



SWIMSENSE®

PERFORMANCE MONITOR



Quickstart Instructions

*Download the full instruction manual at:
Swimsense.com*

POWERED BY
sportsense®

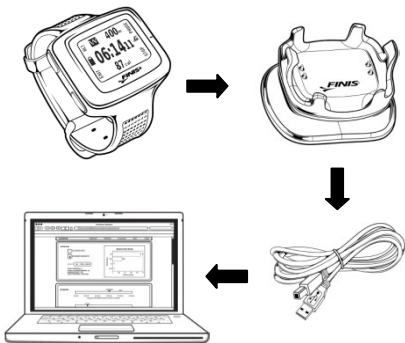
Part 1: Charge & Update your Device

Charge Up

Before you can use the Swimsense[®], you will need to charge the device 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[®] device will begin charging.

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



Before You Swim

We are constantly looking for ways to improve the Swimsense[®] and therefore have designed the device to be fully updatable. It is possible that updates have been made available after your Swimsense[®] was assembled and shipped.

Please follow the next steps to register your new Swimsense[®] at Swimsense.com and run the Swimsense[®] Bridge to check if any updates are available for your device.



Register for a Swimsense[®] Account

- 1) While your Swimsense[®] is connected and charging, launch your web browser and go to: Swimsense.com
- 2) Click **REGISTER** in the top navigation bar to be taken to the registration form.
- 3) Fill in the fields with your personal information and submit.
- 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:
Swimsense.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

Note: *The Swimsense® Bridge is both PC and MAC compatible.*

Update your Swimsense® Device

- 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) If new firmware updates are available for your device, the Swimsense® Bridge will notify you at this point.
- 6) Follow the onscreen instructions to keep your Swimsense® up-to-date with the latest features.

Warning: *Updating the firmware will delete any workouts currently on the Swimsense®. Make sure to upload all of your workouts first.*

Part 2: Using your Swimsense®

Once you have charged and updated your Swimsense®, un-dock the device and it will automatically turn ON.

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.

- [▲] Press to scroll up through options, view previous option, or increase.
- [▼] 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, simply 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 [▲ / ▼] until you reach "Config". Then press [SEL].
- 2) Press [SEL] to select a setting. Use [▲ / ▼] 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*



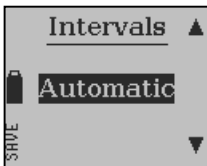
Interval Inference Mode (iiM)

In addition to automatically counting laps, strokes, and other swim metrics, your Swimsense® has the option of automatically recognizing intervals and rest time.

iiM makes it so you don't need to worry about pressing any buttons on the watch while swimming. The advanced sensors will infer if you are swimming or resting, and thus determine all of your interval times, distances, and rest periods automatically.

- 1) Enable iiM in the configuration menu.
- 2) When you are ready to start your workout press **SWIM** and begin swimming.
- 3) While swimming, be sure to follow the **iiM Rules** listed on the next page to improve your recognition accuracy.
- 4) At the conclusion of your swim press **STOP**

IMPORTANT: *iiM does not recognize drill or kick work and the Swimsense® needs to be manually **STOPPED** during these periods.*



iiM Rules for Accuracy

While swimming with iiM there are a few rules to follow. These will be important in making sure iiM functions correctly.

- 1) **Push Off Strong** – On each wall, push off and streamline for at least 2 seconds.
- 2) **Finish Strong** – Even if you aren't finishing with your Swimsense[®] arm, it is important to have a good finish into the wall so that the time can be accurate. Just like a coach, the Swimsense[®] is now timing your intervals, so you better not finish short!
- 3) **Be Still Between Intervals** – After a few seconds of non-swimming, the screen will automatically pause and invert when you are resting. However, you should try and stay as still as possible so that excess motion isn't confused for swimming. A suggestion would be to put your Swimsense[®] hand or wrist on the wall to hold it still.
- 4) **Have At Least 3-5 Seconds Rest Between Intervals** – The Swimsense[®] needs this time of stillness between intervals to know that you have stopped swimming. Otherwise it will think you are just doing a very slow turn.

Go Swim

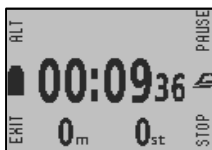
Make sure your Swimsense[®] has been configured to the correct wrist and pool size before swimming.

- 1) Select the “Swim” mode by pressing the **[SWIM]** shortcut from the Home screen, or by scrolling **[▲ / ▼]** through the main menu.
- 2) Press **[SWIM]** to begin recording your workout and start swimming.
- 3) If you have enabled iiM then swim normally and follow the iiM tips (pg. 8-9). No button presses will be needed while swimming with iiM.
- 4) If you have not enabled iiM then you will need to manually record intervals and rest periods. Do so by pressing **[PAUSE]**. The screen will invert, 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.
- 5) View alternate swim metrics during your workout by pressing the **[ALT]** button.

- 6) 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 saved and stored. If you want to swim further press **[SWIM]** again. Note that pressing **[STOP]** does not create an interval.



READY TO SWIM



SWIMMING



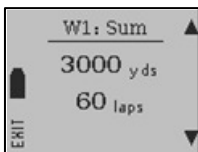
SWIM PAUSED

IMPORTANT: Your device should be paused or stopped during drills or kicking sets, and anytime you are not actively swimming.

Make Sense

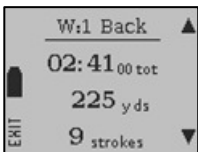
Review your workout on the watch by going to “Workout History” in the main menu.

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



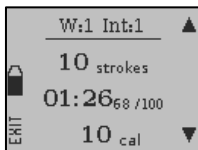
WORKOUT SUMMARY

- 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?

Visit our FINIS support site at
FINISinc.com/Support

There you can create support tickets or engage in our live chat.

Part 3: Uploading your Workouts

Launch the the Swimsense[®] Bridge

- 1) After installing the Swimsense[®] Bridge software (see pages 3 & 4 for installation instructions), 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 your completed workouts 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® Training Log account you created.

- 1) Go to Swimsense.com and login using your email address and password.
- 2) After logging in, you will be taken to your **DASHBOARD** overview page where you can view cumulative stats or progress goals.
- 3) Click on **WORKOUTS: Uploaded Workouts** to view a list of the most recent workouts you have uploaded to your Training Log.
- 4) Click on **WORKOUTS: Calendar View** to see your workouts laid out on a calendar.
- 5) Clicking on the Details of a workout will take you to the **Workout Details** page where you can view more detailed stats about your workout.



Understanding the Workout Details Page

- Grab and slide the workout timeline at the top of the page to view more of your workout.
- The dark blue horizontal bar represents your entire swim workout.
- Each interval and length of the pool is color-coded by stroke type.
- Clicking on the workout, interval, or length bars in the timeline will refresh all the charts and data below.
- Are there any peaks or valleys in your workout detail charts? What do you think these represent?

***Tip:** Online tutorials and videos are available under the **MY ACCOUNT: Support Center** portal, where you can walk through how to upload, navigate, and analyze all your workouts.*

Helpful Definitions

- **INTERVAL:** One or more lengths of the pool swum continuously without including rest time.
- **LAP:** One full circle in the pool, down and back (2 lengths)
- **REST TIME:** Time spent resting between intervals with the device paused.
- **WORKOUT:** Your entire swim session including all intervals and rest periods.
- **STROKE COUNT:** The average number of stroke cycles you take per length. A stroke cycle is one complete revolution of both the left and right arm.
- **PACE:** A measure of average time per 100. For example, if you did a 500 swim in 6:00, then your pace time per 100 will be 1:12.
- **STROKE RATE:** The average time in seconds it takes for you to complete a full stroke cycle. Measured in Seconds/Stroke.
- **DISTANCE PER STROKE:** How far you travel with each stroke cycle. Measured in meters or yards, this metric lets you understand how long your stroke may be.
- **SWOLF SCORE:** A measurement of efficiency, SWOLF adds both the stroke count per length and the time per length. Similar to golf, the lower SWOLF score the better and more efficient you are swimming!

Frequently Asked Questions

Q: How does the Swimsense capture and calculate all the data?

A: We built a 3-axis accelerometer and a magnetometer sensor inside the watch to record your movements. We then run the data from these sensors through our proprietary algorithms to recognize strokes, turns, and other swim metrics.

Q: Do I need to configure my Swimsense®?

A: YES. In order to calculate accurate swimming metrics, you should configure your device before getting in the pool. See page for 7 configuration details.

Q: How do I record intervals and sets during my swim workout?

A: Use **iiM** or the **[PAUSE]** button to capture intervals during your swim. iiM will automatically infer when you stop swimming, so no button presses are needed. However if you want to be more accurate, manually pressing the **[PAUSE]** button will also demarcate intervals.

Q: What strokes can the Swimsense® support?

A: The device recognizes and differentiates between the four major strokes: Butterfly, Backstroke, Breaststroke & Freestyle.

Q: How come the Swimsense® cannot capture my data when I swim drills?

A: The unique Swimsense® algorithms are only built for the four major strokes. So if you are swimming drills (such as kicking, single-arm stroking, mixing strokes within a given length, etc.), the device cannot determine how to interpret your actions. Therefore when doing drills, the Swimsense® should be stopped or placed in pause mode.

Q: What size pools does the Swimsense® work in?

A: The Swimsense® will work in any pool that is between 18 yards and 50 meters. Before swimming, you will need to configure your pool size to the correct distance in meters or yards.

Q: Does the Swimsense® work for open water swimming?

A: Currently the Swimsense® is designed for pool use.

Q: How do I upload my workouts to the online training log?

A: First register for a FREE account on Swimsense.com. From there, download the Bridge software as this is your tool to upload workouts. See pg. 14-15.

Support

- **Web:** FINISinc.com/Support
There you can create support tickets or engage in our live chat.
- **Toll Free:** 888-333-4647 (9am-4pm PT)

Safety and Care

- Rinse the Swimsense[®] in fresh water after use. Wipe the front and back dry and store indoors in a dry environment.
- Wipe clean the back of the Swimsense[®] watch and top of the docking station before connecting. Remove any excess debris.
- 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.

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