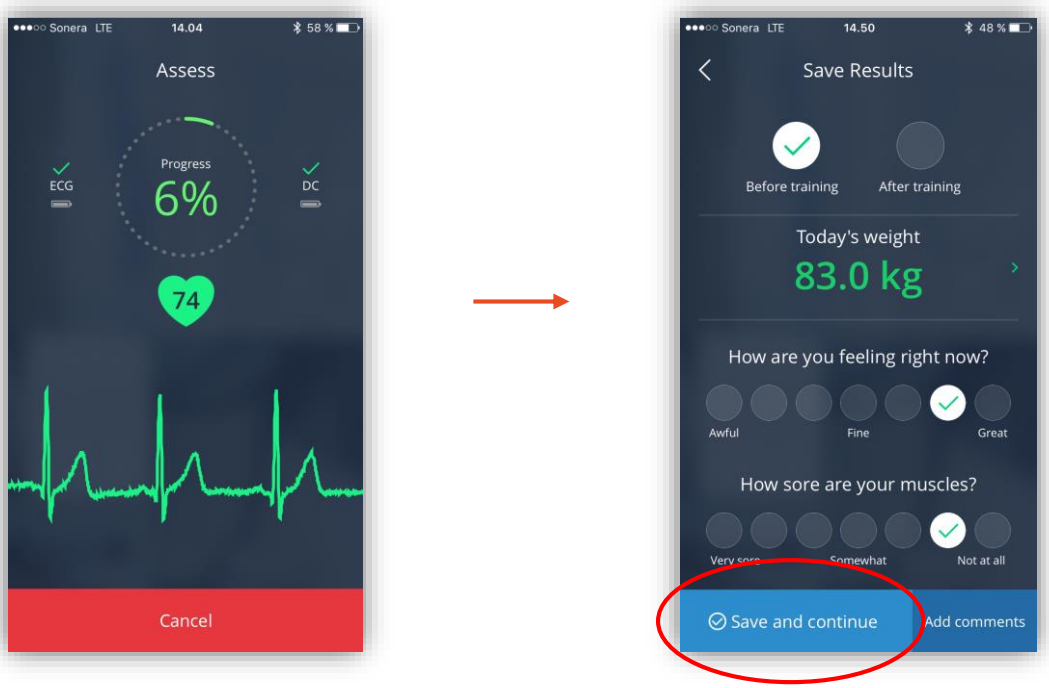
8. Lie down flat on your back without a pillow support.
    a. Place your arms alongside your body. Straighten your legs but do not cross them.
    b. Do not talk or move and try to avoid sneezing or coughing.
    c. Breathe normally and relax.
9. Begin the measurement immediately upon laying down.



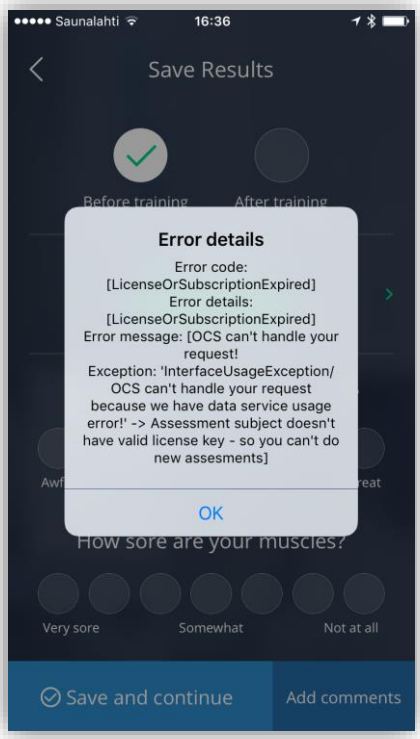
10. The measurement will take approximately 4 minutes. If any data errors or connectivity issues with the sensor are detected, the App will sound and the measurement will be cancelled. Review the error message and follow the on-screen guidance, then initiate a new measurement according to the protocol.



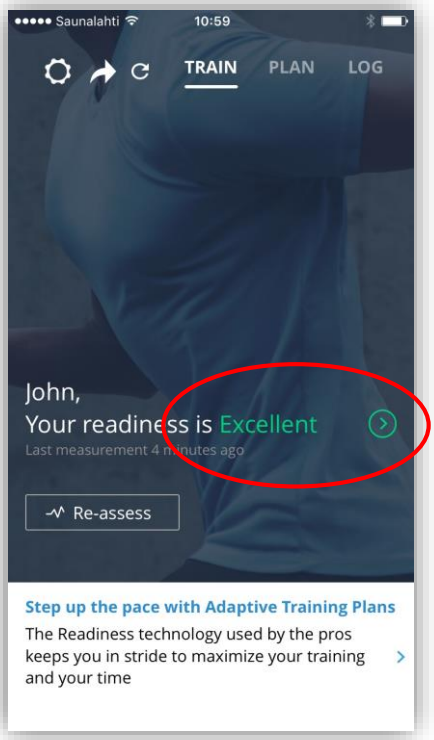
11. The App will sound once the measurement is complete. You may add related notes, such as how well you slept the night before, if you did something specific before the measurement, and so on. You may update your weight if necessary. Tap **Save and continue**.



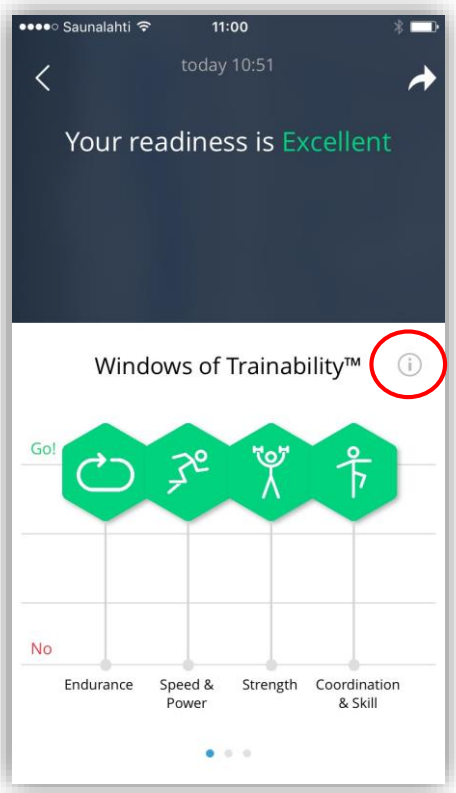
12. If the App detects problems with your Internet connection or other issues, an error message will be displayed. Follow the on-screen guidance and try again. Note that if you tap **Discard** (the back arrow in the top left corner of the view), the measurement will be deleted without calculating any results.



13. After the data is analysed, the results will be presented. More detailed results are available by tapping **Excellent** or the arrow pointing right.



14. The first view shows your **Windows of Trainability™** (WOT). These may be particularly useful on off days if you feel like doing a different type of training and want guidance on how it could be completed. Tapping the help icon provides an in-App explanation of the WOT concept.



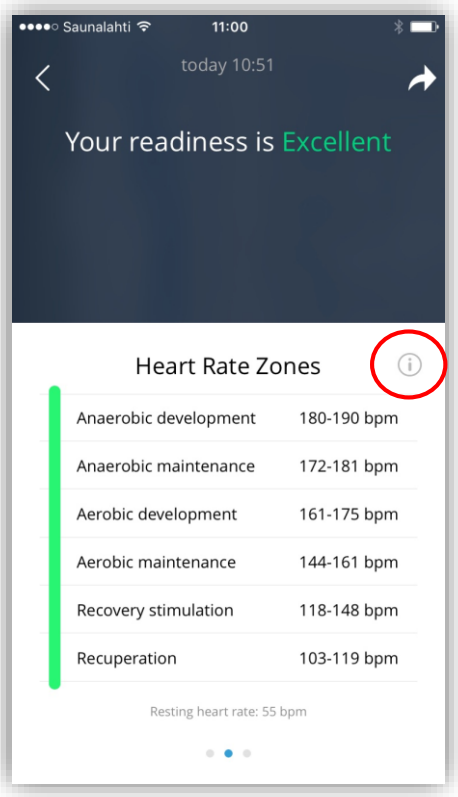
Windows of Trainability™

Windows of Trainability™ represents an innovative approach to preparation, one that can be easily integrated into any system of training. Omegawave's approach centers on the concept that the amount of the load should not be the primary focus of the training process, but rather the timing of when the load is applied.
Utilizing the Windows of Trainability™ approach will allow for the optimization of the training process by addressing and providing comprehensive answers to the fundamental dilemmas of training:

- Are you ready for another workout, and at what volume and intensity?
- Which physical qualities should be developed to produce the greatest training effect – endurance, speed & power, strength, or coordination & skill?
- How can the training process be optimized to achieve the best results in the shortest period of time and with the least amount of physiological cost?

From the Windows of Trainability™ graph, you can see four hexagons that will change dynamically based on your measurement results. Each hexagon represents a different physical quality: Endurance, Speed & Power, Strength, and Coordination & Skill. The positioning of the hexagons on the graph provides an easy visual interpretation: the higher the hexagon, the more open the Window of Trainability™ for that index. This status is also reflected by the color of the hexagons: at the highest position the hexagon will be green, in the middle-range it will be yellow, and at the lowest-levels it will be red.

15. The second view provides your individual **Heart Rate Zones** for running. Your resting heart rate during the measurement is also displayed. Tapping the help icon provides an in-App explanation of how the zones are calculated and how to use them in your training.



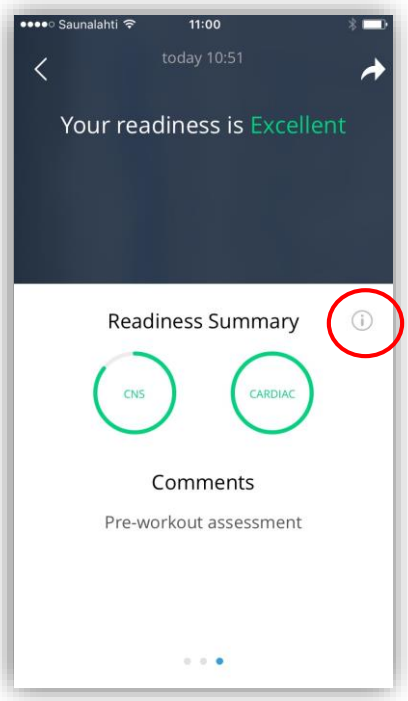
Heart Rate Zones for Running

Your measurement data is used to estimate your heart rate at anaerobic threshold, based on which these heart rate zones are calculated. As a result of this, the numerical heart rate values in these zones are specific to your current condition and as such they can change somewhat from one measurement to the next.

The height of the green bar will indicate all of the zones you are ready to train in at that moment in time – the highest zone in green is the maximum recommended training zone.

These zones are utilized for the training plan's workout recommendations to ensure that you train at the right intensity for the specified amount of time. Note that the highest indicated heart rate zone does not represent your estimated maximum heart rate, rather it indicates the highest heart rate where athletic development may still be achieved.

16. The final view provides a snapshot of the current state of your Central Nervous System and Cardiac System, and also any comments that you may have recorded alongside the assessment. Tapping the help icon provides an in-App explanation of the indices measured.



Readiness Breakdown

Your overall Readiness is divided into two subsystems: the Central Nervous System and the Cardiac System. The measurement results will determine the color and completeness of the circles. The color scale for these circles is the same as that of the hexagons in the Windows of Trainability™ scale: green, yellow, and red. By observing these results, you can see with greater detail the functional state of the three systems and gain a better sense of what your body will be ready for in the next session.

NOTE

Two measurement types are available:

- ECG only
- ECG + DC Potential

The ECG + DC Potential measurement provides a more complete assessment of your overall readiness and allows for more accurate workout adaptations. If you do not measure the DC Potential of the Brain, an assessment of the state of your CNS cannot be provided. Completing only a DC Potential measurement is not supported.

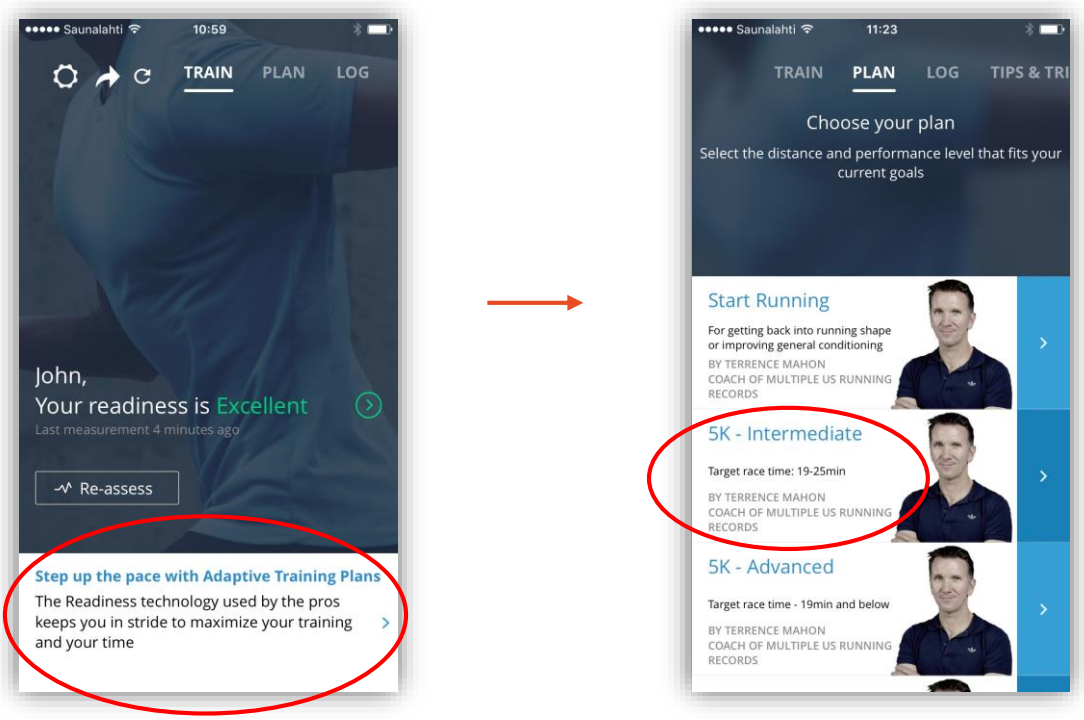
For a more detailed breakdown of the state of your individual biological systems, you may review the same assessment in the Omegawave Personal App available from the App Store.

17. If you do not intend to complete a workout right after conducting the measurement, remove the sensor from the ECG chest strap and the DC cable from the sensor to prevent battery drain. Otherwise keep wearing the chest belt and sensor to track your heart rate during the workout.

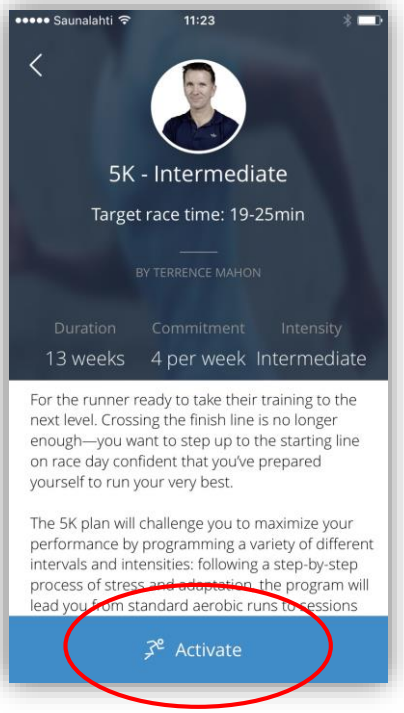
COMPLETING A WORKOUT

You are now ready to choose a Training Plan and to complete your first workout.

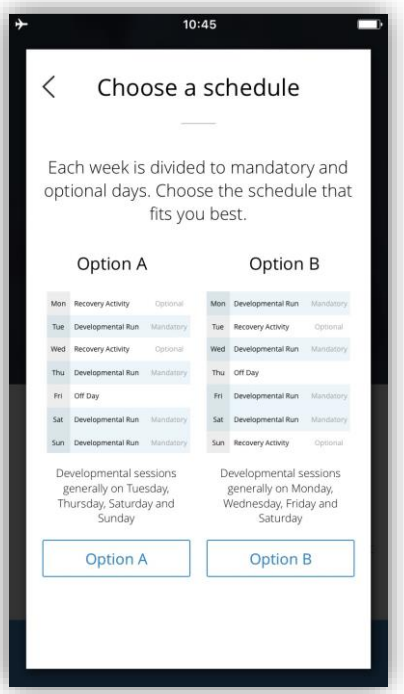
1. Tap **Step up the pace with Adaptive Training Plans** or swipe left to open the list of available programs.



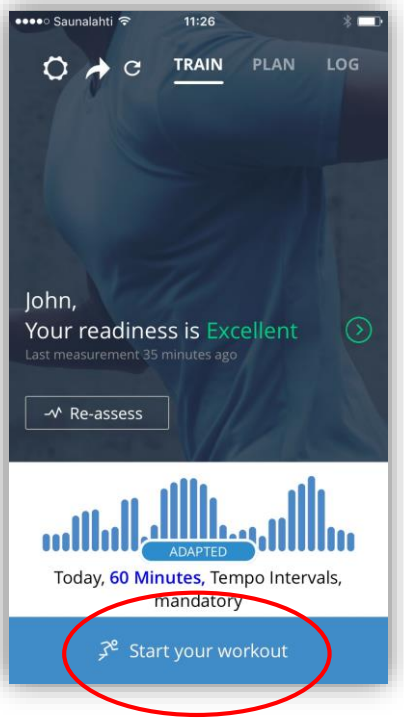
2. Tapping on a plan opens up a more detailed view from where you can activate that specific plan. Note that you may have only one active plan at a time.



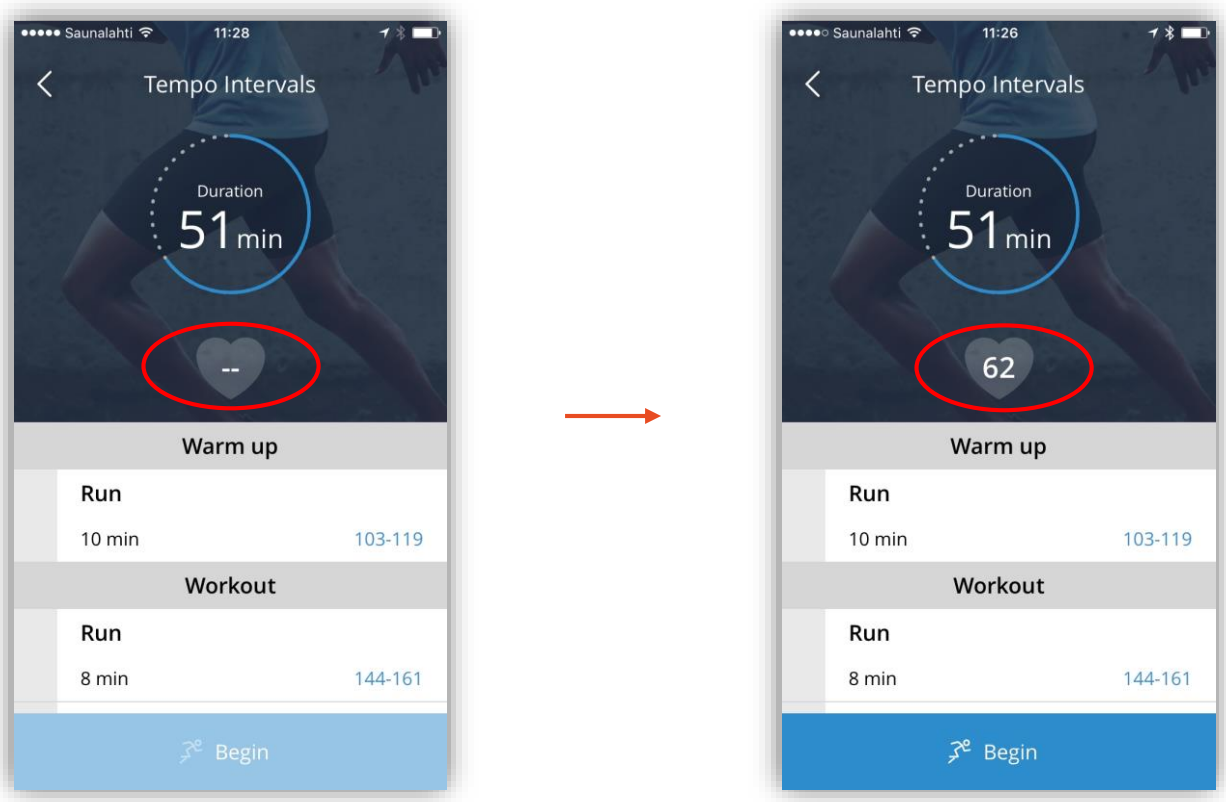
3. To accommodate different lifestyles and schedules, there are two options available for each plan. Each option is identical in terms of training volume and intensity, the only difference being that you are able to choose a schedule that fits your needs best. Choose **Option A** or **Option B** to activate the training plan.



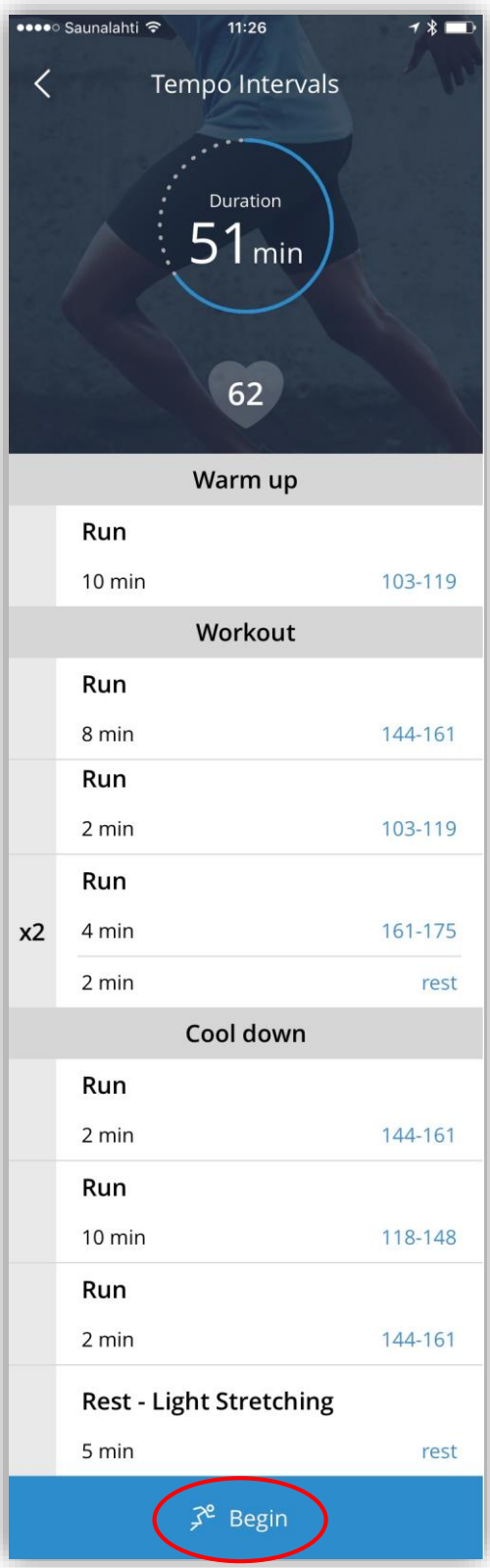
4. Having already completed a measurement, today's workout is automatically adapted. Tap **Start your workout** to review today's training in more detail before starting it.



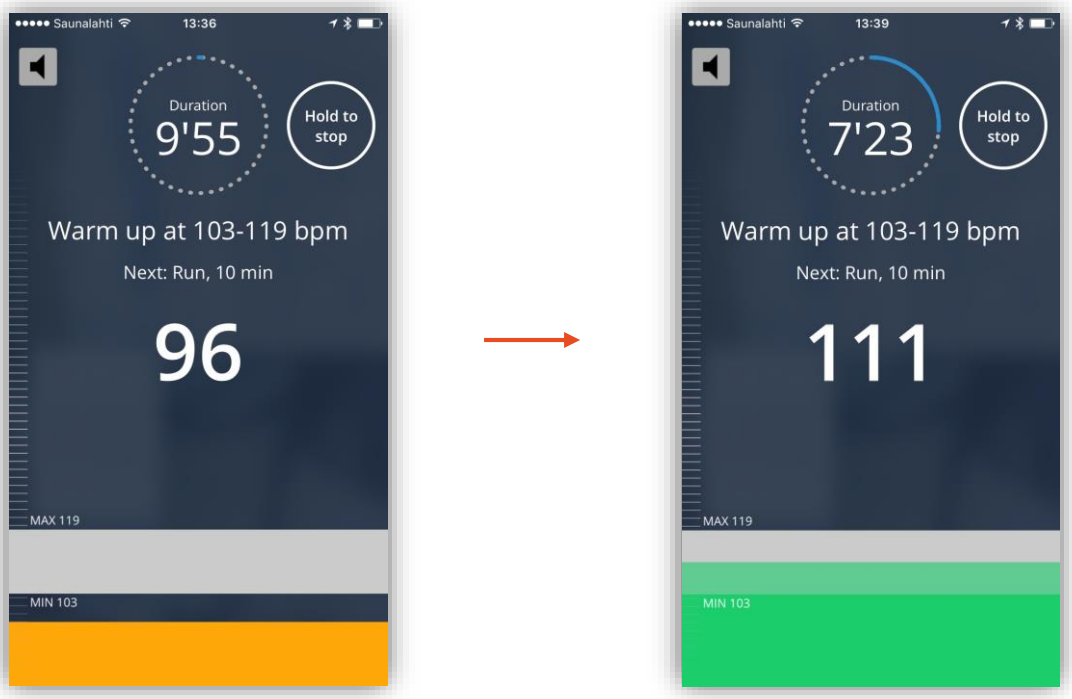
5. Note that the **Begin** button is disabled until the App detects your heart rate. If your heart rate is not found, please try these troubleshooting tips:
    a. Re-pair the sensor to your mobile device under **Settings** and **Hardware.**
    b. Thoroughly re-wet the chest belt.
    c. Connect the sensor to a power supply using the micro-USB charging cable for a few seconds. Check that the sensor's LED light turns red. This will reset the sensor.
    d. Re-charge the sensor.
    e. Close the App, open it and try again.
    f. Restart your mobile device.
    g. If none of these have worked, your sensor may have a fault. Please contact Customer Support at support@omegawave.com.

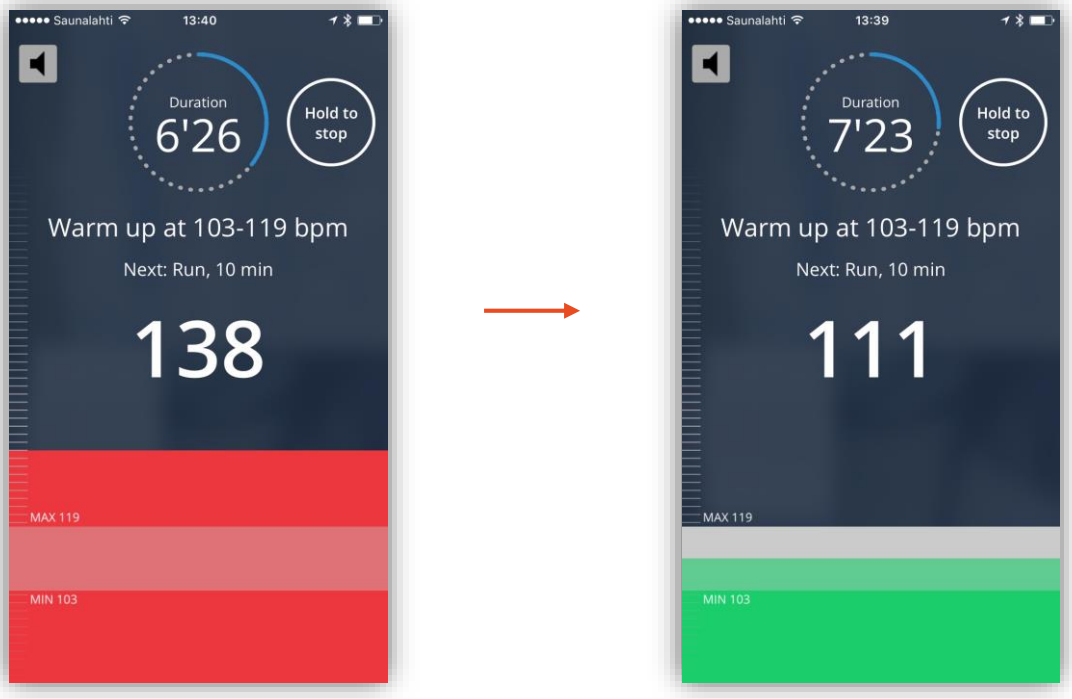


6. Scroll down the view to review the workout in detail and tap **Begin** when you want to start the workout.

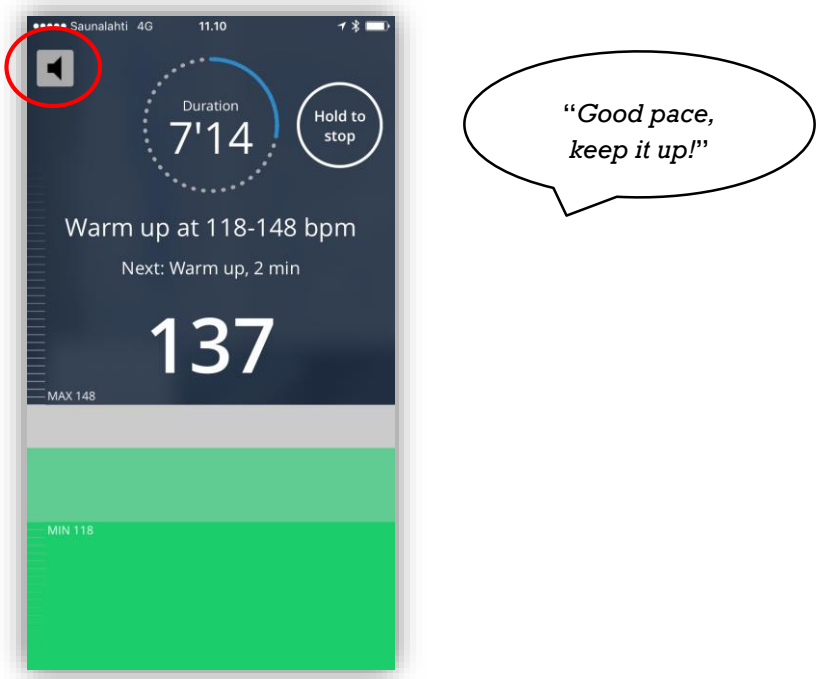


7. Follow the in-exercise guidance to complete your workout. The green bar indicates that you are running at the right pace based on your heart rate. A yellow bar indicates that your heart rate is lower than the recommended zone. A red bar indicates that your heart rate is higher than the recommended zone. The absence of a colored bar indicates that your heart rate is very low. Whenever the next phase of the workout begins you will need to check the screen or listen out for the voice guidance to identify the intensity and duration of that phase.

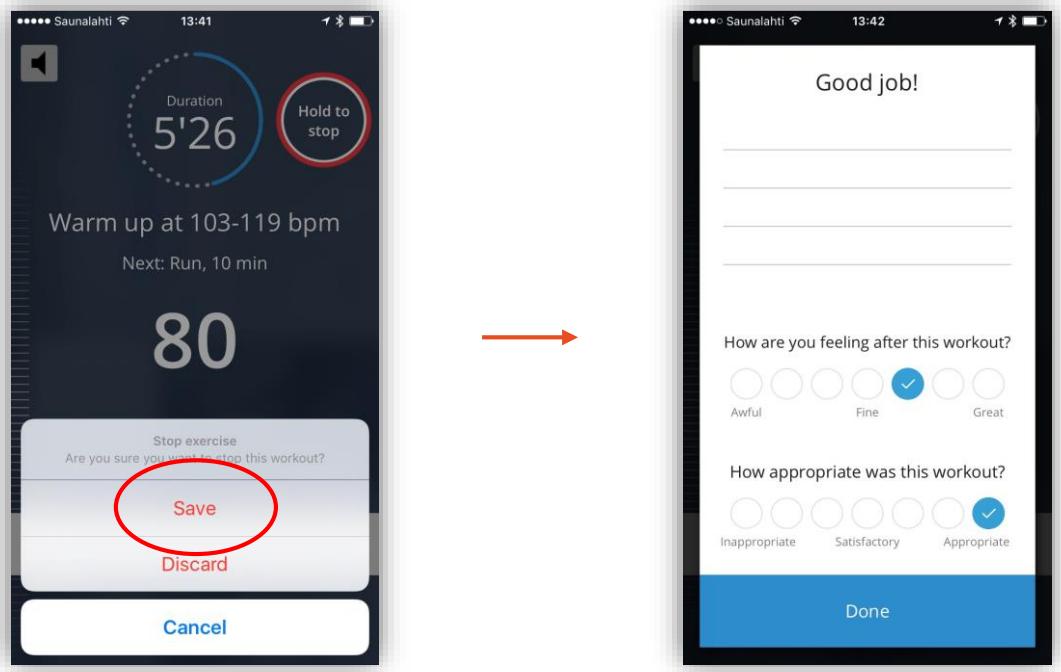




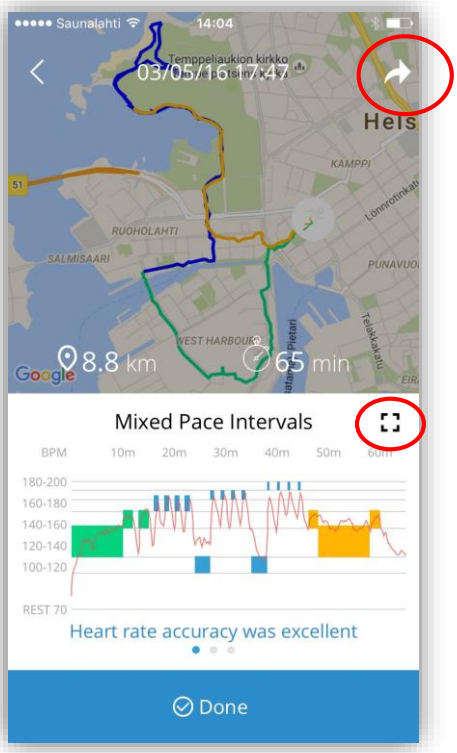
8. Voice guidance. You will receive audio cues during the workout so that you may run hands-free with your phone for example in your pocket. If you do not wish to hear the audio cues, they may be turned off by tapping the audio icon in the top left corner. The guidance will notify when you are below a zone; above a zone; have reached the correct zone; how much time you have left in the current phase; and what the next phase entails.

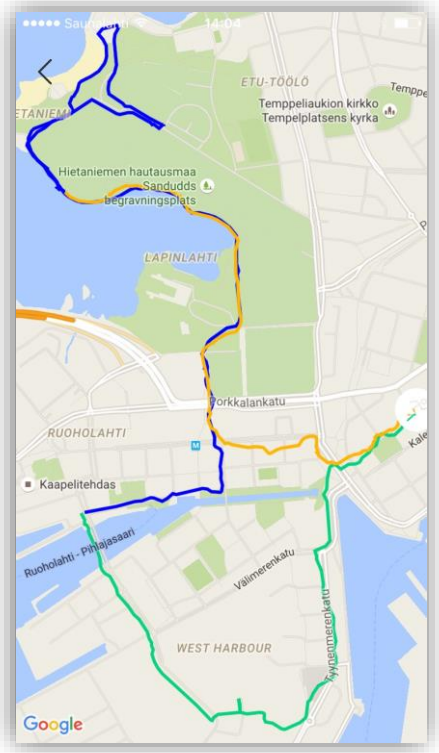


9. If you choose to stop the workout before it finishes you will be able to save your activity, in which case it is marked as done, or discard it, in which case no data is saved. Add any comments and answer the short questionnaire to view your workout summary.



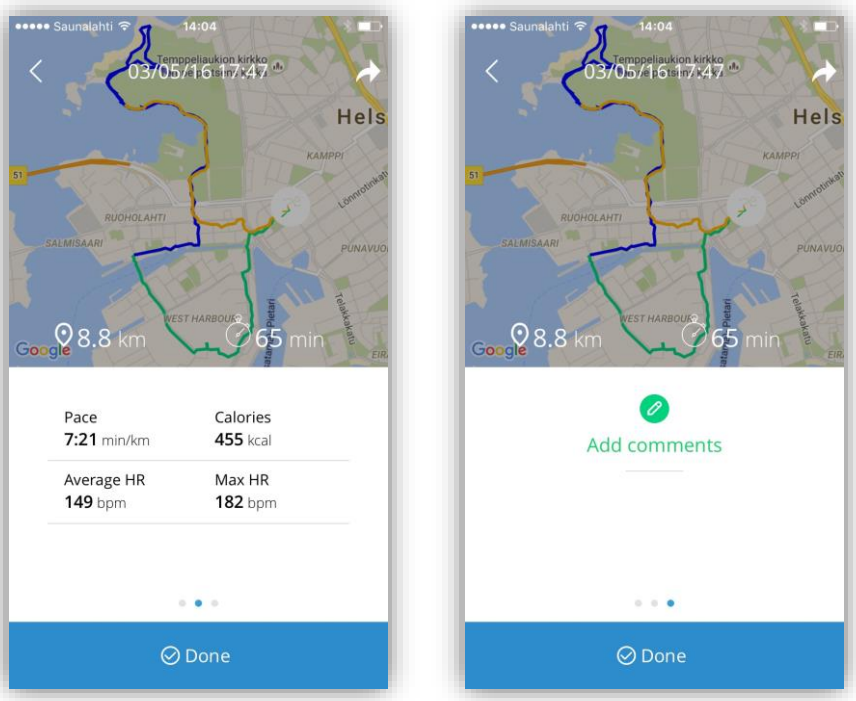
10. Tapping **Done** will open the workout summary (note: a different workout is shown below to demonstrate the full features), displaying how well you followed the intended session, standard metrics such as distance, pace, and calories, and a functionality for editing comments. You may share a screen shot of each view by tapping on the 'arrow', while tapping the dashed square will open the Heart Rate plot in a full screen mode. Tapping anywhere on the map will open it in a full screen mode.



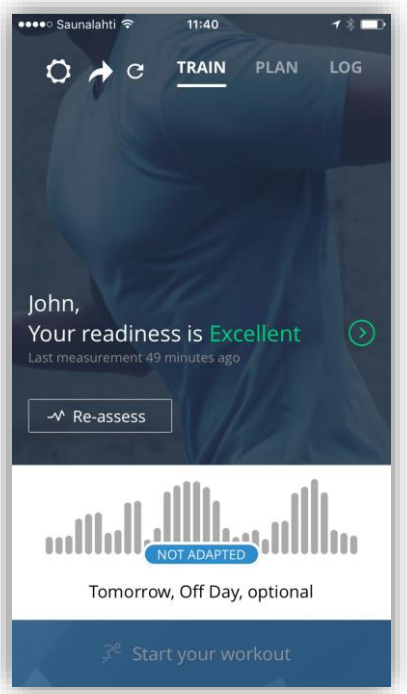


11. Tapping on the dashed square will open the Heart Rate plot in a full screen mode. The green section is your warm up, the blue is the exercise, and the yellow is the cool down phase.

12. Swiping left will open the two other views with exercise data and comments.



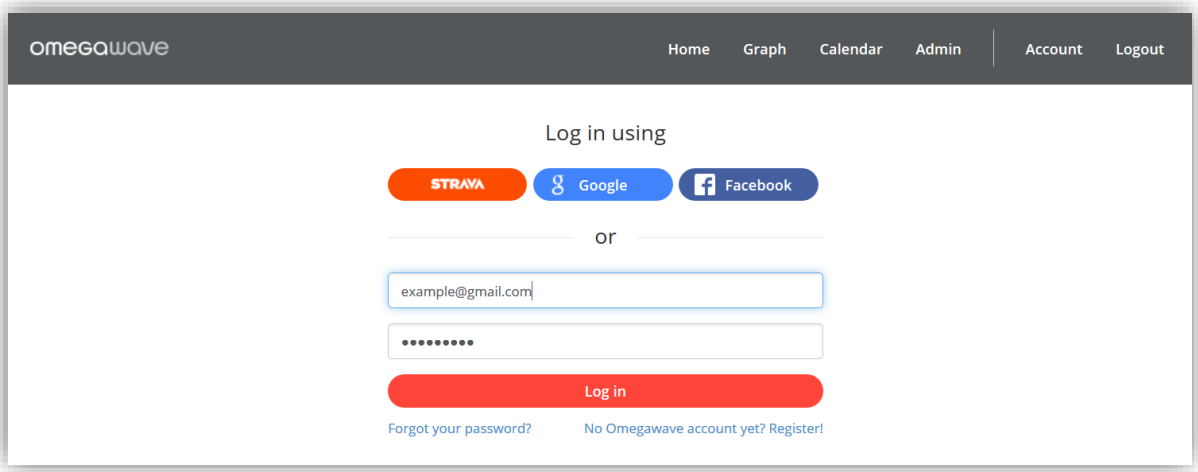
13. Tap **Save and continue** to close the workout summary and return to the main **Train** view. Notice that today's workout has been completed and the next workout is displayed in brief.



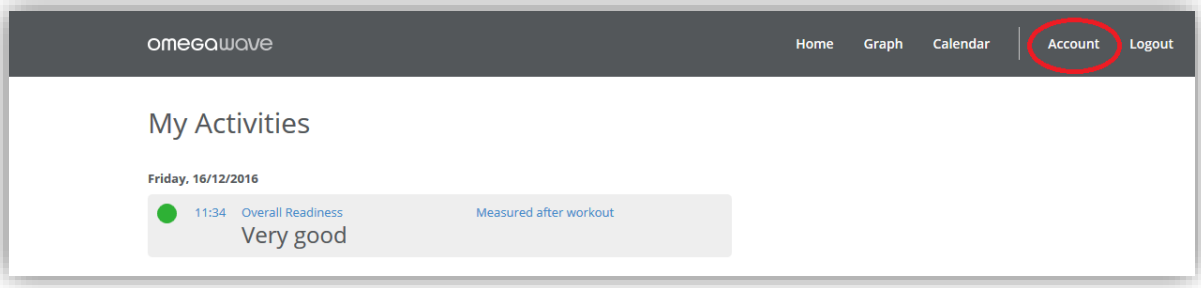
STRAVA INTEGRATION

If you want to share your completed workouts on your Strava account, you can do this by linking Strava to your Omegawave account.

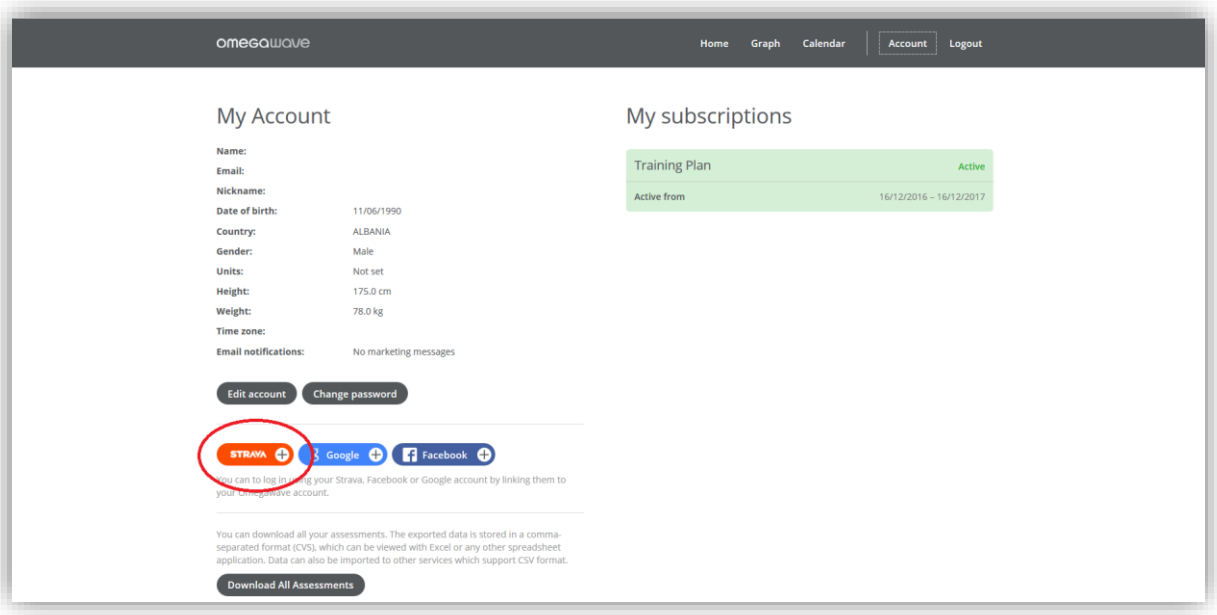
1. Log in to Omegawave's Web App at https://app.omegawave.com/Account/Login using the same account credentials as on the Mobile App.



2. Tap on Account.



3. Tap the Strava icon and follow the on-screen guidance.



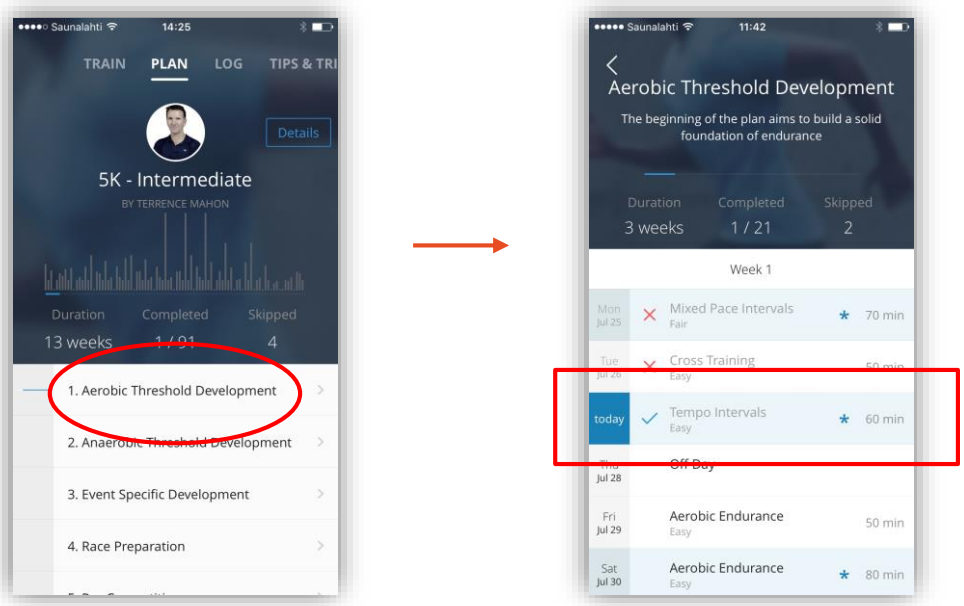
This will automatically sync all of your completed workouts from the Omegawave App into your Strava account. Note that this may take some time. Additionally, all future workouts completed with the Omegawave App will be automatically synced with Strava. Finally, you will be able to use the Strava Authentication method at Log-In for the Omegawave App if you so choose.

PLANNING AND LOGGING YOUR ACTIVITIES

Planning your training schedule

You are able to plan your training schedule using the Plan view. This contains a list of every workout in the program and you are able to record your progress by marking workouts as either done or skipped. If you do nothing, the App will assume that you have missed workouts and mark them as skipped. Whichever day you start the plan on, the App will automatically skip the previous days from the first Monday. Don't worry, missing these workouts is not an issue. If you start on a Monday, the plan will start from the very first day.

1. From the main **Train** view, swipe left to open the **Plan** view.
    a. Tap on the first cycle "Aerobic Threshold Development" for more details
    b. Having completed the workout, it is automatically marked as done

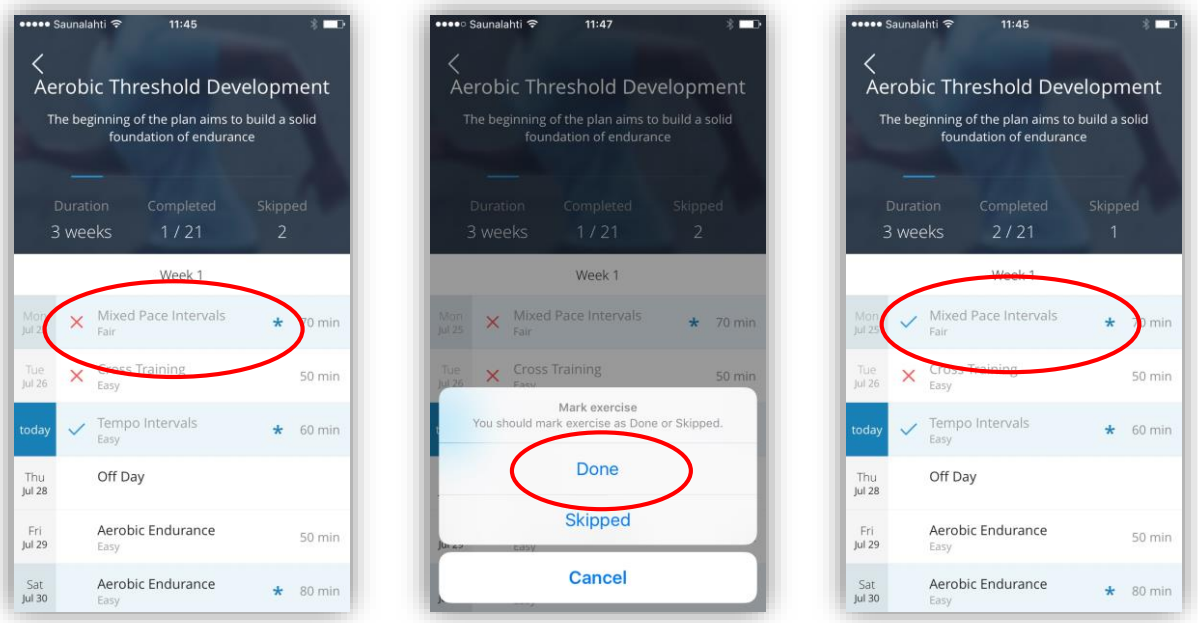


IMPORTANT!

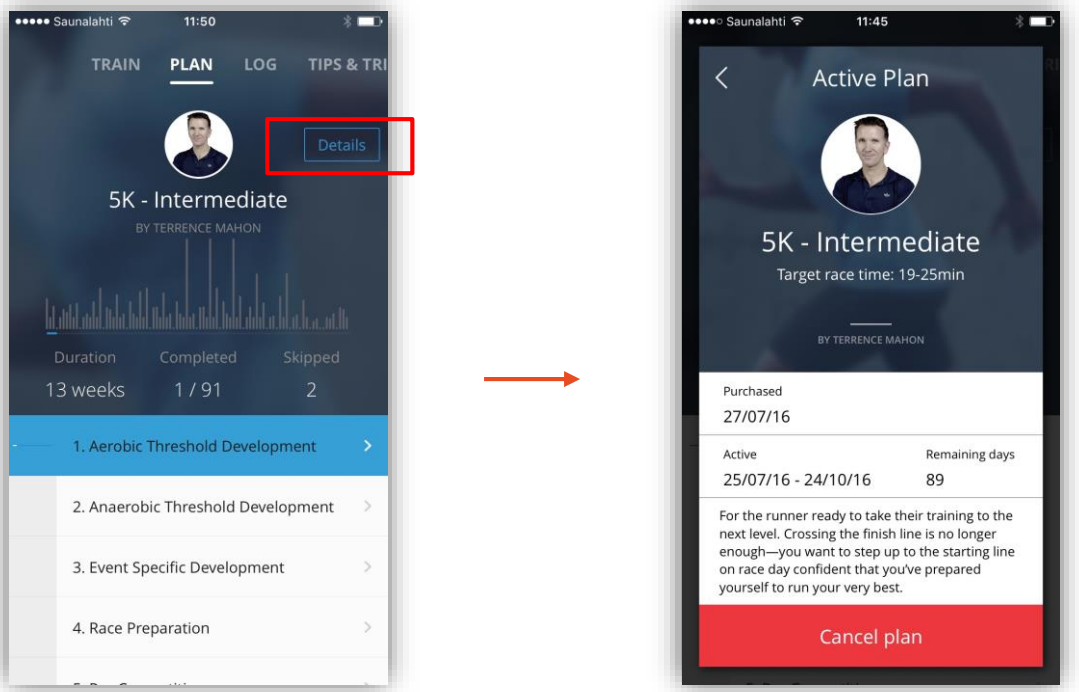
A star * and blue highlight indicates a developmental session which are crucial for performance improvements to be achieved.

The workouts without a star are predominantly recovery workouts, which will support your overall athletic development.

2. If you complete a workout using another device (such as a separate heart rate monitor), you are able to manually mark the workout as done by tapping the workout title.



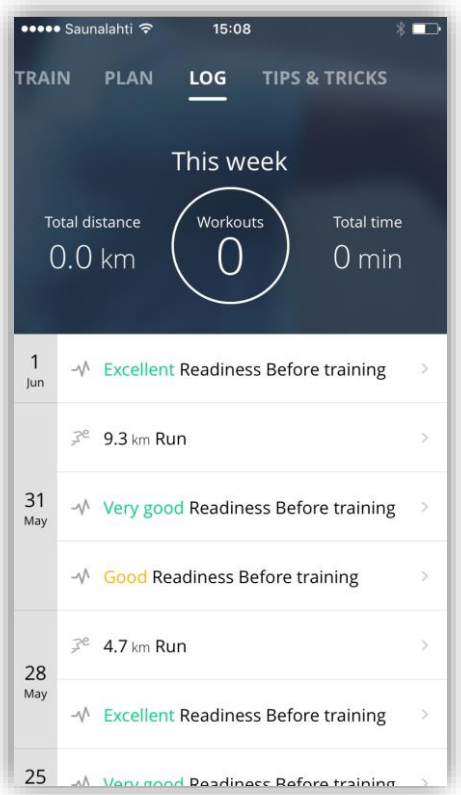
3. Tapping the **Details** button opens a new view with details about the current training plan and a functionality for cancelling it to start a new one.



Logging your activities

Your completed workouts and readiness assessments are recorded in the **Log** view (note: a different situation is displayed to highlight the full functionality). A summary of the present week's activities is also displayed.

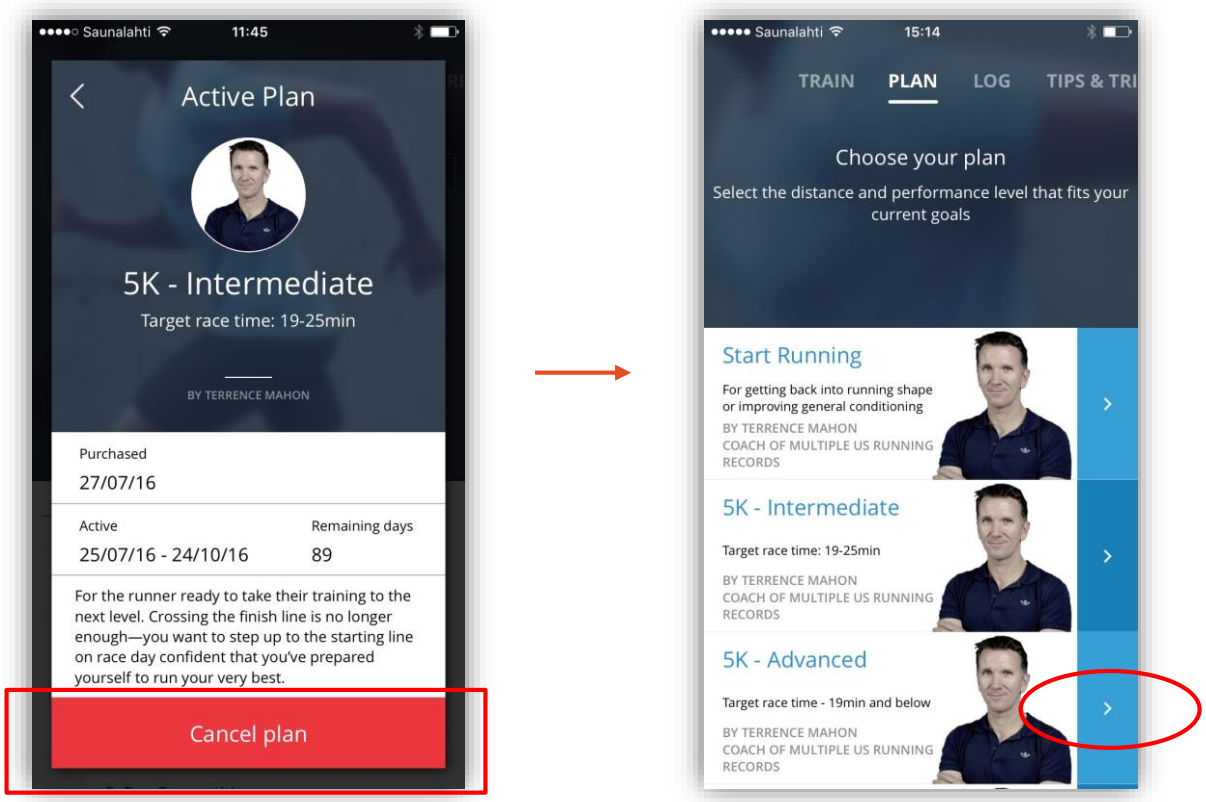
1. Swipe left from the **Plan** view to open the **Log**. Scrolling down you are able to view your entire history of activities.
2. Tap on any of the assessments or workouts to view their summary.



CANCELLING AND STARTING A NEW PLAN

If the plan you have chosen is not suitable for whatever reason, cancel the plan to view the other plans available and start a new plan. There is no limit to how many plans may be started.

1. Cancel the plan in the **Plan** view under **Details**.
2. View the available plans by scrolling down and select one to view its description and to activate it.



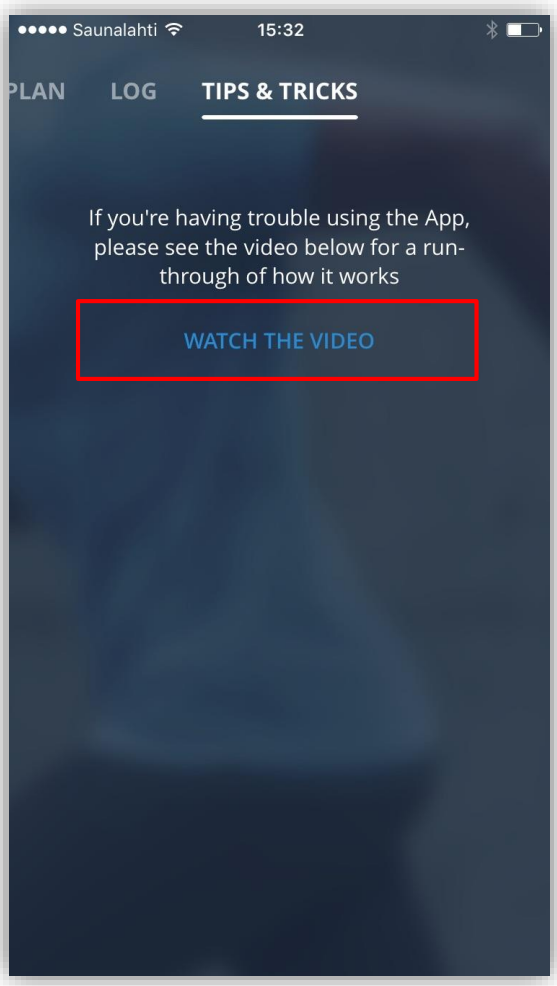
NOTE

If you cancel a plan, you will not be able to re-start it from where you left off. You will have to start it from the beginning should you wish to re-activate the same plan.

TIPS & TRICKS

The Tips & Tricks section provides a link to a video tutorial showing how the App works.

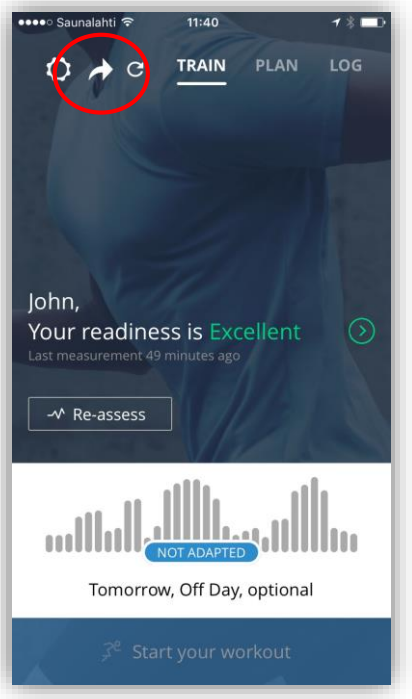
1. Take a look at the video if you're having trouble using the App.



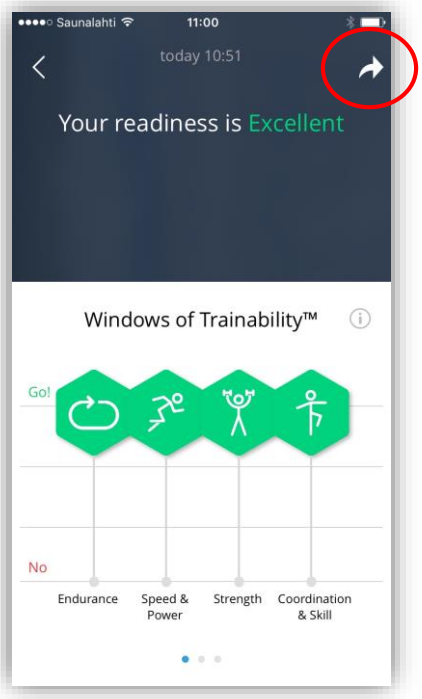
SOCIAL

You are able to share your assessments and achievements to social media via the main **Train** view, the **Assessment Summary** view, and the **Workout Summary** view.

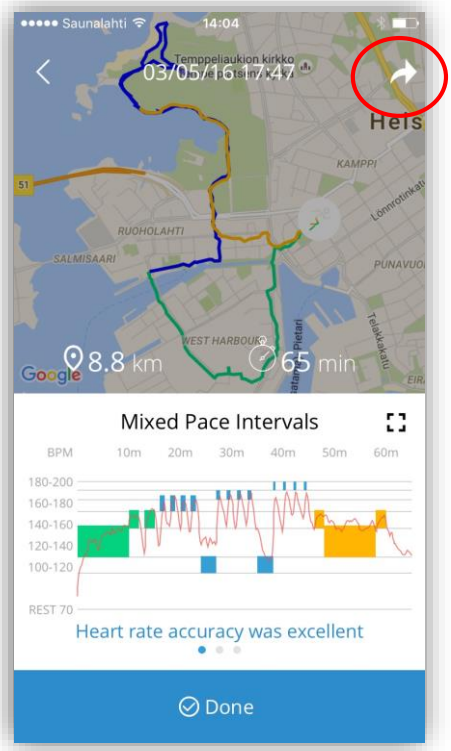
1. Tap on the arrow in the **Train** view to share a screen shot.



2. Tap on the arrow in the **Assessment Results** to share a screen shot.



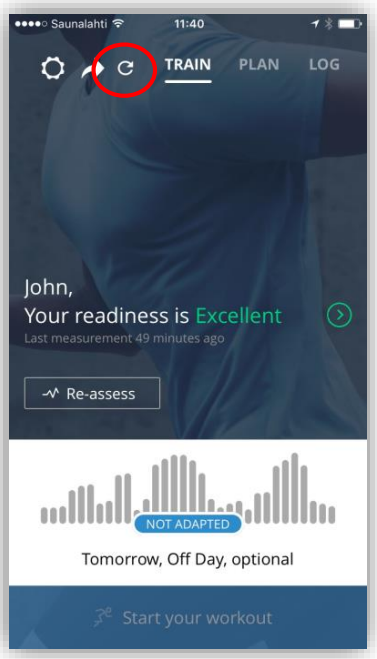
3. Tap on the arrow in the **Workout Summary** to share a screen shot.



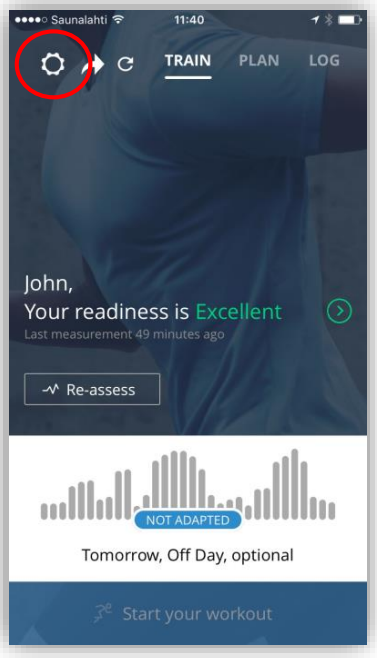
APP MANAGEMENT

The Application and your personal details may be managed through the App's Settings. You are able to update personal details, view the validity period of your subscriptions, or to change between the metric system and customary units.

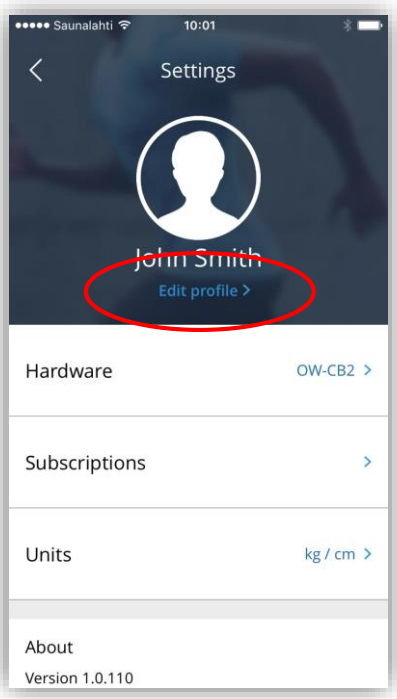
1. If you feel that your data (personal details, measurement, or workout) is not syncing to the App properly, tap on the sync button to initiate a manual refresh.

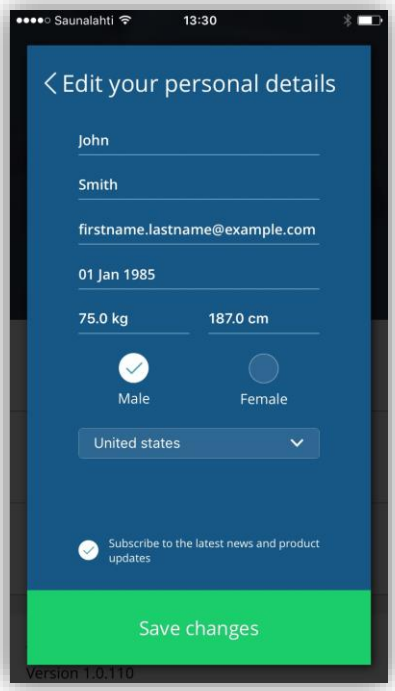


2. Tap **Settings** in the main **Train** view.

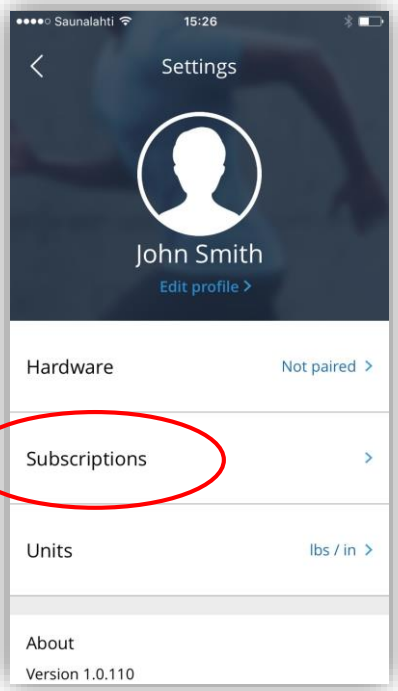


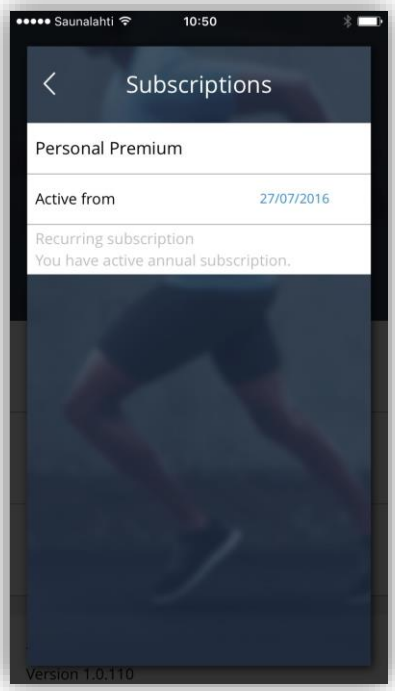
3. You may update your personal details by tapping **Edit Profile**.



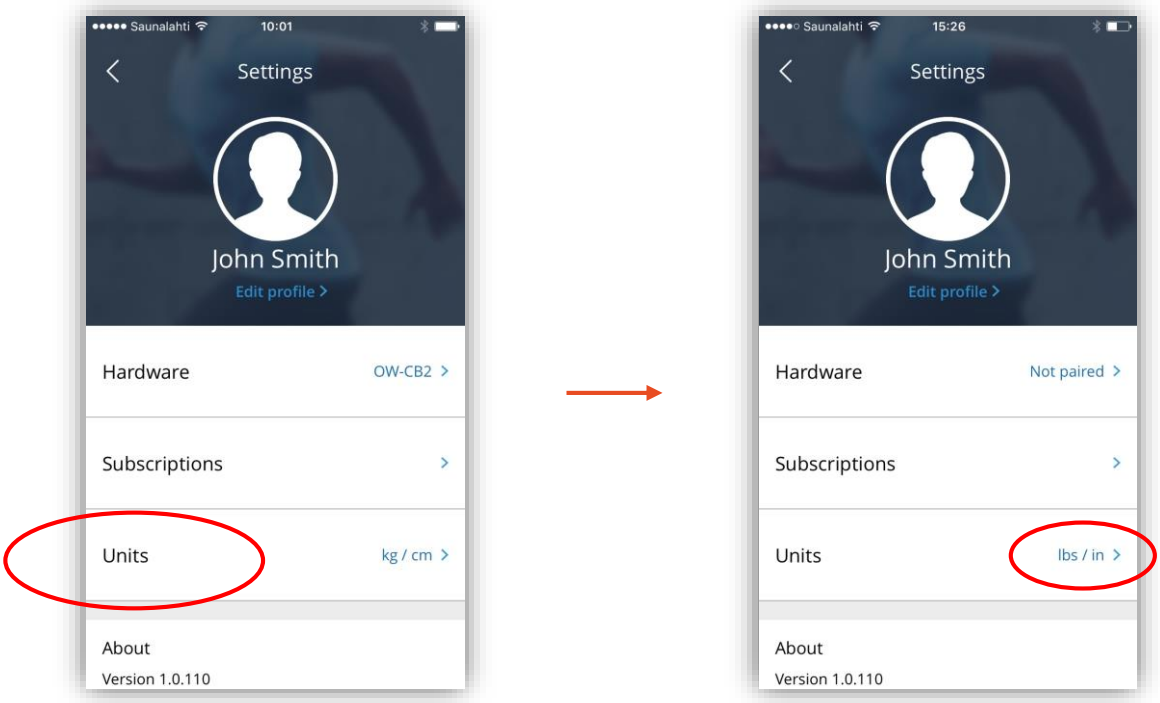


4. Tap **Subscriptions** to view your subscriptions.





5. Tap **Units** to change between the standard systems of measurement.



FREQUENTLY ASKED QUESTIONS

Am I able to use my old (grey) sensor with the new belt for measurements and workouts?

Yes, you are able to use any Omegawave BLE sensor (grey ones) with the Application to complete measurements and to track and guide heart rate during the workouts.

Am I supposed to take off the DC Cable and electrodes when starting my workout?

Yes, these are only required for the measurement.

Am I supposed to wear the chest belt and sensor during the workout?

Yes, the purpose is to wear the chest belt and sensor as they will communicate with the Application to display your heart rate and provide guidance for training in the right heart rate zone.

Can I listen to music during the workout?

Yes, you should be able to use music Applications alongside the Omegawave App. However, note that listening to music may interfere with the audio guidance provided by the Omegawave App.

Can I use other tracking Applications, such as RunKeeper, while using the Omegawave App?

Yes, you are able to use other tracking devices simultaneously. However, note that the chest belt can only communicate with one Application at a time. Therefore, in order to receive heart rate guidance during your workout, you will need to use the Omegawave App.

Can I use the chest belt with sports watches, such as a Polar or Garmin watch?

We cannot guarantee that the belt will work with any sports watches.

Can I use a sports watch with its chest belt while simultaneously using the Omegawave belt and Application?

Yes, you may use two devices simultaneously if you wish to receive heart rate guidance from the Omegawave App while recording the workout with your sports watch.

Is the Application able to export workout data?

Unfortunately not at this stage.

What if the Omegawave App cannot find the BLE sensor when trying to pair?

Pre-condition: Verify that the sensor is fully charged and the device's Bluetooth is on.

- Verify that your device has the latest iOS version.
- Verify that you have NOT paired the BLE sensor via iOS Bluetooth settings.
- The sensor's Bluetooth activates only when attached to the ECG chest strap and when the strap is placed around your chest. Verify that the ECG chest strap is properly moisturized and that the sensor is correctly attached to the strap. When the sensor's Bluetooth is activated, the LED starts to blink blue a light at a fast pace. When the sensor is connected to the Omegawave App and is ready for a measurement, the LED blinks slower.
- Connect the sensor to a power supply using the micro-USB charging cable for a few seconds. Check that the sensor's LED light turns red. This will reset the sensor. → Try to set the sensor again.
- If that doesn't work, close the App completely. Double tap the Home button to open the app switcher and swipe the app up. → Repeat the steps above and try to set the sensor again.
- If that doesn't work, turn off Bluetooth from the Settings menu, and then turn it back on. → Repeat the steps above and try to set the sensor again.
- If that doesn't work, repeat all the steps above first, and then do a hard reset by pressing the Home button and the power button at the same time for more than 7 seconds. This will reboot your device. → Try to set the sensor again.

What if the Application cannot find the sensor when in the measurement view?

- Verify that the sensor is charged and that the device's Bluetooth is on.
- Verify that you have configured the BLE sensor via the Omegawave App settings and that you have NOT paired the BLE sensor via iOS Bluetooth settings.
- The sensor's Bluetooth activates only when attached to the ECG chest strap and the strap is properly placed around your chest. Verify that the ECG chest strap is properly moisturized and that the sensor is attached to the strap.

What if my measurement results cannot be calculated due to an invalid measurement?

Omegawave's algorithms analyse the quality of the data, if issues are detected in relation to the measurement, results cannot be calculated. Often, the underlying reason is that the ECG chest strap is the wrong size or the strap's electrodes are not properly moisturized with water. Also, if you did not follow the measurement protocol (for example moving excessively or coughing during the measurement), it may cause an invalid measurement.

I've completed a measurement but cannot see results?

A working Internet connection is required in order for the measurement results to be calculated. Make sure that your device is connected to the internet and then tap the sync  button.

What if the measurement was cancelled because the DC Potential values were out of range?

This may happen if you are reusing old electrodes or they have dried due to improper storage. Always use unused electrodes and make sure that you properly seal the electrode bag to prevent drying.

What if the DC Potential signal is not detected?

Ensure that you are using unused electrodes and that you have connected the DC cable to your forehead and palm electrodes. If the application still indicates that it is unable to detect the DC Potential signal, it can mean that the micro-USB connector of the sensor may be broken. In this case, contact Omegawave support for further assistance: support@omegawave.com.

What if the sensor cannot be charged?

If you cannot see the LED light turning red when the sensor is connected to a power supply with the micro-USB cable, it means that the sensor is already fully charged. It can also mean that the micro-USB connector of the sensor may be broken. In this case contact Omegawave support for further assistance: support@omegawave.com.

REGULATORY INFORMATION

REGULATORY INFORMATION

OMEGAWAVE HAS NOT APPROVED ANY CHANGES OR MODIFICATIONS TO THIS DEVICE BY THE USER. ANY CHANGES OR MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

OMEGAWAVE N'A APPROUÉ AUCUNE MODIFICATION APPORTÉE À L'APPAREIL PAR L'UTILISATEUR, QUELLE QU'EN SOIT LA NATURE. TOUT CHANGEMENT OU TOUTE MODIFICATION PEUVENT ANNULER LE DROIT D'UTILISATION DE L'APPAREIL PAR L'UTILISATEUR.

FCC REGULATORY INFORMATION

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.

INDUSTRY CANADA (IC) REGULATORY INFORMATION

THIS DEVICE COMPLIES WITH INDUSTRY 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.

AVIS DE CONFORMITÉ À LA RÉGLEMENTATION D'INDUSTRIE 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.

CLASS B DIGITAL DEVICE NOTICE

THIS CLASS B DIGITAL APPARATUS COMPLIES WITH CANADIAN ICES-003, RSS-GEN AND RSS-210. CET APPAREIL NUMERIQUE DE LA CLASSE B EST CONFORME A LA NORME NMB-003, CNR-GEN ET CNR-210 DU CANADA.

CHARGING THE SENSOR

If charging via a wall outlet, use a USB compatible power adapter (not included with the product). Make sure that the adapter is specified with the following voltage and current values: "output 5V DC, 0.5A - 2A max".

USING THE SENSOR

The sensor may be used in the following conditions:

- 0 °C to +40 °C;
- 32 °F to 104 °F.