

COVER

IMPORTANT INFORMATION

English

SERVICE

During the two year guarantee/warranty period we recommend that you have service done by an authorized BSX Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by BSX Athletics.

For contact information and all BSX Service Center addresses, visit [www.BSXinsight.com/support](http://www.BSXinsight.com/support).

PRECAUTIONS

The BSXinsight shows your performance indicators as recorded during scheduled incremental exercise assessments. BSXinsight is designed to indicate the level of current fitness performance as well as recommended training zones based on the results of a successfully completed test. Oxygenation and other physiologic metrics from compatible paired peripherals are also recorded and presented during routine daily training. No other use is intended or implied. See [www.BSXinsight.com](http://www.BSXinsight.com) for a complete list of compatible accessories.

The BSXinsight should not be used for obtaining physiologic measurements that require professional, medical or industrial precision.

**MINIMIZING RISKS WHEN EXERCISING.** Exercise may include some risk. You should always consult a physician before starting or making changes to a training exercise program, or if you have any questions regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or through any BSX products or services. **YOU SHOULD CONSULT WITH YOUR PHYSICIAN BEFORE FOLLOWING ANY TRAINING INSTRUCTIONS YOU RECEIVE THROUGH ANY BSX PRODUCTS OR SERVICES OR PARTICIPATING IN ANY EVENT ANNOUNCED ON OR THROUGH BSX.** Not all exercises or activities described on BSX products or services are suitable for everyone. You should understand that when participat-

ing in any exercise or exercise program, there is the possibility of physical injury and/or death. If you think you may have a medical emergency, call your physician or 911 immediately. If you feel discomfort or pain, immediately stop the activity causing such discomfort or pain. People who have Type 1 diabetes or other adverse medical or nutritional conditions should not use the BSX product or services unless such use is directed and closely monitored by a physician. By using BSX products or services, you represent that you have received consent from your physician to participate in the programs, workouts, and exercises described on the BSX products or services.

We are not responsible for any health problems or injuries that may result from training recommendations, programs, products, or events you learn about through any BSX products or services. If you engage in an exercise program you receive or learn about through the BSX products or services you agree that you do so at your own risk and are voluntarily participating in these activities.

- ❗ If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. In case of any skin reaction, stop using the product and consult your physician.
- ❗ If you use perfume, lotion or insect repellent on your skin, you must ensure that it does not come in contact with the sensor.
- ❗ If you train in cold conditions (-20 C to -10 C / -4 F to 14 F) we recommend that you wear the sensor under pants, directly on your skin.
- ❗ Disturbance may occur near electrical devices and WLAN base stations. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

**365 DAY LIMITED WARRANTY** BSX Athletics (“BSX”) warrants the BSXinsight optoelectronic sensor (the “Product”), and only the Product, against defects in materials and workmanship under normal use for a period of ONE YEAR (365) days from the date of retail purchase by the original purchaser (“Warranty Period”). Under this Limited

Warranty, if a hardware defect arises and a valid claim is received by BSX within the Warranty Period, at its option and to the extent permitted by law, BSX will either (1) repair the Product at no charge, using new or refurbished replacement parts or (2) exchange the Product with a new or refurbished Product. In the event of a defect, to the extent permitted by law, these are your sole and exclusive remedies. This Limited Warranty is valid only in the United States for Products sold in the United States.

A replacement Product or part assumes the remaining warranty of the original Product or one year (365) days from the date of replacement or repair, whichever is longer.

When a Product or part of the Product is exchanged, any replacement item becomes your property and the replaced item becomes BSX’s property. Parts provided by BSX in fulfillment of its warranty obligation must be used in Products for which warranty service is claimed.

**INSTRUCTIONS TO OBTAIN WARRANTY SERVICE.** To obtain warranty service, you must deliver the Product, freight prepaid, in either its original packaging or packaging providing an equal degree of protection, to the address specified by BSX. In accordance with applicable law, BSX may require that you furnish proof of purchase details and/or comply with registration requirements before receiving warranty service. It is your responsibility to backup any data or other materials you may have stored or preserved on the Product. It is likely that such data or other materials will be lost or reformatted during service, and BSX will not be responsible for any such damage or loss. For specific instructions on how to obtain warranty service on your Product, please email [info@BSXinsight.com](mailto:info@BSXinsight.com).

**EXCLUSIONS AND LIMITATIONS.** This Limited Warranty applies only to the Product manufactured by or for BSX that can be identified by the “BSX” trademark, trade name, or logo affixed to it. The Limited Warranty does not apply to any (a) BSX products and services other than the Product, (b) non-BSX hardware product, (c) consumables (such as batteries), or (d) software, even if packaged or sold with the Product or embedded in the Product.

Refer to the licenses accompanying the software for details of your rights with respect to its use. BSX does not warrant that the operation of the Product will be uninterrupted or error-free. BSX is not responsible for damage arising from failure to follow instructions relating to the Product’s use.

This warranty does not apply to a Product or part of the Product that has been altered or modified (e.g., to alter functionality or capability) by anyone who is not a representative of BSX or if the Product is inserted or installed in a casing not provided by BSX. In addition, this Limited Warranty does not apply: (a) to damage caused by use with non-BSX products; (b) to damage caused by accident, abuse, misuse, flood, fire, earthquake or other external causes; (c) to damage caused by operating the Product outside the permitted or intended uses described by BSX or with improper voltage or power supply; or (d) to damage caused by service (including upgrades and expansions) performed by anyone who is not a representative of BSX. Recovery and reinstallation of software programs and user data are not covered under this Limited Warranty.

This Limited Warranty does not cover the cost of returning the Product to BSX; this is your responsibility.

No BSX reseller, agent, or employee is authorized to make any modification, extension, or addition to this Limited Warranty. If any term is held to be illegal or unenforceable, the legality or enforceability of the remaining terms shall not be affected or impaired.

**IMPLIED WARRANTIES.** EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ALL IMPLIED WARRANTIES (INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS LIMITED WARRANTY.

**LIMITATION OF DAMAGES.** EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, BSX SHALL NOT BE LIABLE FOR ANY INCIDENTAL, INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF EXPRESS OR IMPLIED WARRANTY OR CONDITION, OR UNDER ANY OTHER LEGAL THEORY.

SIDE-A

SIDE-B  
INTERIOR

**CONSUMER PROTECTION.** Some states do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary by state to state.

**GOVERNING LAW AND ARBITRATION.** This Limited Warranty shall be governed by the laws of the State of Texas without giving effect to any conflict of laws principles that may provide the application of the law of another jurisdiction. Any claim or dispute in connection with this Limited Warranty shall be resolved in a cost effective manner through binding non-appearance-based arbitration. The arbitration shall be initiated through an established alternative dispute resolution provider mutually agreed upon by the parties. The alternative dispute resolution provider and the parties must comply with the following rules: a) the arbitration shall be conducted by telephone, online and/or be solely based on written submissions, the specific manner shall be chosen by the party initiating the arbitration; b) the arbitration shall not involve any personal appearance by the parties or witnesses unless otherwise mutually agreed by the parties; and c) any judgment on the award rendered by the arbitrator may be entered in any court of competent jurisdiction. If the foregoing arbitration clause does not apply for any reason, you agree to submit to the personal jurisdiction of the state courts located within Harris County, Texas and the appropriate federal courts in Texas for the purpose of litigating all such claims or disputes, which courts shall have exclusive jurisdiction of such claims or disputes. Notwithstanding the foregoing, BSX may seek injunctive or other equitable relief to protect its intellectual property rights in any court of competent jurisdiction.

BSX Athletics is a registered Limited Liability Company in the state of Texas.

**REGULATORY COMPLIANCE STATEMENTS**  
**USA: FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT**  
This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.

**FCC WARNING**  
BSX Athletics, LLC has not approved any changes or modifications to this device by the user. Any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

**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 or more 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. This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

**CANADA: INDUSTRY CANADA (IC) REGULATORY STATEMENT**  
**IC NOTICE TO USERS**  
**ENGLISH/FRENCH IN ACCORDANCE WITH RSS GEN ISSUE 3:**  
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 avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes: 20  
1) cet appareil ne peut pas provoquer d’interférences et  
2) 2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif  
This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada

**EUROPEAN UNION: EU REGULATORY STATEMENT**  
**DECLARATION OF CONFORMITY WITH REGARD TO THE EU DIRECTIVE.**

BSX Athletics, LLC is authorized to apply the CE Mark on BSXinsight models: XM100BLK, XC100BLK, and XR100BLK, thereby declaring that these devices are compliant with the essential requirements and other relevant provisions of Directive 1999/5/EC and 2011/65/EU. To view the full declaration of conformity, go to [www.BSXinsight.com/compliance](http://www.BSXinsight.com/compliance).



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**DISCLAIMER**  
• The material in this manual is for informational purposes only. The products and services it describes are subject to change without prior notice, due to the manufacturer’s continuous development program.  
• BSX Athletics makes no representations or warranties with respect to this manual or with respect to the products described herein.  
• BSX Athletics shall not be liable for any damages, losses, costs or expenses, direct, indirect, or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

**SAFETY NOTICES**  
• Read these instructions.  
• Keep these instructions.  
• Heed all warnings.  
• Follow all instructions.  
• Do not attempt to open the sensor. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.  
• Do not tamper with your BSXinsight.  
• Do not use abrasive cleaners to clean your BSXinsight.  
• Do not place your BSXinsight in a Dishwasher, Washing Machine or Dryer.  
• Do not expose your BSXinsight to extremely high or low temperatures.  
• Do not use your BSXinsight in a sauna or steam room.  
• Do not leave your BSXinsight in direct sunlight for an extended period of time.  
• Do not leave your BSXinsight near open flames.  
• Do not dispose of your BSXinsight in a fire. The battery could explode.  
• Do not attempt to disassemble your BSXinsight, it does not contain serviceable components.  
• Never allow children to play with the BSXinsight; the small components may be a choking hazard!

**DISPOSAL AND RECYCLING INFORMATION**



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of the BSXinsight with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your BSXinsight should be done in accordance with local regulations.

