

# STRYD

Power Meter

USER MANUAL

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

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.

**NOTE:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications 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 and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

# OVERVIEW

Stryd is the first wearable device to measure running power. It gives runners a way to accurately measure training intensity across varied terrain. Stryd provides real-time feedback on exertion, form, economy, and fatigue via the sports watches and mobile devices athletes already use. Stryd unlocks ways for runners to improve running.

# WHY STRYD

Better form, better efficiency

Train in the right zone

Perfect pace for the perfect race

# GETTING STARTED

1. Clip the device on your left or right shoe, with the device LED facing up and the smaller side of the device pointing towards your toe.
2. Connect the device with your sports watch or the STRYD smart phone mobile app.
3. Begin your workout.
4. After you finish your workout, upload your workout data through STRYD smart phone mobile app or 3rd-party sports watch software.

# SPECIFICATIONS

|                          |                                                                      |
|--------------------------|----------------------------------------------------------------------|
| POWER METRICS            | Running efficiency, training intensity,<br>Run form, pace & distance |
| INSTALLATION             | Shoe clip                                                            |
| DIMENSIONS               | 3.7cm x 2.8cm x 1.0cm                                                |
| WEIGHT                   | 8 g                                                                  |
| WATER RESISTANCE         | 30 mins @ 1.5 meter                                                  |
| BATTERY LIFETIME         | One month per charge                                                 |
| COMMUNICATION            | Bluetooth, ANT+                                                      |
| OPERATING<br>TEMPERATURE | -25 ~ 60°C                                                           |

# CONNECT TO SPORTS WATCH

1. Stryd supports power-enabled sports watches, including but not limited to, Garmin Connect IQ-compatible watches and XT series, Suunto Ambit and Sparta series, and Polar Vantage series and V800.
2. Please follow the instructions from the sports watch's user manual to connect STRYD with your sports watch.

# CONNECTING TO MOBILE PHONE

STRYD is equipped with a mobile phone application, which supports real-time coaching & feedback to runners, as well as post-run analysis.

To connect the STRYD device with the mobile application:

1. Clip the device to your shoe.
2. Turn on the STRYD mobile application.
3. Start your workout.
4. The mobile application will automatically connect with your STRYD device.

# POST-RUN ANALYSIS

1. Workout upload: The STRYD mobile phone app automatically uploads your run data to the STRYD PowerCenter online training portal. If you use your power-enabled sports watch, please use the the 3rd-party sports watch software to upload the data, or the Stryd Connect IQ data field on compatible Garmin watches.
2. Post-run analysis: Using the STRYD online training center or supported 3rd-party online training center, you can review your run-training data, and then adjust your training plan accordingly.

# CHARGING BATTERY

Stryd uses a pre-installed rechargeable Li-ion battery, which supports roughly a month of use per charge, depending daily run duration.

When the battery energy is low, a “low battery” icon displays on the Stryd mobile app.

To charge the battery, place Stryd on the center point of the included wired charging station. A light will illuminate, indicating that battery charging is in progress.

**NOTE:** Stryd will not charge in temperatures lower than 0 C/32 F.

## WARNING:

This is not a medical device and is not recommended for use by persons with serious heart conditions or physical injury. Consult your physician before beginning any exercise program.