

Quick start guide

INTENSE



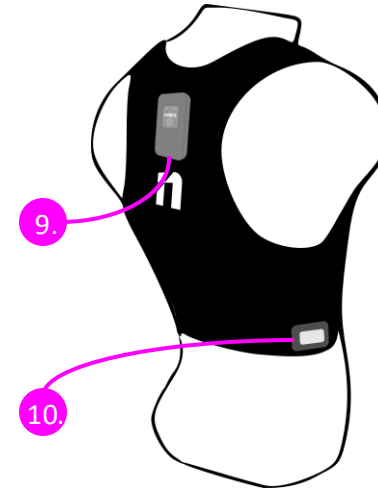
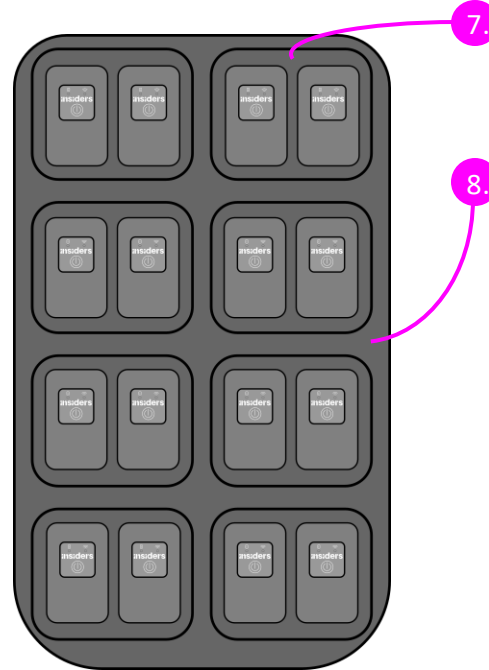
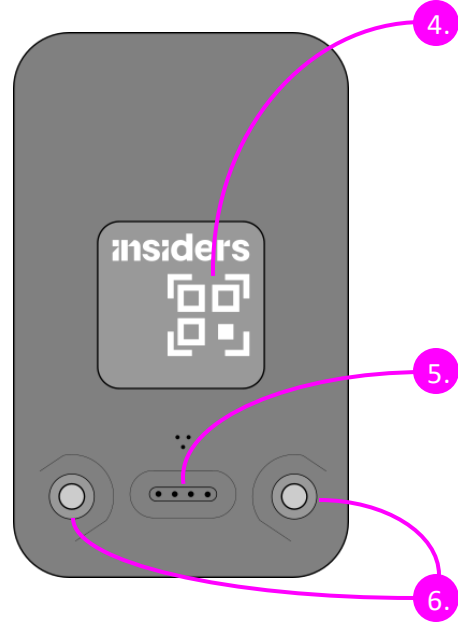
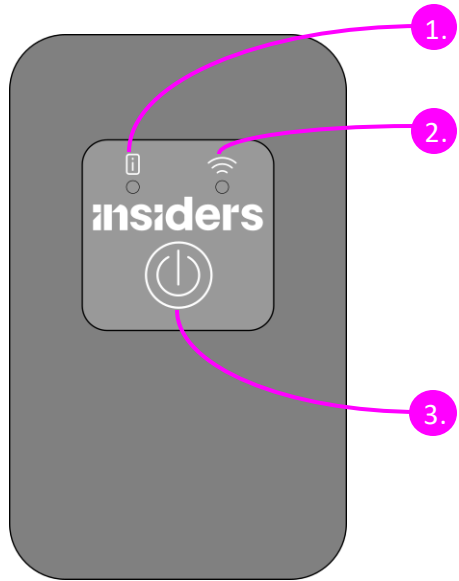
Welcome

1. Warnings
2. System description
3. LEDs Behavior
4. Before the first use
5. Quick Start
6. Charging
7. Conductive Shirt – sizes, usage and care
8. Documentation and Support

Warnings

- Use the INTENSE only as directed in the user manual
- Do not disassemble the device
- Protect the device from possible damage, do not drop and do not expose it to extreme heat or excessive exposure to sunlight
- Keep the device in a clean and dry place, at room temperature
- Avoid scratching the device
- Protect the INTENSE from water

System description



1. Device status

2. Network status

3. Turn on/off

4. Serial number

5. Magnetic USB slot

6. Electrocardiogram electrodes

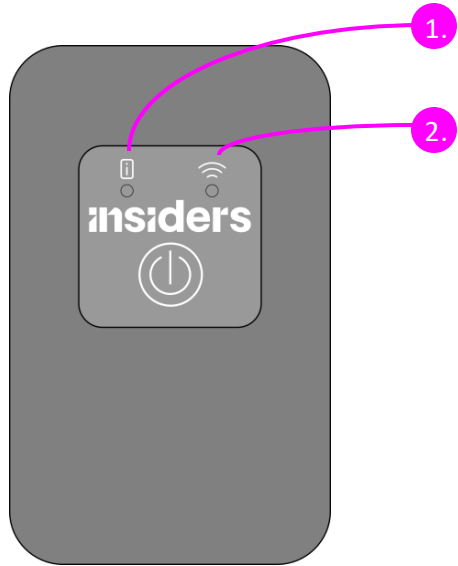
7. Charging slots

















8. Docking Station

9. Pod Slot

10. Heart rate meter

LEDs Behavior



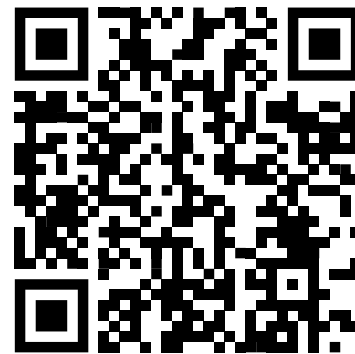
1. 		
Device status		
	Steady blue	Battery charge complete
	Blinking blue	Battery charging
	Steady green	Starting / sensors initialization / Firmware updating
	Blinking green	Recording in progress
	Blinking red	Low battery
	Steady red	Shutdown / Memory full / other hardware issue
	Gradually red	Battery level below 20%
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
	Gradually red	Battery level below 20%

Before the first use



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



You are now ready to use your system

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.

Quick start

Before the Session

Turn the device On : Press the power button **3.** 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 power button **3.** three consecutive times
The LED **1.** turns red and then turns off

Charging

INTENSE 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

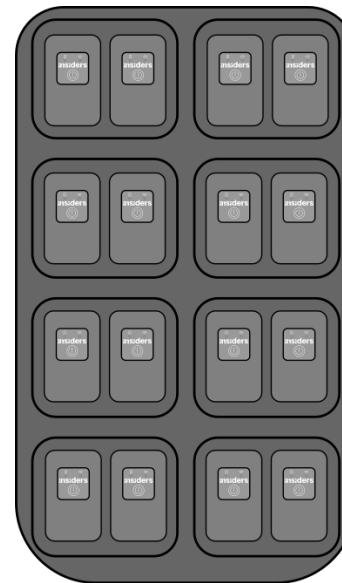
i	Device status	
●	Steady blue	Battery charge complete
☀	Blinking blue	Battery charging

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

With docking station

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



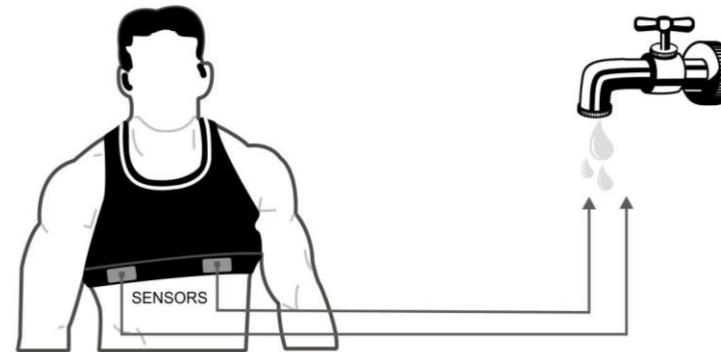
Conductive Shirt

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.

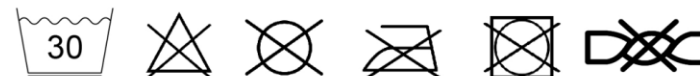
Usage

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



Care

- ⚠ Wash at **30 °C** maximum
- ⚠ No drying machine



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!