



AQUAPULSE



Instruction Manual

Please read through the entire instruction manual before use. For more support information visit us at: Support.FINISinc.com

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About the AquaPulse™

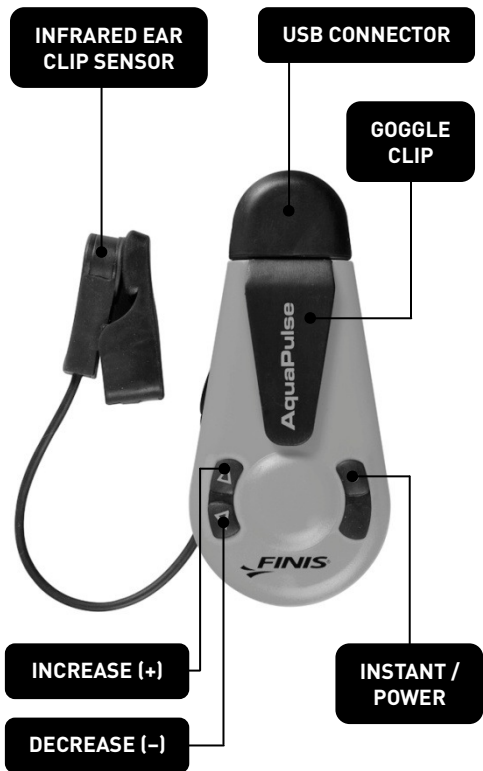
Heart rate is an effective indicator of effort and monitoring that effort is vital for athletes to train and perform at their highest potential. Unlike any other heart rate monitor, the AquaPulse™ gives instant feedback to athletes while they swim, without the use of cumbersome watches or chest straps.

The AquaPulse™ heart rate monitor blends proven Bone Conduction sound transmission with accurate Infrared Sensors. The result is a new monitor specifically designed for the swimming world.

The main housing of the AquaPulse™ attaches easily to any goggle strap, with the small infrared sensor clipped to the swimmer's earlobe. The heart rate is picked up through the sensor and then audibly transmitted to the swimmer through a bone conduction speaker in the main housing.

The AquaPulse™ consistently communicates the heart rate every pre-set time period. The user can program this time period from as little as 10 seconds up to 5 minutes, allowing for continuous feedback during training. The AquaPulse™ also features an "instantaneous" function, where the user's most recent heart rate is communicated at the push of a button.

Device Layout



Charging

Make sure the USB is completely dry before connecting.

- 1) Pull the cap off the USB connector located at the top of the AquaPulse™
- 2) Insert the exposed USB connector into one of the USB ports on your computer or into a USB wall adapter. Make sure the connector is properly oriented so that the contact points are lined up to create a secure connection.
- 3) A green light will flash to indicate the AquaPulse™ is charging
- 4) The internal Lithium-ion battery will charge through the USB port. A full charge should take approximately 2 hours, and provide approximately 8+ hours of usage.
- 5) Once fully charged the green light will stay lit instead of flashing

Carefully remove the AquaPulse™ and replace the cap.

Note: *The computer will not recognize the AquaPulse™ as it is not a memory storage device. The computer or wall adapter is used only for re-charging the internal battery.*

Basic Functions

Turn ON the AquaPulse™

- 1) Press and hold the **INSTANT/POWER** button for 3 seconds
- 2) The AquaPulse™ will give out a “Hello” greeting, and you can release the **INSTANT/POWER** button
- 3) The AquaPulse™ will also announce the current time period interval (for example: “Time Period 30 Seconds”)

Turn OFF the AquaPulse™

- 1) Press and hold the **INSTANT/POWER** button for 3 seconds
- 2) The AquaPulse™ will give out a “Goodbye” greeting, and you can release the **INSTANT/POWER** button

Adjust the Volume

- 1) Quickly press and release either the **INCREASE (+)** or **DECREASE (-)** button, and the device will give a “Hello” greeting
- 2) The sound level of the “Hello” greeting will signify the current volume output
- 3) Use the **INCREASE (+)** or **DECREASE (-)** buttons to adjust the AquaPulse™ until the “Hello” is at the desired volume level

Set the Time Period

Adjust the time period interval that you want the AquaPulse™ to audibly communicate your heart rate:

- 1) Press and HOLD the **INCREASE (+)** or **DECREASE (-)** button
- 2) While holding, the AquaPulse™ will audibly give out the current interval setting (for example: "30 Seconds")
- 3) Continue to hold the **INCREASE (+)** or **DECREASE (-)** button and the AquaPulse™ will audibly scroll through the other preset intervals
- 4) Once the desired setting is given by the AquaPulse™, release the **INCREASE (+)** or **DECREASE (-)** button
- 5) The AquaPulse™ will then give your current heart rate at the set time interval.

The AquaPulse™ can be set at any of the following intervals:

10 Seconds	1 Minute
20 Seconds	2 Minutes
30 Seconds	5 Minutes
45 Seconds	

Note: *The 10 second interval should only be used when the heart rate is at 80bpm or higher.*

Instantaneous Heart Rate

At any time, you can have the AquaPulse™ repeat your most recent heart rate value.

- 1) Press and release the **INSTANT/POWER** button
- 2) Upon release, the AquaPulse™ will give your last recorded heart rate
- 3) If there is not enough information to retrieve an instant heart rate, the AquaPulse™ may emit a “Searching” voice command, indicating that more data is needed (see page 10)

Attaching the AquaPulse™

- 1) Fix the main AquaPulse™ housing to the goggles by sliding the goggle strap underneath the large goggle clip on the front of the device
- 2) The main AquaPulse™ housing should rest on the **RIGHT** cheek bone, in front of the ear. Do not place the AquaPulse™ over the ear.
- 3) Clip the infrared sensor snugly to the bottom of the **RIGHT** earlobe
- 4) Make sure that the AquaPulse™ is secure and does not move

Note: *The AquaPulse™ is best heard underwater where no air is present*

Troubleshooting

Helpful Notes

- The AquaPulse™ gives your heart rate in standard beats-per-minute format
- The AquaPulse™ will say “Searching” if no heart rate is sensed (see page 10)
- For battery saving, the AquaPulse™ turns off automatically if no heart rate is sensed within 1 minute
- When the battery is getting low, the AquaPulse™ will give a “Low Battery” voice command, letting you know to recharge the device
- The AquaPulse™ is water resistant and can be used safely in swimming pools, lakes, oceans, and other fresh or salt bodies of water
- A USB port or USB wall adapter is required for charging purposes (see page 5)

Technical Support

Feel free to contact us directly if you have any questions or concerns. Our support website is the best source for troubleshooting tips:

- Toll Free: **800-388-7404**
- Web: **<http://Support.FINISinc.com>**

“Searching”

- Due to interference or an insecure connection, the AquaPulse™ may occasionally give off a “Searching” voice command instead of your heart rate value
- In this instance, the AquaPulse™ is searching for an accurate heart rate signal
- Make sure that the infrared clip fits snugly to the earlobe and rests flush against the skin
- If using the Instantaneous function, the “Searching” voice command may be emitted if the AquaPulse™ has not had enough time to record and calculate an accurate heart rate
- If the AquaPulse™ continues “Searching”, and no heart rate is being sensed after 1 minute, the device will automatically turn OFF

Care

- Do not bend the infrared or goggle clip; the AquaPulse™ must maintain a secure connection
- Rinse the AquaPulse™ in fresh water after use; be sure to take the USB cap off and rinse the USB plug as well
- Pat dry and store indoors in a cool, dry environment
- Do **NOT** place the AquaPulse™ in direct sunlight to dry as this may cause damage to the casing, battery, and USB

CAUTION

- Keep the AquaPulse™ out of reach of children. Certain parts may create choking hazards.
- 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.
- If new to an exercise program, consult a physician for precautions before using.



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