

Before you start

INTENSE

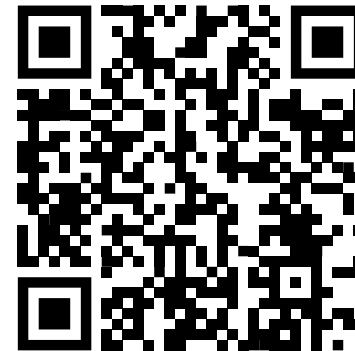




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Thank you for choosing INTENSE.
Before you start using your INTENSE devices for the first time,
it is important to activate each of them.

1. To activate your devices, follow the instructions available on <http://help.insiders.live>
2. Then go to the INTENSE section and open How To Activate Your INTENSE
3. For a direct access to the page scan the QR code



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Now that your INTENSE is activated and assigned to your Manager Account, you can configure your account and devices on your favourite Athlete Management System.

Important note :

For any question or support request regarding your favourite Athlete Management System, please directly contact the Support department of the Athlete Management System.

You are now ready to use your system

Documentation and Support

You will find detailed information and tutorials on our dedicated website : <https://help.insiders.live>

Should you have any issue or request, please write a message to support@insiders.live

We wish you a great experience using INTENSE!