

BOLTT Stride **SENSOR MANUAL**



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1. WELCOME TO BOLTT

Boltt is a Sports Technology brand that empowers athletes to run smarter. Our products around sports technology and connected fitness help athletes to understand, analyze and improve their performance. We aspire to bring in a new era of fitness and aspiration for the athletic youth.

WE ARE PASSIONATE RUNNERS

We promote the spirit of free running

WE ARE COACHES

We love to train you for track , marathons and ultra-marathons


WE ARE TECH ENABLERS TO RUNNING

We help you scientifically improve you running and fitness

2. BOLT T STRIDE SENSOR

Boltt Stride Sensor is a smart way to discover next generation sports technology. It is based on patented SDM technology that analyses a 360-degree motion of the foot and results in the computation of steps, distance, instantaneous speed and instantaneous cadence.

It is small enough to attach to shoe laces or fit in the mid sole of a compatible shoe. It is smart and lightweight and gives data with 97% accuracy. It is the most advanced running wearable to capture and analyse running metrics along with stride sensing and motion analysis capabilities.

It is  **Bluetooth®** and **ANT+™** compatible.

In order to view the stride sensor data, you are required to download the **Boltt Training Application** or the **Boltt Utility Application** from the Appstore or PlayStore.



The applications will guide you through personalized workouts. Our In-built voice coach will analyse the data coming from the Stride sensor and will give you real-time feedback to improve your performance.

3. BOLTT STRIDE SENSOR FEATURES



Go beyond your Speed | Improve your performance | Stay Healthy and Connected



3.1 Measures

- Distance
- Time
- Current Speed
- Average Speed
- Max Speed
- Current Cadence
- Average Cadence
- Max Cadence
- Average Stride Length
- Calories Burnt
- Acceleration
- Running Economy
- Workout Efficiency

3.3 Wireless data transfer

Workout data/performance is transferred wirelessly to a compatible IOS or Android device with the Bolttt Applications installed.

3.2 Memory

The Bolttt Stride sensor has a memory unit with “Smart Recording” technology that logs the detailed Speed, Cadence and Distance data in 5 second intervals, only when striding foot motion is detected.

The Bolttt Stride sensor minimizes memory usage during inactive periods hence the memory can store session details of more than 7 hours at a stretch.

3.4 Seamless integration in footwear

The Bolttt Stride Sensor can be attached securely to the laces of any shoe using lace clip accessory enclosed in the box or it can be invisibly inserted into the mid-sole cavity of a specially designed shoe.

We recommend BOLTtt official Running Shoes for best performance.



4. BOLTT STRIDE SENSOR GENERAL SPECIFICATIONS

- 35 mm (L) x 25 mm (W) x 8 mm (H)
- Battery Life-6 months
- Motion Analysis Capabilities
- Stride Sensing Features\
- Sports Tracking
- Sensors with MEMS Accelerometers.
- Data with 97 % accuracy
- ANT+ compatible
- BLE 4.0 compatible.
- RF frequency: 2.4 GHz
- Communication Range: 2.5 m typical in lace position (dependent on receiver unit)
- Total Weight (without Lace Clip) <8 g (including battery)



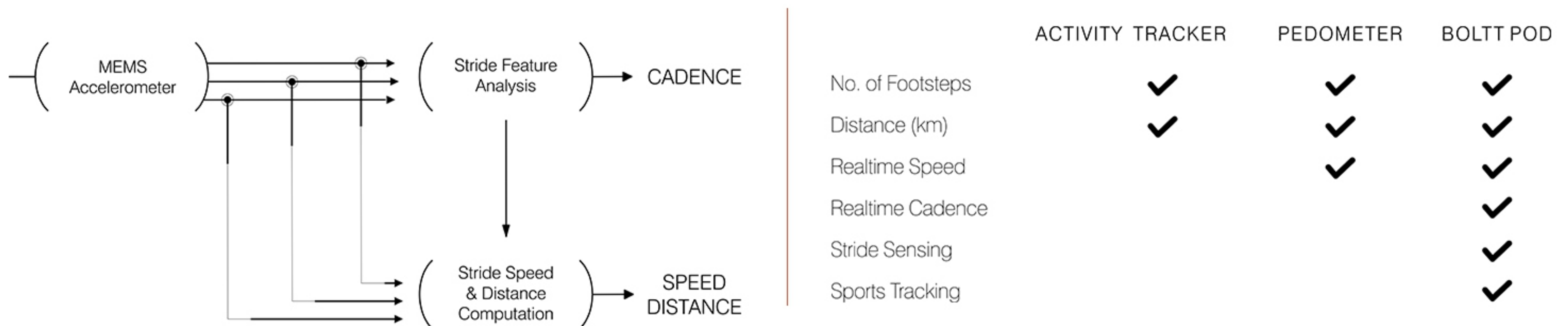
5. TECHNOLOGY USED

The Bolt Footpod is based on Garmin's Max35 technology platform, providing best-in-class foot pod accuracy.

- The sensor is based on a 3 accelerometer system that has several advantages. It tracks a much fuller motion of the shoe; tracks the metrics not only longitudinally (forward/backward) but also vertically.
- It is based on the patented Speed Max SDM technology of Dynatream which enables the analysis of human motion in real time with small, easy to use devices which are light weight and power efficient.
- The SpeedMax SDM foot pod utilizes MEMS (Micro Electro Mechanical Systems) accelerometers, advanced digital signal processing (DSP) techniques and patented algorithms to capture major phases of a runner's unique stride.
- A replaceable watch battery powers the pod for a year of training.

6. STRIDE FEATURE ANALYSIS

- Pedometers use simple accelerometers arranged to trigger on foot impact and a stride is counted every time the switch is triggered.
- SpeedMax SDM analyzes 3D foot acceleration to identify stride features. As your gait changes, the SpeedMax SDM tracks the change and verifies each stride signature.
- Simple pedometers count your steps and use the step count to estimate speed and distance based on your stride length.
- SpeedMax SDM uses a patented algorithm which integrates the 3D acceleration signals to calculate a unique metric which can be used to accurately compute speed and distance individually for each stride.



7. HOW IT WORKS



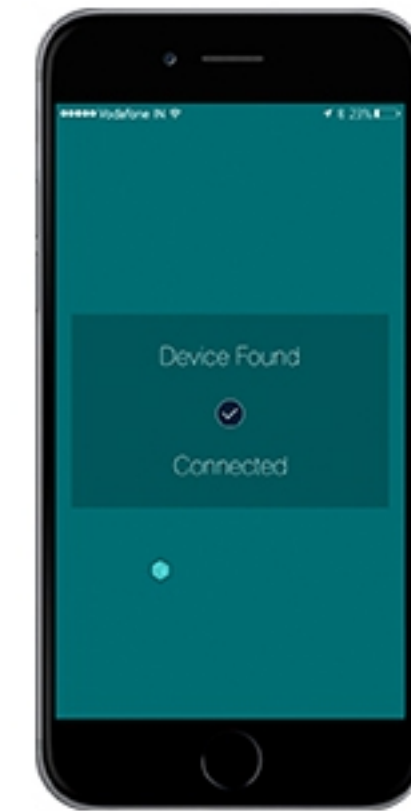
ATTACH

Simply lace the pod onto your shoe once and leave it there. The Pod collects data as soon as it sense movement



RUN

This Pod is always ready to go and it when you start and stop. There is no need to run with your phone!



SYNC

Sync your pod to the Boltt Training app to view detailed performance data and gait metrics.

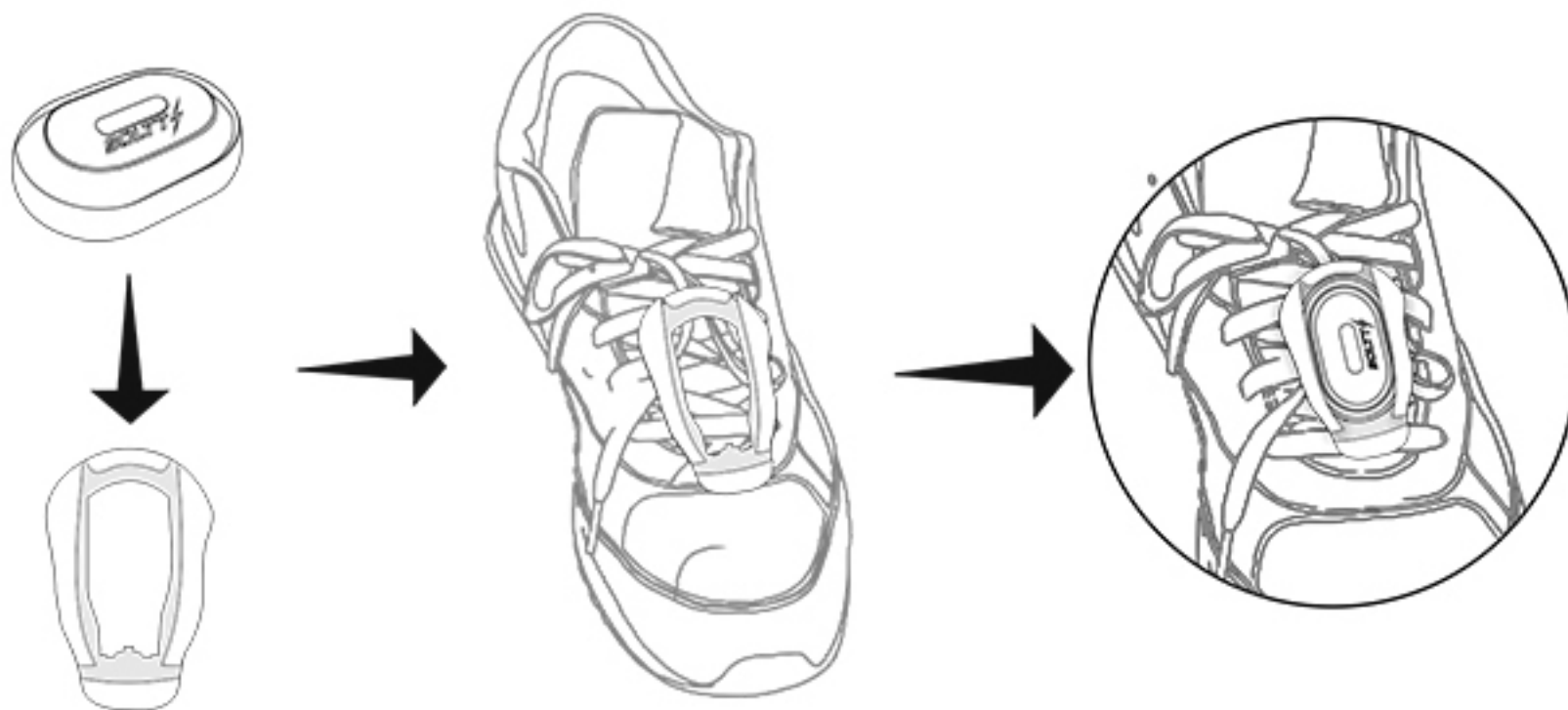
8. ATTACHING OPTIONS

Option 1 (with the lace clip):

Step 1: Place the lace clip under your shoelaces

Step 2: Attach the Boltt Stride Sensor on top by pressing it firmly into place.

Step 3: The BOLTt logo must face up when attached to the laces.



Option 2 (with Boltt shoes):

Step 1: If you have Boltt shoes, remove the lace clip.

Step 2: Place the Boltt Stride Sensor module (without the clip) in the midsole cavity after removing the insole.

Step 3: The Boltt logo must face down when inserted in the midsole cavity.



9. OPERATIONAL USE:

Power On: MCU and sensor are always awake, but in ultra low power mode. RF transmission automatically activates upon sensing of adequate motion (equivalent of 3 – 4 strides).

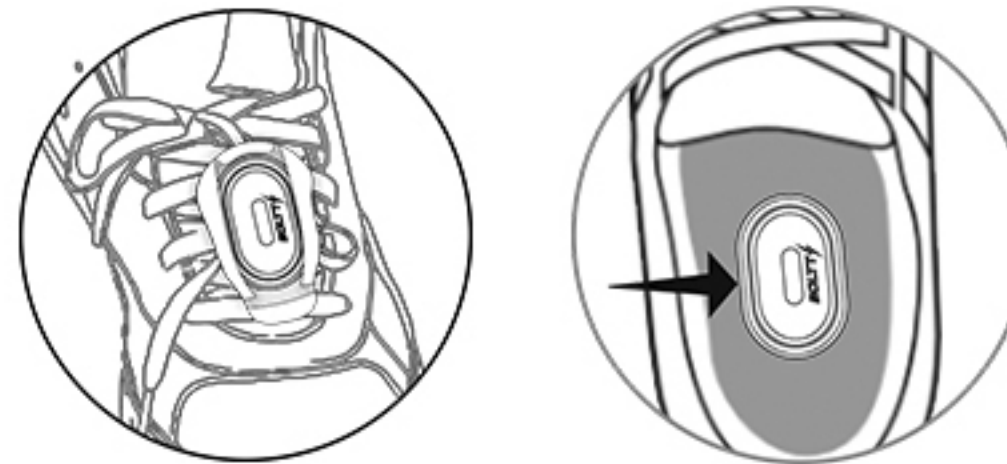
Power Off: GP1 automatically returns to ultra low power mode 2 hours after RF transmissions start.

Step 1: SignUp



Bolt Training App

Step 2: Attach Stride Sensor

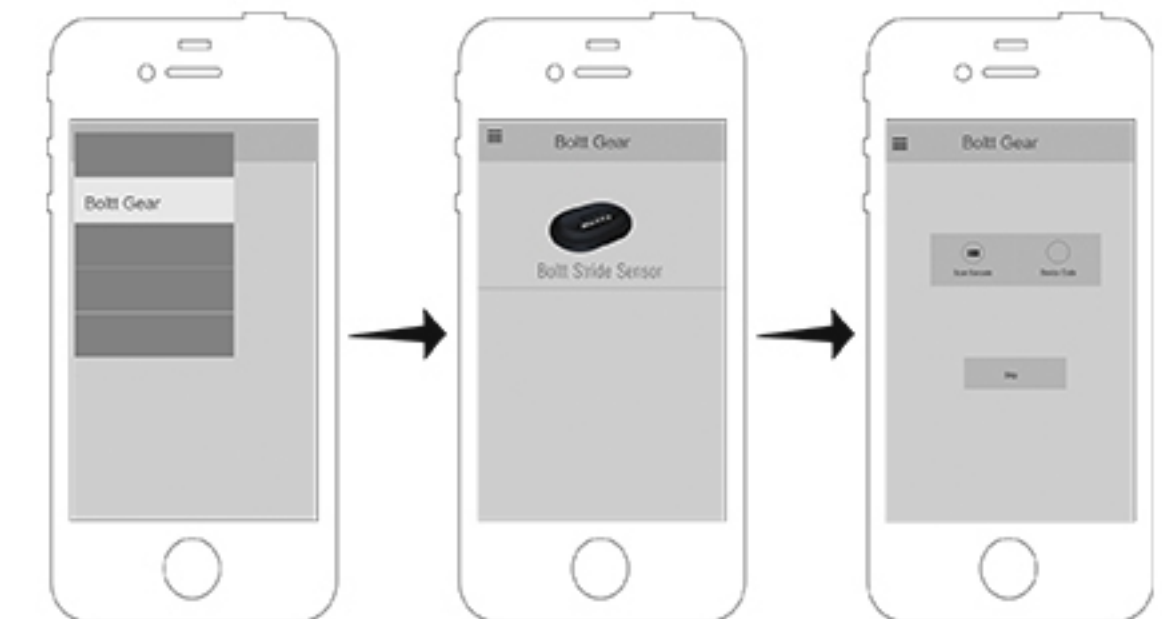


On the Laces or Below insole

Step 4: Improve Your Performance



Step 3: Pair Your Stride Sensor



On the Laces or Below insole

10. SYNC DATA OPTIONS

The Bolt Stride Sensor has the capability of logging workouts in its memory. This feature gives the user flexibility of not carrying his/her phone during workout.

Step 1: After performing your workouts open the Bolt Training Application

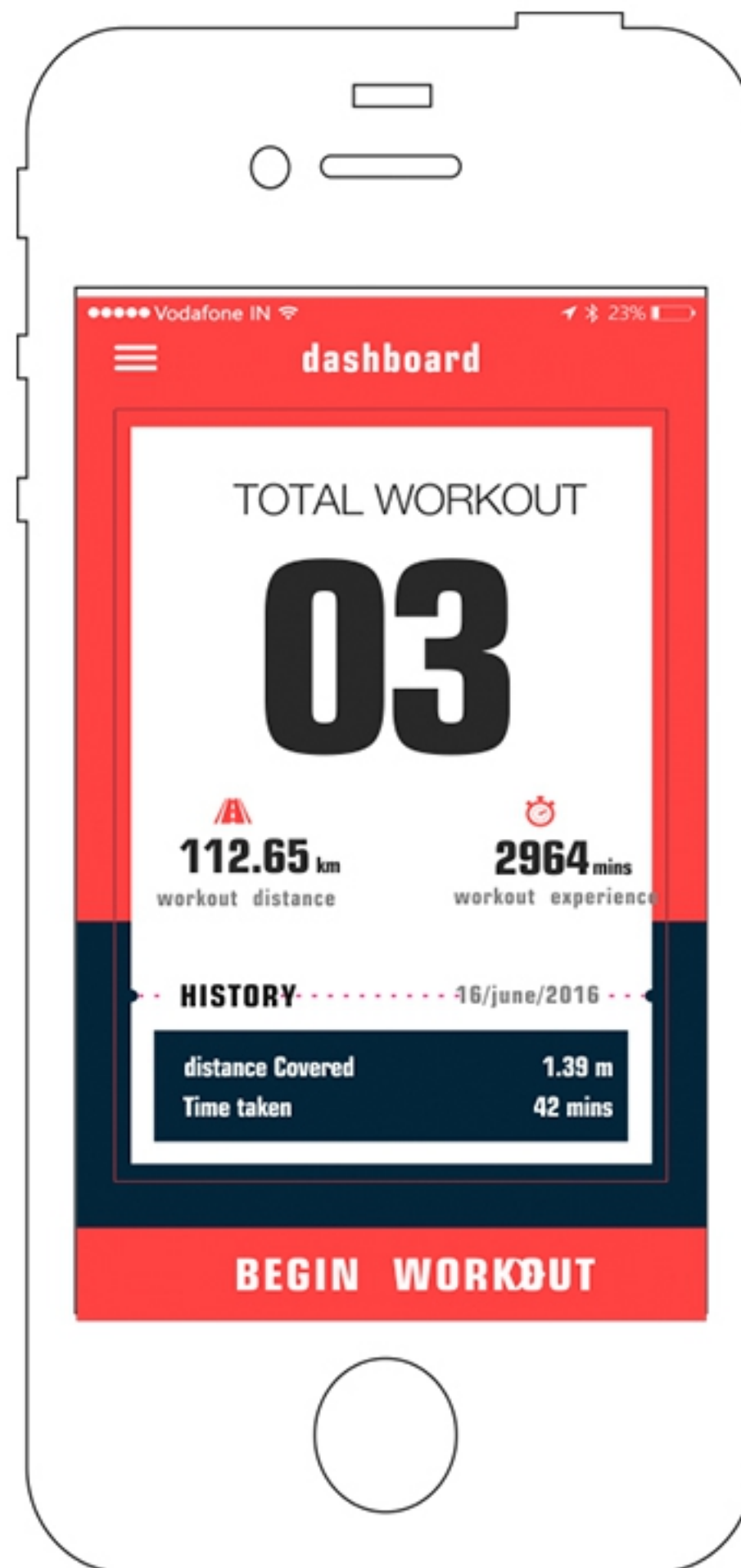
Step 2: Open the Activity Section and click on sessions.

Step 3: Click on Sync.

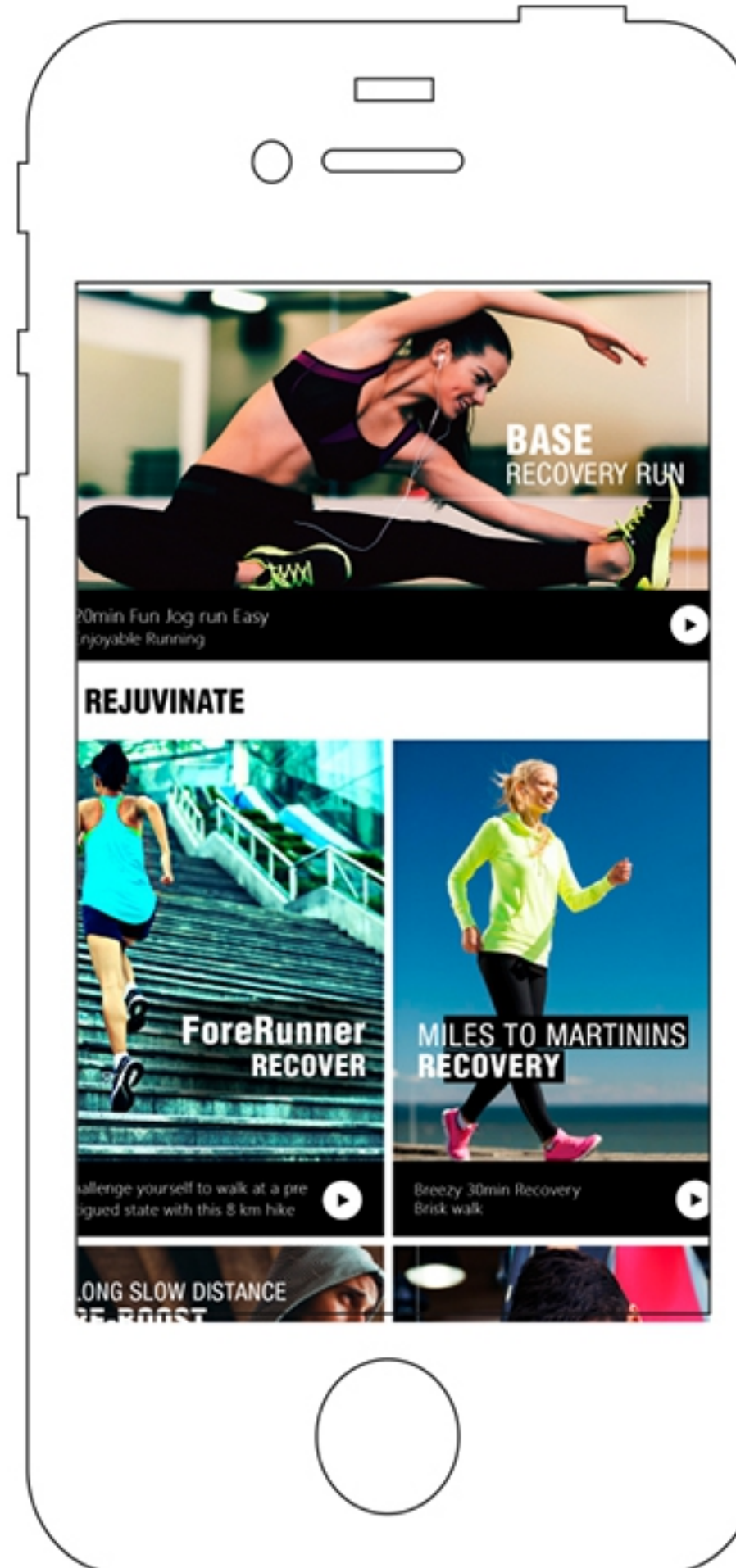
Step 4: You get to see in depth Analysis related to your workouts

Step 5: Bolt Analyses all your data and accurately predicts your workout sessions

11. COMPATIBLE WITH



Boltt Utility



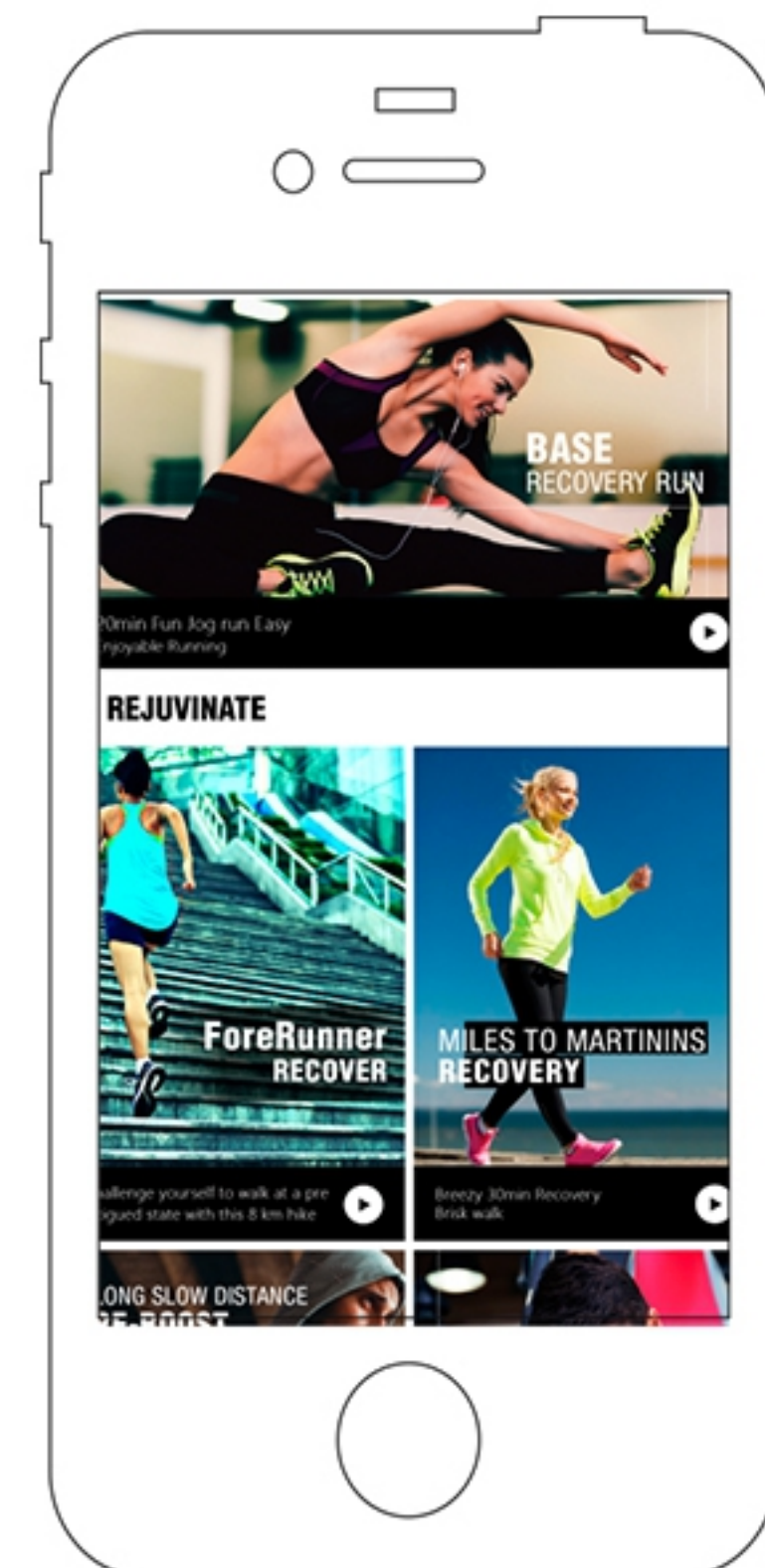
Boltt Training

Available On:



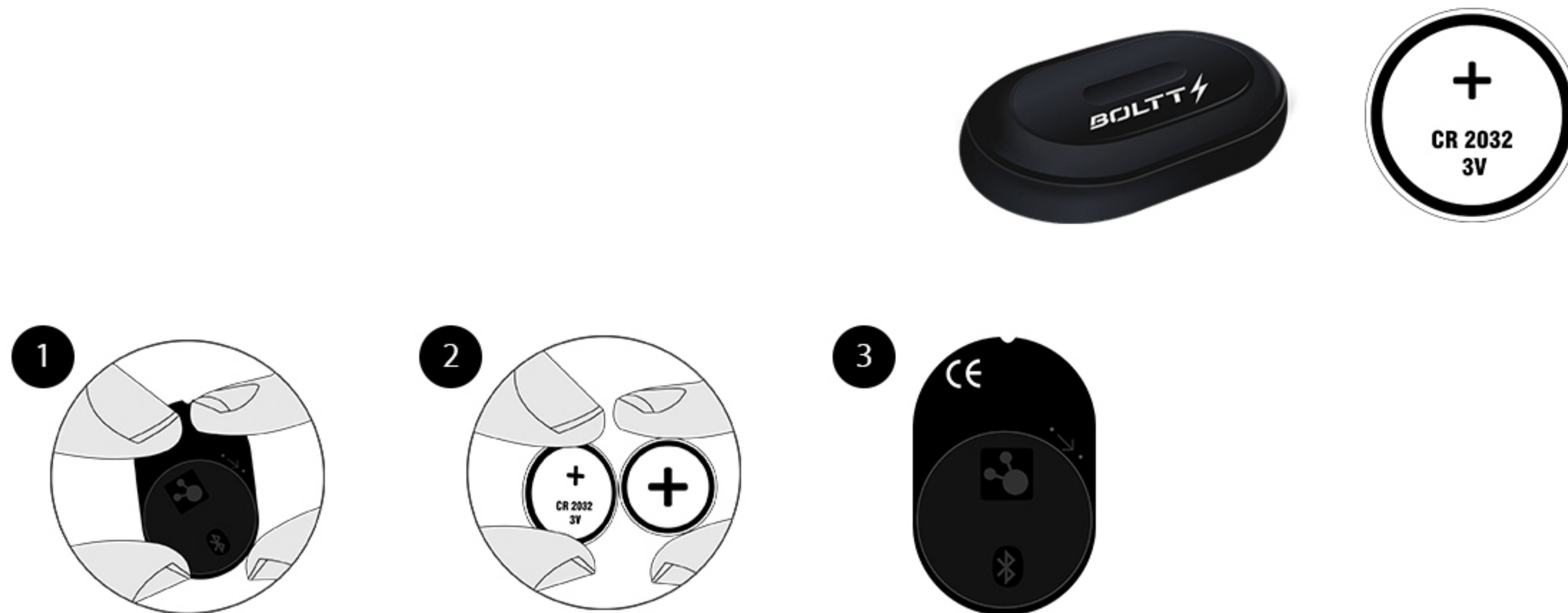
12. BOLTT TRAINING APPLICATION

- An unmatched library of workouts matching the multiple fitness goals of a user.
- Bolt Voice Coach: This takes the guess work out of TRAINING. It is a 'coach in your pocket'; a powerful AI voice coach that will give dynamic audio feedback, basis the user's real time performance and training.
- View detailed post workout analysis
- Track and log offline workout sessions and view essential activity metrics
- Create on your own dynamic workouts to suit all your fitness needs.



13. BATTERY REPLACEMENT

The battery door is located on the bottom of foot pod and can be removed by hand without using tools. The Stride Sensor does not need to be re-paired after battery replacement. Previously saved sessions are also retained during battery removal and replacement.



1. Remove the back cover of Bolttt Stride Sensor by turning it to the left
2. Take out the old battery from the cover and place the new battery into the cover correctly.
3. Close the back cover of Bolttt Stride Sensor by turning it to the right

Note: If you remove the battery from Bolttt Stride Sensor, all collected data will automatically be deleted and Bolttt Stride Sensor will be reset.

14. COMPLIANCE AND REGULATORY DOCUMENTS

“Note: This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help”



FCC ID: O6R02162



COMPLIANCE AND REGULATORY DOCUMENTS

"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."

This Category II radiocommunication device complies with Industry Canada Standard RSS-Gen.

Ce dispositif de radiocommunication de catégorie II respecte la norme CNR-Gen d'Industrie Canada.

This device complies with Industry Canada license-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.

Cet appareil est conforme aux normes RSS sans licence d'Industrie Canada.

Son fonctionnement est soumis aux conditions suivantes :

- (1) cet appareil ne doit pas causer d'interférences et
- (2) doit accepter toute interférence, y compris les interférences pouvant entraîner un fonctionnement indésirable de l'appareil.



IC: 3797A-02162
'DYNASTREAM TECHNOLOGY'
M/N: 02162



15. CUSTOMER SERVICE INFORMATION

15.1 Warranty:

Boltt warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 ("one") year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the Boltt Stride Sensor warranty. The warranty is void unless the following conditions are met:

1. Your receipt containing the purchase details must be presented when warranty service is required.
2. The Boltt Stride Sensor warranty extends only to products originally purchased from an authorized Boltt retailer or from Boltt's own retail.
3. The warranty is void in case of any exclusions or limitations indicated in Boltt Stride Sensor warranty card.
4. With regard to Boltt Stride Sensor warranty, the modalities of how to obtain warranty service must be followed.

Note: The warranty card is in addition to and does not imply any loss of statutory rights.

Please read the Boltt Stride Sensor warranty for additional information.

15. CUSTOMER SERVICE INFORMATION

15.2 Support:

Please check the FAQ online, in the Help section.

If you can't find an answer to your question there, please check the support forum or contact the Customer Support Team. Contact information is available within the Customer Service section.

15.4 Medical Disclaimer:

Important information on your workouts with Boltt Stride Sensor: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice.

Before you start working out, you should get a medical check-up.

Please be aware that any communication with Boltt Stride Sensor

occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising.

If you experience any pain, feel weak, dizzy or exhausted or become short of breath, immediately stop your workout.

When you work out, you assume all inherent risks.

15.3 Precautions:

Batteries Keep batteries away from children. If swallowed, contact a doctor immediately. A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations. Do not expose to high temperatures. Do not disassemble. Do not allow metal objects to contact or short-circuit the battery terminals. Do not incinerate or expose to fire.

CAUTION: Risk of explosion if battery is replaced by an incorrect type.



DECLARATION of CONFORMITY

Application of Council Directive: 1999/5/EC, 2011/65/EU

Standards to which conformity is declared:

- IEC 60950-1:2005(2nd Edition)+A1:2009+A2:2013
- EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013 Information technology equipment. Safety. General requirements
- EN 300 328 Electromagnetic compatibility and Radio spectrum Matters (ERM); Wideband transmission systems
- EN 300 440-2 Electromagnetic compatibility and Radio spectrum Matters (ERM); Short range devices; Radio equipment to be used in the 1 GHz to 40 GHz frequency range
- EN 301 489-1/-3 Electromagnetic compatibility and Radio spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) standard for radio equipment and services;
- EN 301 489-17 Electromagnetic compatibility and Radio spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 17: Specific conditions for Broadband Data Transmission systems

Manufactured by:	Dynastream Innovations, Inc. & GARMIN Corporation
Manufacturer's Address:	#201, 100 Grande Blvd., No.68, Zhangshu 2nd Rd., Cochrane, Alberta Xizhi Dist., New Taipei City 221 Canada T4C 0S4 TAIWAN, R.O.C.

Type of Equipment: Information Technology Equipment (Low Power Wireless Device)

Model Number(s): GP1, 02162

The undersigned does hereby declare that the equipment complies with the above Directives.


Jim Rooney
President, Engineering
Dynastream Innovations Inc.

Dynastream Innovations Inc. is a wholly-owned subsidiary of Garmin® Ltd.

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