Quick Start Guide

# AdMos^{Live}

Welcome

ΛSI
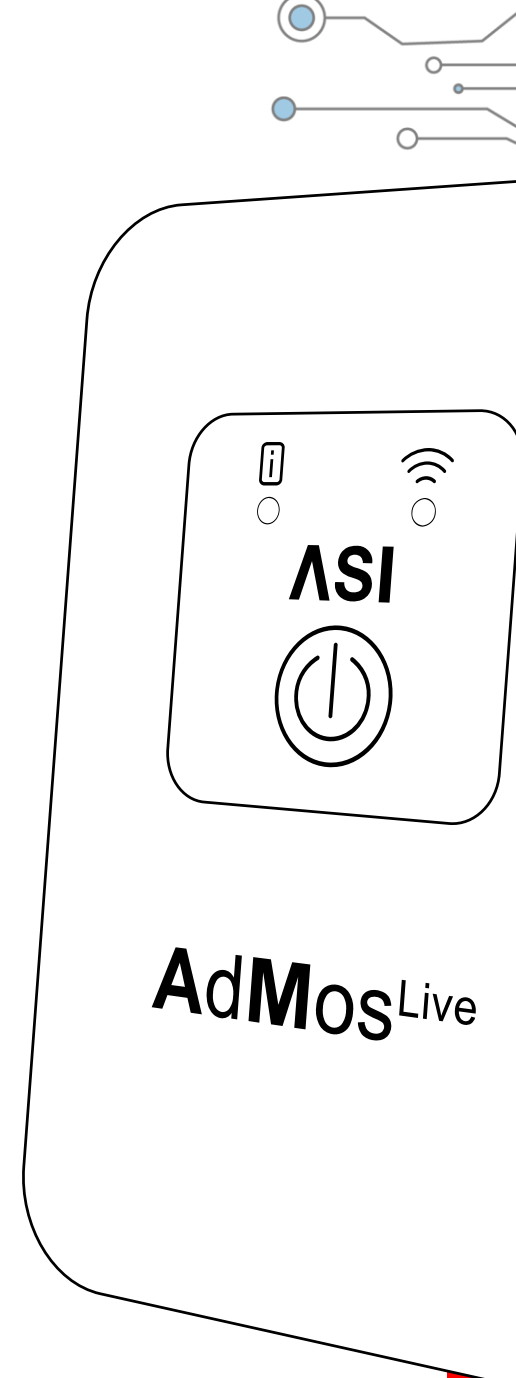
AdMos Live

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 of excessive sun exposure

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

- Avoid scratching the device
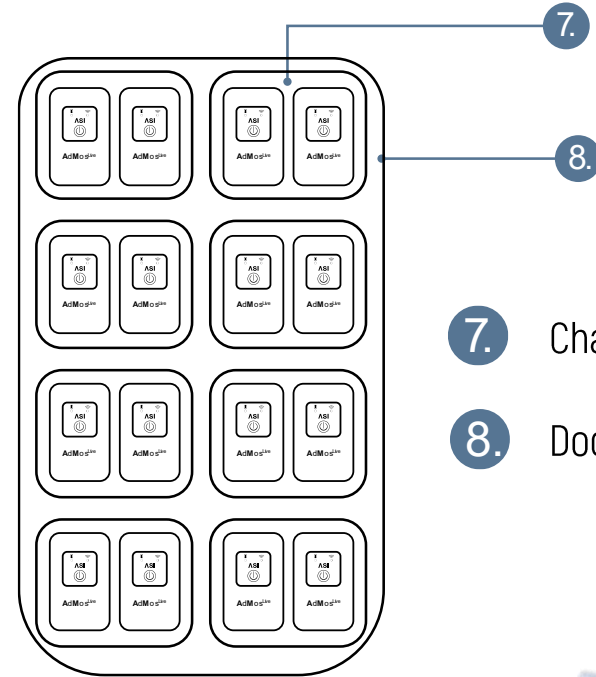
- Protect the AdMos^{Live} from water
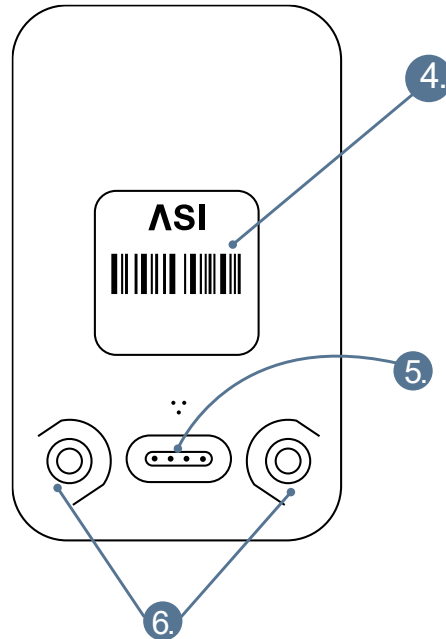
System description
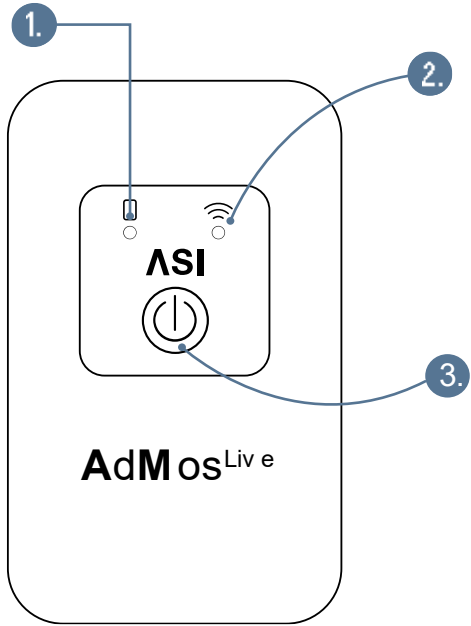
1. Device status
2. Network status
3. Turn on/off

4. Serial number
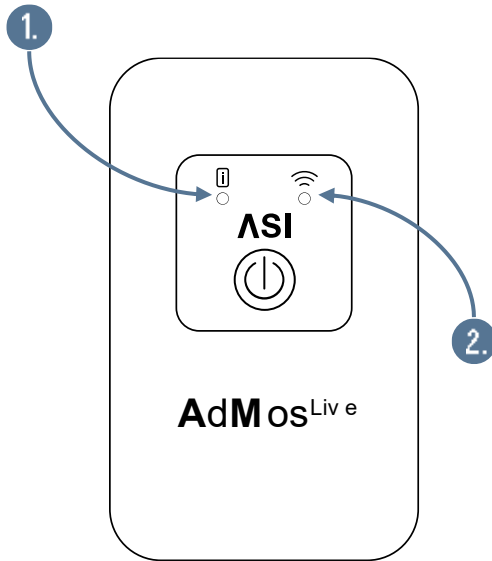5. Magnetic USB slot
6. Electrocardiogram electrodes

7. Charging slots
8. Docking Station

9. Pod Slot
10. Heart rate meter

AdMos^Live

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LEDs Behaviors

1.

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

2.

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

Ad**M**os^Liv e

Ad**M**os^Live
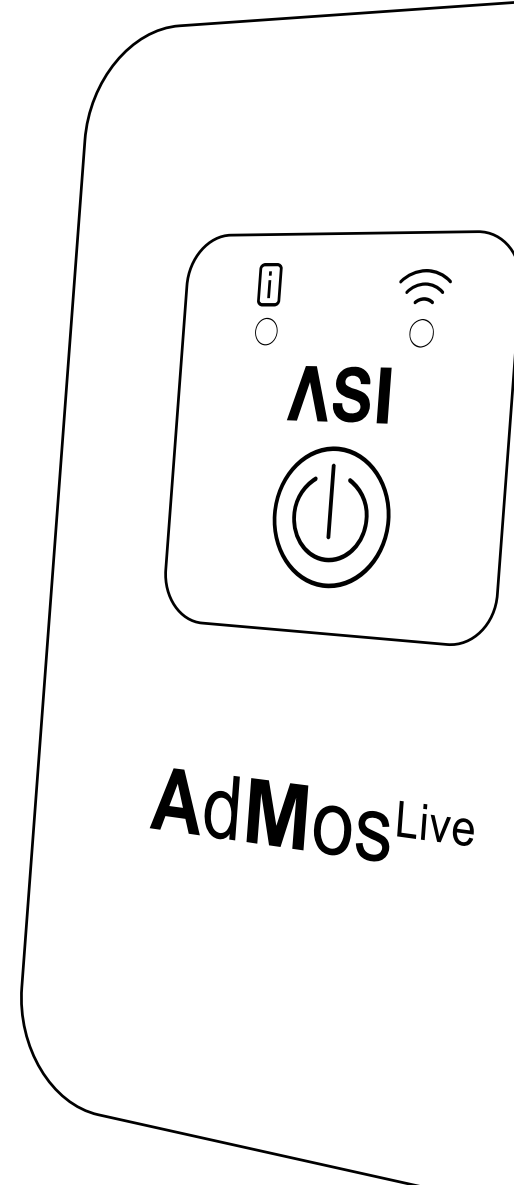
Before the first use

Before using it for the first time, the device must be activated by taking its ownership. More details on our help website : help.asi.swiss/

Activate the device/Take its ownership

1. Plug the device to a computer using the provided USB-Cable
2. Open the Device's Activation page : api.asi.swiss/device-activation
3. In the field "Serial number of device", type the device Serial Number 4.
4. Click on "Select device"
5. The web browser will display a list of connected devices
6. Click on the relevant AdMos^Live device from that list
7. Then click on "Connect"
8. The field "Name of the device" will be automatically filled
9. Click on Submit to finalize the activation

The device is now activated. You can start using it.

Quick start

Before the Session

Turn the device On : Press the button until the green light **1.** turns on
Then, wait until both LEDs are blinking green
The device is now ready to be used

⚠ To get GPS/GNSS satellites, the device must be placed in an open sky area

After the Session

Turn the device Off : Press the button three consecutive times
The LED **1.** turns red and then turns off

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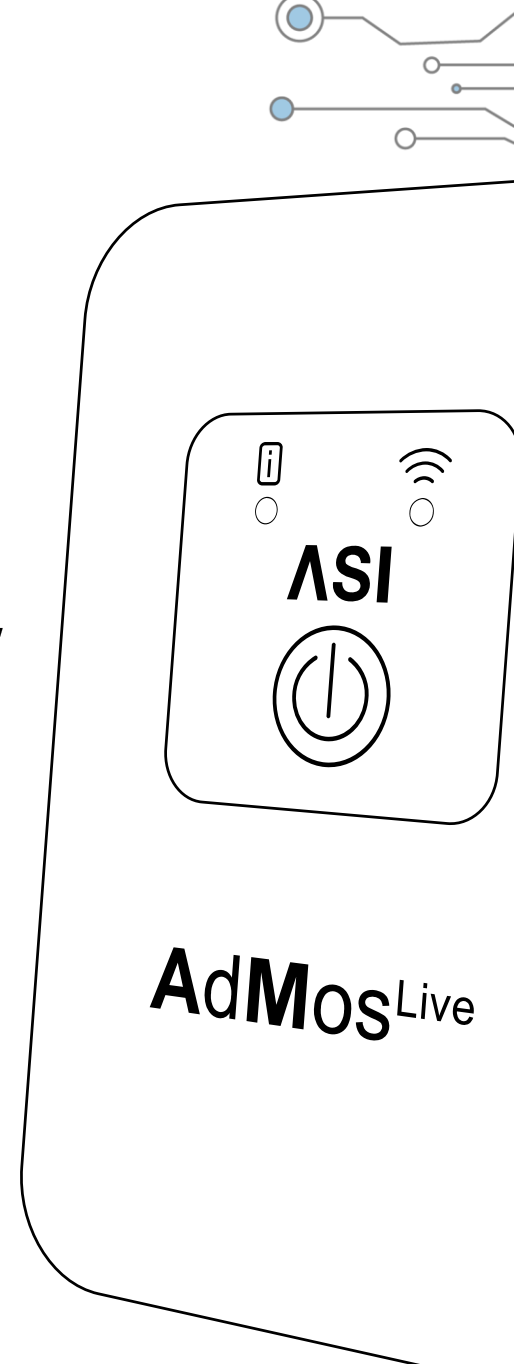
AdMOS^Live

Charging

AdMos^{Live} has an autonomy ranging between 5 and 10 hours depending on the configuration
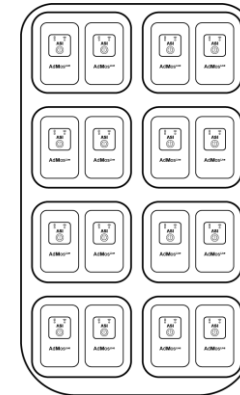Full charging of the battery can take up to 1,5 hour

LED behavior in charging mode

ⓘ	Device status
● Steady blue	Battery charge complete
☀ Blinking blue	Battery charging

With docking station

Make sure devices are correctly set in the charging slots
Power the docking station with the provided power supply

With magnetic USB-Cable

Plug the provided magnetic USB-Cable into the device
Then plug the other side to a computer or any other USB power supply

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 is 100 usages.

Usage

Wet the electrodes before wearing the shirt. Heart rate detecting will be improved.
Insert the AdMos^{Live} in the pocket of The conductive Shirt. Ensure the AdMos^{Live} is placed upright

SENSORS

Care

⚠ Wash at **30 ℃** maximum
⚠ No drying machine

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