



SWIMSENSE™

PERFORMANCE MONITOR



Quickstart Instructions

Download the full instruction manual at:
<http://Swimsense.FINISinc.com>



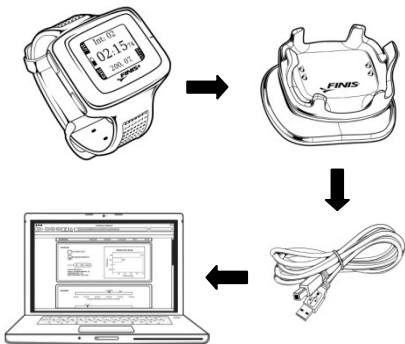
Part 1: How to use the Swimsense™

Charge Up

Before you can use the Swimsense™ Monitor, you will need to charge it for at least 2 hours.

- 1) Fit your Swimsense™ performance monitor in the Swimsense™ dock. Match up the FINIS® logos so that the port and cable are on the right side of the unit.
- 2) Connect the dock to your computer's USB port via the provided USB cable.
- 3) Your Swimsense™ monitor will begin charging.

Tip: When properly connected to USB, the watch will display: "CONNECTED TO USB"



Navigate

To navigate, you can simply read the labels that appear on the screen. Labels appear next to each button when an option or action is available.

- **[UP]** Press to scroll up through options, view previous option, or increase.
- **[DOWN]** Press to scroll down through options, view next option, or decrease.
- **[SEL]** Generally used to select or start.
- **[EXIT]** Press to exit from your current screen or option, and return to the parent menu for that option.

*Tip: Keep pressing the **[EXIT]** button and you will eventually return to the Home screen.*



Sleep Mode

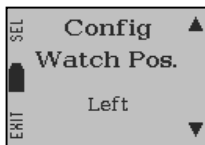
To conserve battery power, put your device in Sleep Mode while it is not being used. Press and hold the bottom-left and bottom-right buttons together for 3 seconds to put to sleep. To wake-up, press the top-left button.

Configure

To ensure the most accurate measurements, configure your personal settings **before** getting in the pool.

- 1) From the Home screen, press **[UP/DOWN]** until you reach “Config”. Then press **[SEL]** to select.
- 2) Press **[SEL]** to select a setting. Use **[UP/DOWN]** to adjust each setting, **[NEXT]** to toggle to the next highlighted option on the screen, then **[SAVE]** to confirm and exit.

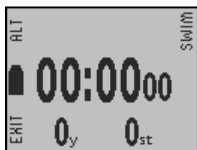
***Tip:** Watch Position (Left or Right wrist) and Pool Size **must** be set correctly for each workout. It is also recommended to set the proper Date and Time so your workouts will be organized correctly when you upload*



Go Swim

Make sure your watch has been configured to the correct wrist and pool size before swimming.

- 1) Select the "Swim " mode by pressing the **[SWIM]** shortcut from the Home screen, or by scrolling **[UP/DOWN]** through the main menu.
- 2) Press **[SWIM]** to begin recording your workout and start swimming.
- 3) If you want to record intervals or if you want to rest between swims during your workout, press **[PAUSE]**. The screen will inverse, so that the background is black. This means you are now resting. When you are ready to start swimming again, press the **[SWIM]** button and continue.
- 4) You can view alternate data values during your workout by pressing the **[ALT]** button.



READY TO SWIM



SWIMMING



SWIM PAUSED

- 5) When taking long breaks, or if you are at the end of your workout, press **[STOP]**. If you are completely done with your workout, press **[RESET]**. The workout will be automatically stored. If you want to swim further press **[START]** again. Note that pressing **[STOP]** does not create an interval.

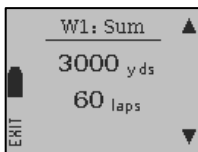
Tips:

- *An “interval” is a period of time that you are swimming. Swim intervals occur between rest periods. Use **[PAUSE]** to capture intervals. A “workout” is your entire workout session.*
- *Whenever you are not swimming, your Swimsense™ should either be paused or stopped.*
- *Swimsense™ supports the four major strokes (Butterfly, Backstroke, Breaststroke and Freestyle). **Your device should be paused or stopped during drill or kicking sets.***

Make Sense

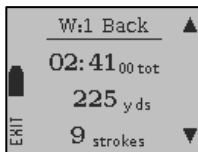
Review your workout by going to “Workout History” in the main menu.

- 1) Press **[SEL]** to enter, and use **[UP/DOWN]** to scroll through the list of workouts.
- 2) Press **[VIEW]** to see a workout in depth, and use **[UP/DOWN]** to scroll through various data on your swim.



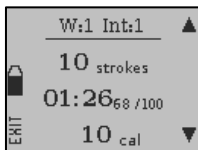
WORKOUT SUMMARY

- 3) You can view workout details broken down by stroke in the Stroke Type Data submenu. Press **[VIEW]** to see further details, and **[EXIT]** to go back to the overview.



REVIEW BY STROKE TYPE

- 4) You can also view details by interval in the Intervals submenu. Again press **[VIEW]** to see more details and **[EXIT]** to return to the overview.



REVIEW BY INTERVAL

Need More Help?

Go to <http://Support.FINISinc.com> for how-to videos, FAQ's, step-by-step walkthroughs, live chat support, or to download the complete instruction manual.

Part 2: How to Upload your Workouts

Register for an Account

- 1) Go to the website:
<http://Swimsense.FINISinc.com>
- 2) Click **REGISTER** in the top navigation bar to be taken to the registration form.
- 3) Within the “**Product**” list, select the desired service and proceed to fill in the remaining fields with your personal information.
- 4) Upon completion a confirmation will be sent to the email address you entered.



Download & Install the Swimsense™ Bridge

- 1) Once you have registered an account, login using the email address and password you created on the Swimsense™ website:
<http://Swimsense.FINISinc.com>
- 2) Hover over the **MY ACCOUNT** link in the top navigation and select "**Swimsense Bridge**". The Bridge is a piece of software that runs on your computer to transfer your workout files.
- 3) Click on the Swimsense™ Bridge image on the right side of the page to start the install.
 - a. It may take a moment for the install to begin. Be patient!
 - b. Click "Open" when prompted
 - c. Click "Install" if you are installing the Swimsense™ Bridge for the first time
 - d. Click "Continue" to select the default installation location

***Tip:** When firmware updates are available for your watch, the Swimsense™ Bridge will notify you. Follow the onscreen instructions to keep your watch up-to-date with the latest features.*

Uploading Workouts through the Swimsense™ Bridge

- 1) After installing the Swimsense™ Bridge software, open and run the application:
 - a. From your desktop or program list, double-click the swimmer icon to launch the Swimsense™ Bridge
 - b. OR click on the Swimsense™ Bridge image on the right side of the webpage from which you installed the software. When prompted, select "Run Now".
- 2) The Swimsense™ Bridge window will load and you will be prompted to enter your user name (email) and password.
- 3) Make sure that you have a live internet connection, and the Swimsense™ device is correctly plugged into your computer's USB port.
- 4) Enter your user name (email) and password you created during registration and click **AUTHENTICATE**.
- 5) Once authenticated and connected, a list of workouts on the watch will appear. These are now ready for upload.
- 6) Click the **UPLOAD** button. A notification will appear to let you know that the workouts were uploaded successfully.

Review Workouts on the Swimsense™ Website

Once you have swum and uploaded workouts through the Swimsense™ Bridge, they will automatically appear on the online Swimsense™ account you created.

- 1) Go to <http://Swimsense.FINISinc.com> and login using your email address and password.
- 2) Online tutorials are available under the **MY ACCOUNT: Support Center** portal, where you can walk through how to upload, navigate, and analyze your workout data.

Support

- Web: <http://Support.FINISinc.com>
- Toll Free: 888-333-4647

Safety and Care

- Rinse the Swimsense™ in fresh water after use. Wipe the front and back dry and store indoors in a dry environment.
- The Swimsense™ device is water resistant and can be used safely in swimming pools, lakes, oceans, or any fresh or salt water.
- All users of this product assume risk resulting from its use. Whether proximate or remote, there may be a risk of injury. Neither manufacturer nor seller of this product assumes any liability.