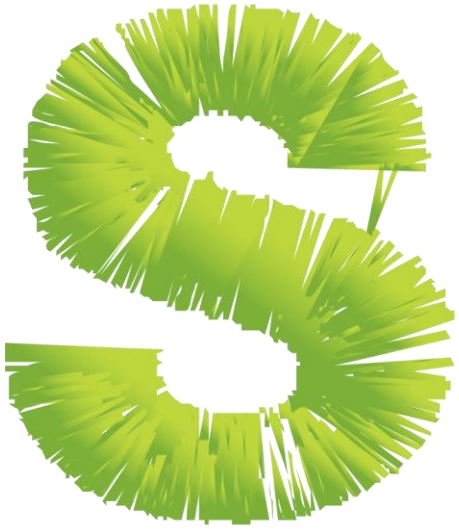


sensoria®
Run

USER GUIDE

A step-by-step Guide

Summary

- Introduction
- The Package
- Charging Sensoria Core
- Sensoria Core LED Color Coding
- Connecting Sensoria Core to the Socks
- Connecting Sensoria HRM to the T-Shirt or Sports Bra
- Sensoria Run Setup
  - Installation
  - First launch
  - Pairing Sensoria Core (and Sensoria HRM)
- App Tour
- Web Tour

Introduction

- This guide provides an overview of the initial setup, using the app, and charging operations related to Sensoria Run and the Sensoria Smart Running Socks
- We hope you have fun trying out our wearable system!
- For questions or issues, please contact: customerservice@sensoriafitness.com
- You can also submit feedback from within the app or https://my.sensoriafitness.com

The Package

- The following accessories are included in your package:
  - 1 x Sensoria Core (shoe sensor) + 1 Charger
  - 1 pair of Sensoria Smart Socks
  - 1 x USB charging cable
  - Optional (require purchase of Running System):
    - Sensoria Smart T-Shirt or Sports Bra
    - Sensoria Hear Rate Monitor
  - Access to Sensoria Run app and Web Dashboard

Charging Sensoria Core

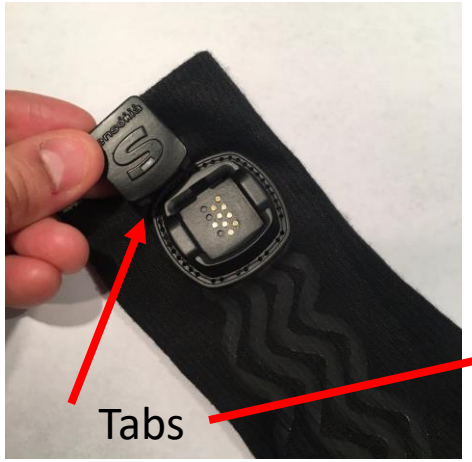
- Insert the USB end of the charging cable in a power USB port (computer or outlet USB adapter, not provided)
- Insert the micro-USB end of the charging cable in the provided charging dock
- Insert Sensoria Core in the charging dock, starting from the tabs, and pressing on the lid to complete the insertion
- The sensors will blink red until the charge is completed, and then turn to solid green
- If you don’t see red blinking, try to remove the sensor from the charger and insert again (shoe sensor)
- Charging time is about 45-60 minutes

Sensoria Core: LED Color Coding

- 3 white flashes followed by red flash: start/reboot of device
- When NOT connected to a charger/USB cable:
  - 3-seconds green blinking: device ready to connect
  - 3-seconds blue blinking: device connected to the app
  - 3-seconds red blinking: low battery
  - No blinking: device turned off
- When connected to a charger/USB cable:
  - 3-seconds red blinking: charging battery
  - Solid green: battery charger 100%

Connecting Sensoria Core to the socks

- Insert Sensoria Core in the dock on the back of the right sock, starting from the tabs, pressing on the lid to complete the insertion in the dock
- If correctly inserted, Sensoria Core will blink red then green (or blue when connected to the app)
- Remove the Core and repeat the operation if no blinking occurs
- If no blinking appears, put the sensor on charger



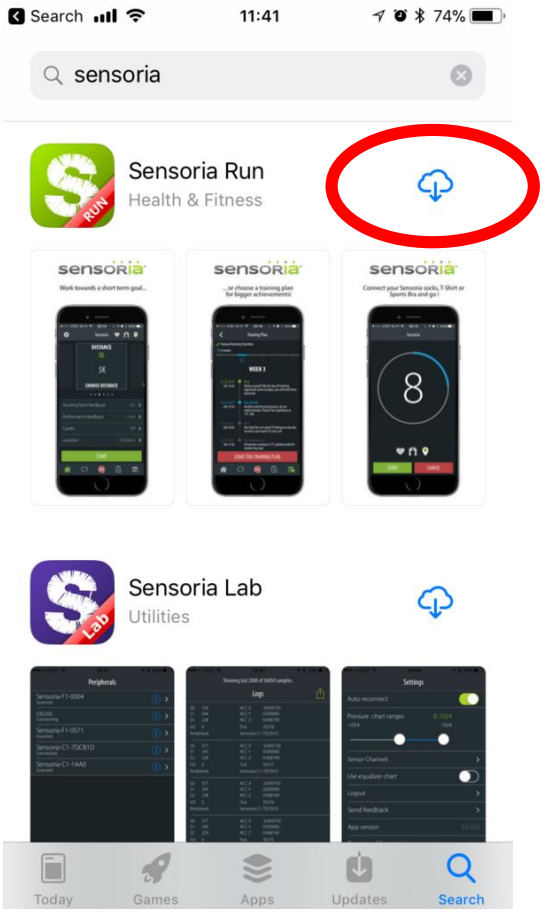
Connecting Sensoria HRM to the T-Shirt or Sports Bra (*)

- Wear you Sensoria Fitness T-Shirt or Sports Bra
- Properly moisten both black polymeric electrodes positioned inside your garment according to the diagram on the hang tag
- Snap your Sensoria Heart Rate Monitor (HRM) to the T-shirt or Sports Bra

(*) Optional Products part of Sensoria Running System and not included with this product

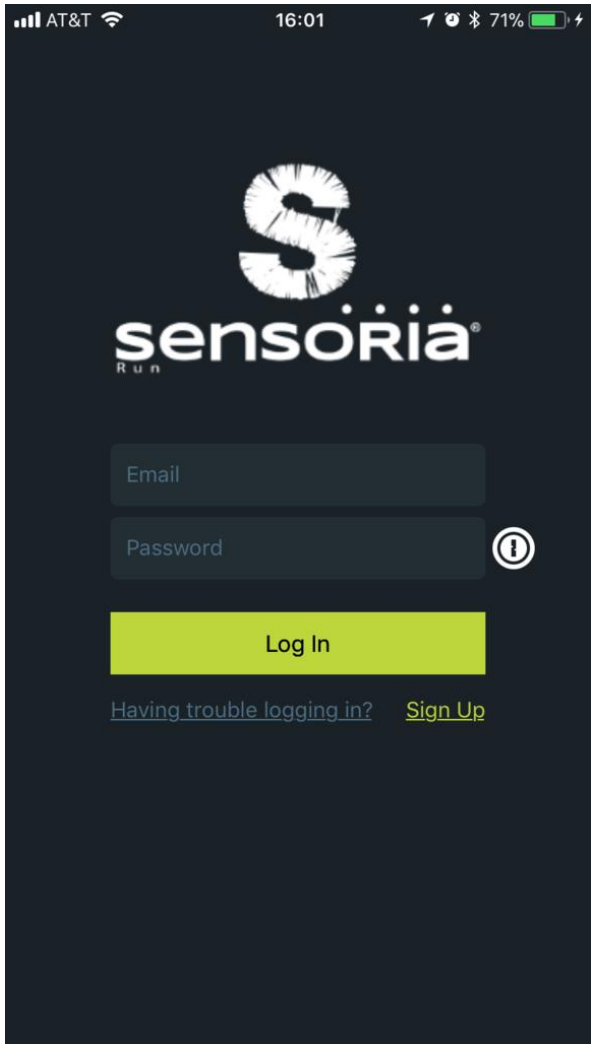
Sensoria Run Setup: Installation

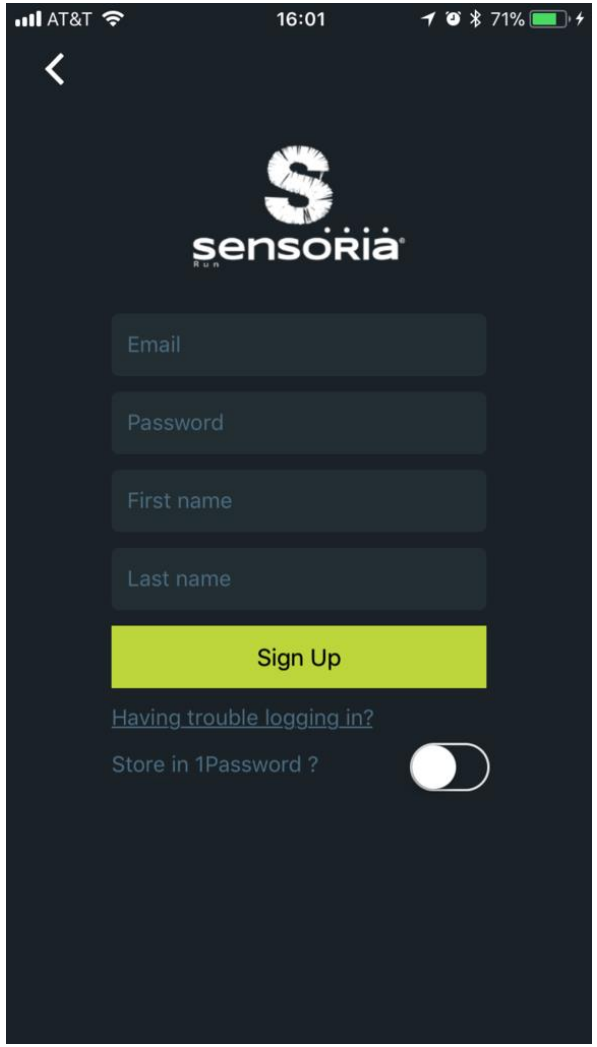
- From iPhone/iPad main screen, tap or search the App Store icon
- From within the App Store, **search Sensoria**
- Look for and install **Sensoria Run**
- **Requirements:**
  - iPhone 5S or above
  - iOS 9 or above



Sensoria Run Setup: First Launch

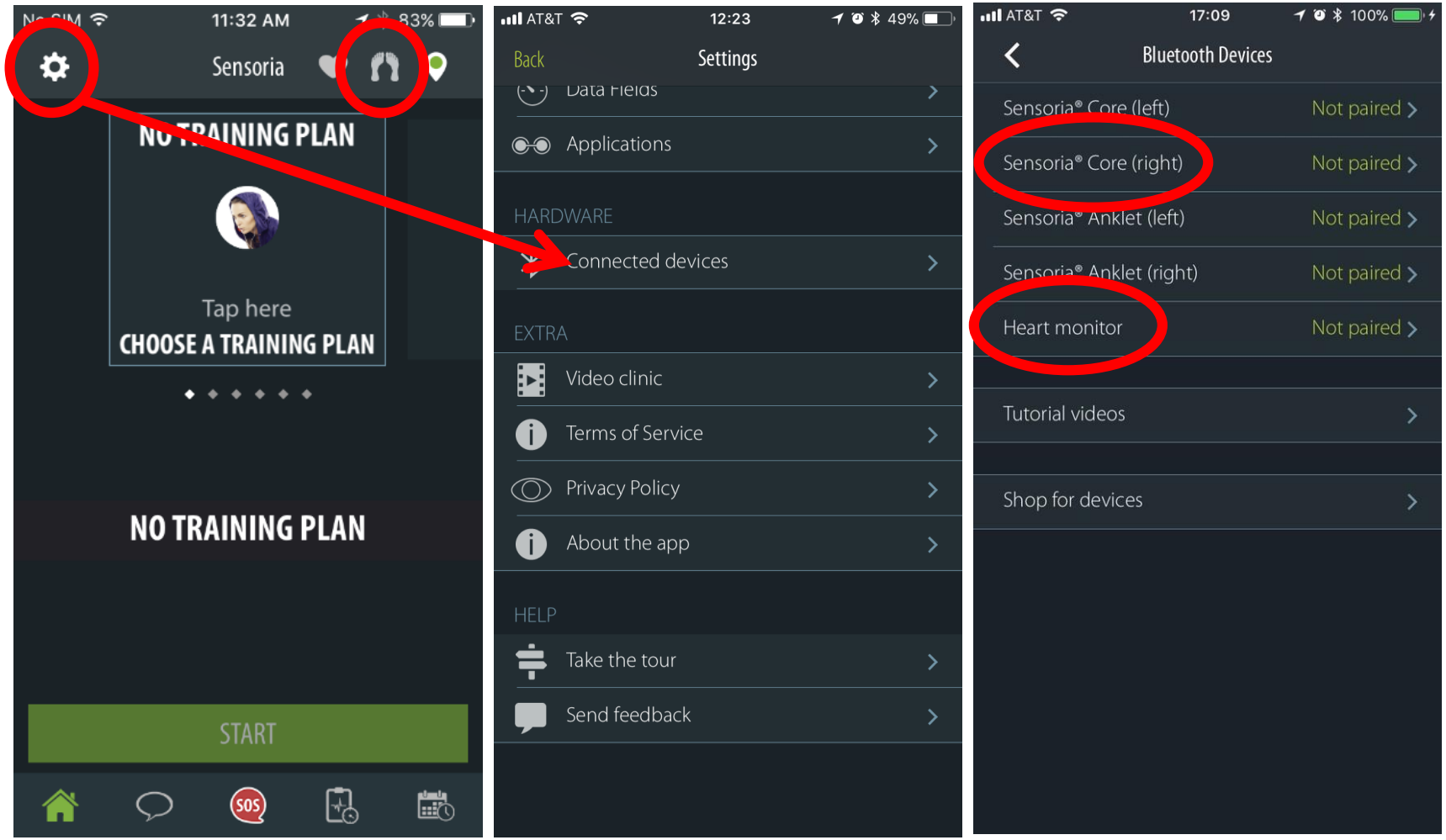
- Create an account with Sensoria
- You can also create an account via the web at https://my.sensoriafitness.com and just log in to the app
- After the account creation, you will be asked a few questions to create your “user profile”





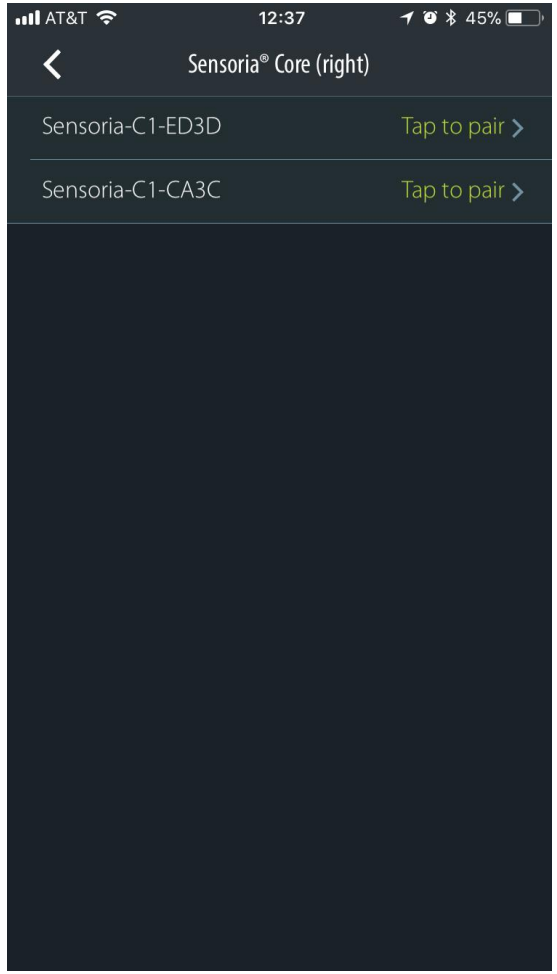
Sensoria Run Setup: Pairing Sensoria Core

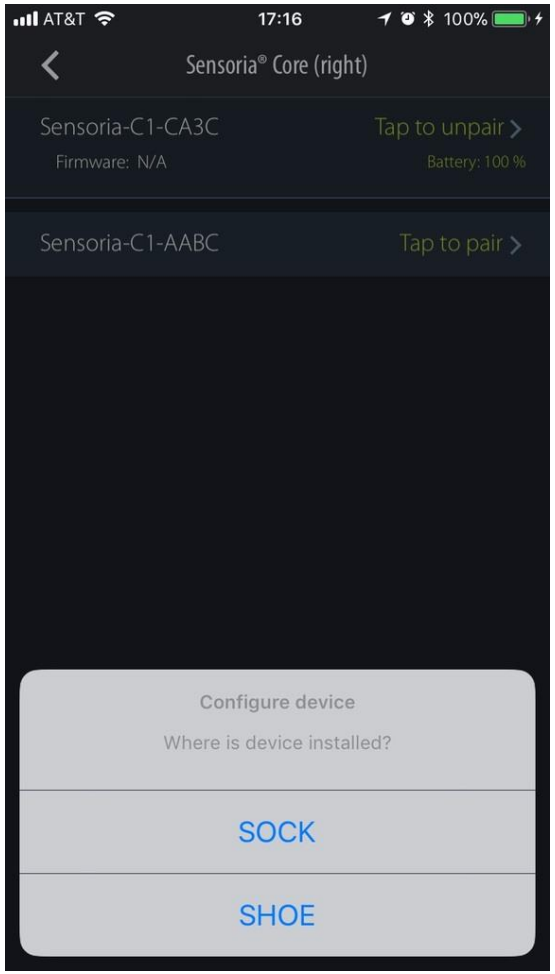
- Pair/un-pair devices to Sensoria Run:
  - Via the Settings icon
  - Via the Feet icon
- Tap on ***Sensoria Core (right)*** to pair the Sensoria Core device
- To Pair a Sensoria HRM, tap on the ***Heart Monitor***

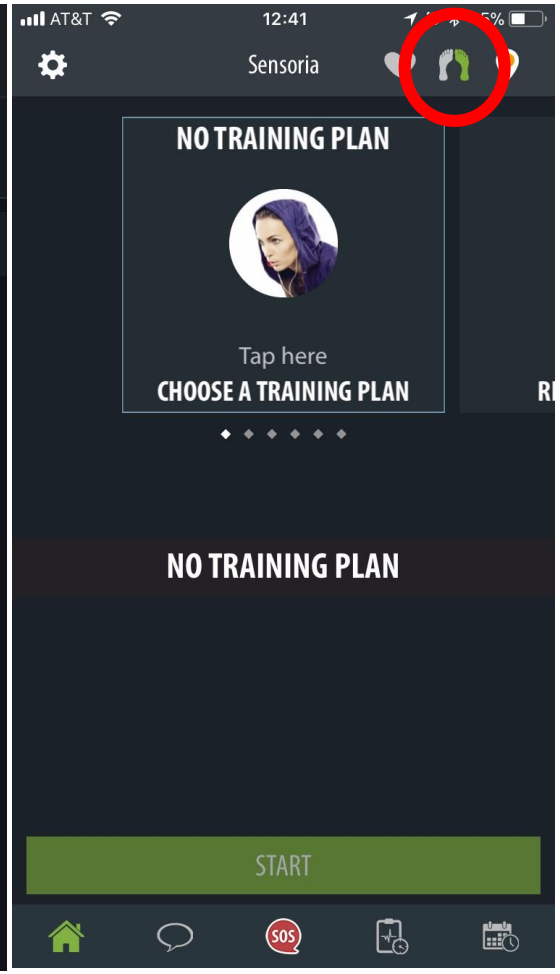


Sensoria Run Setup: Pairing Sensoria Core (cont.)

- To pair a Sensoria Core:
  - With the device connected to the shoe, you should see a device named ***Sensoria-C1-XXXX*** appear in the list
  - Tap on it to pair
  - Select Shoe
  - This operation is only required once
- To pair a Sensoria HRM:
  - With the HRM connected to the T-Shirt or Sports Bra, you should see a device named ***Sensoria-HRM*** appear in the list
  - Tap on it to pair
  - This operation is only required once
- When the devices are paired and actively connected, the Heart and Feet icons are colored



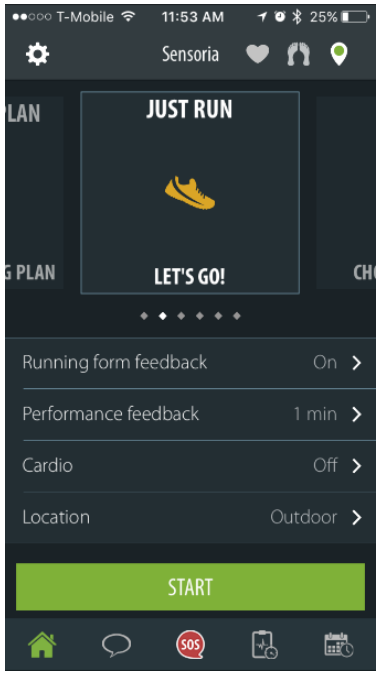


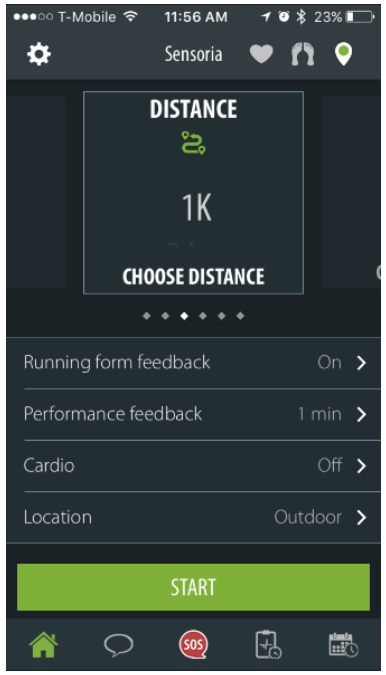


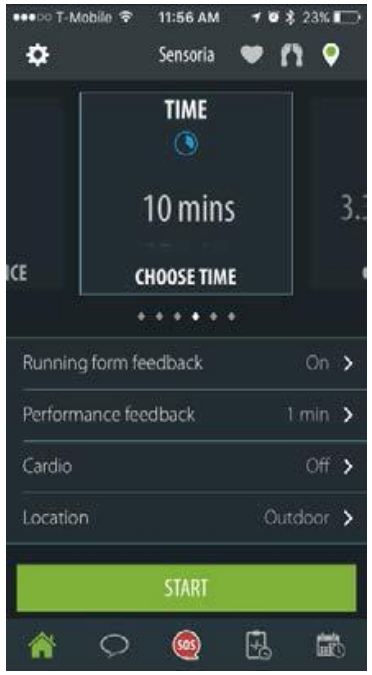
App Tour

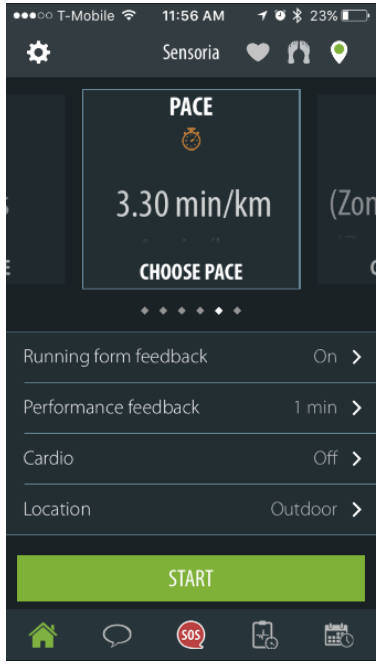
Quick Start Options

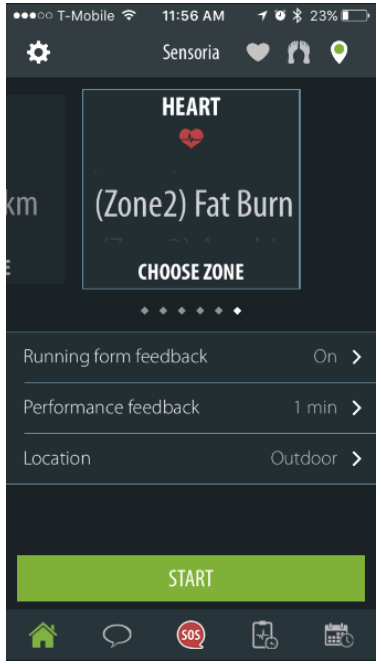
- From the main screen, you can choose one quick start mode and then select your specific goal for the run:
  - Just Run (no particular goal)
  - Distance Goal
  - Time Goal
  - Pace Goal
  - Training Zone Goal
- You can associate a Training Zone goal with one of the other modes
- You can also select specific feedback you want from Mara, your virtual coach

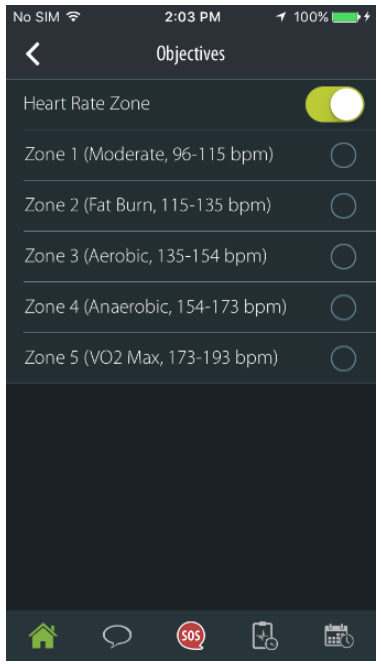








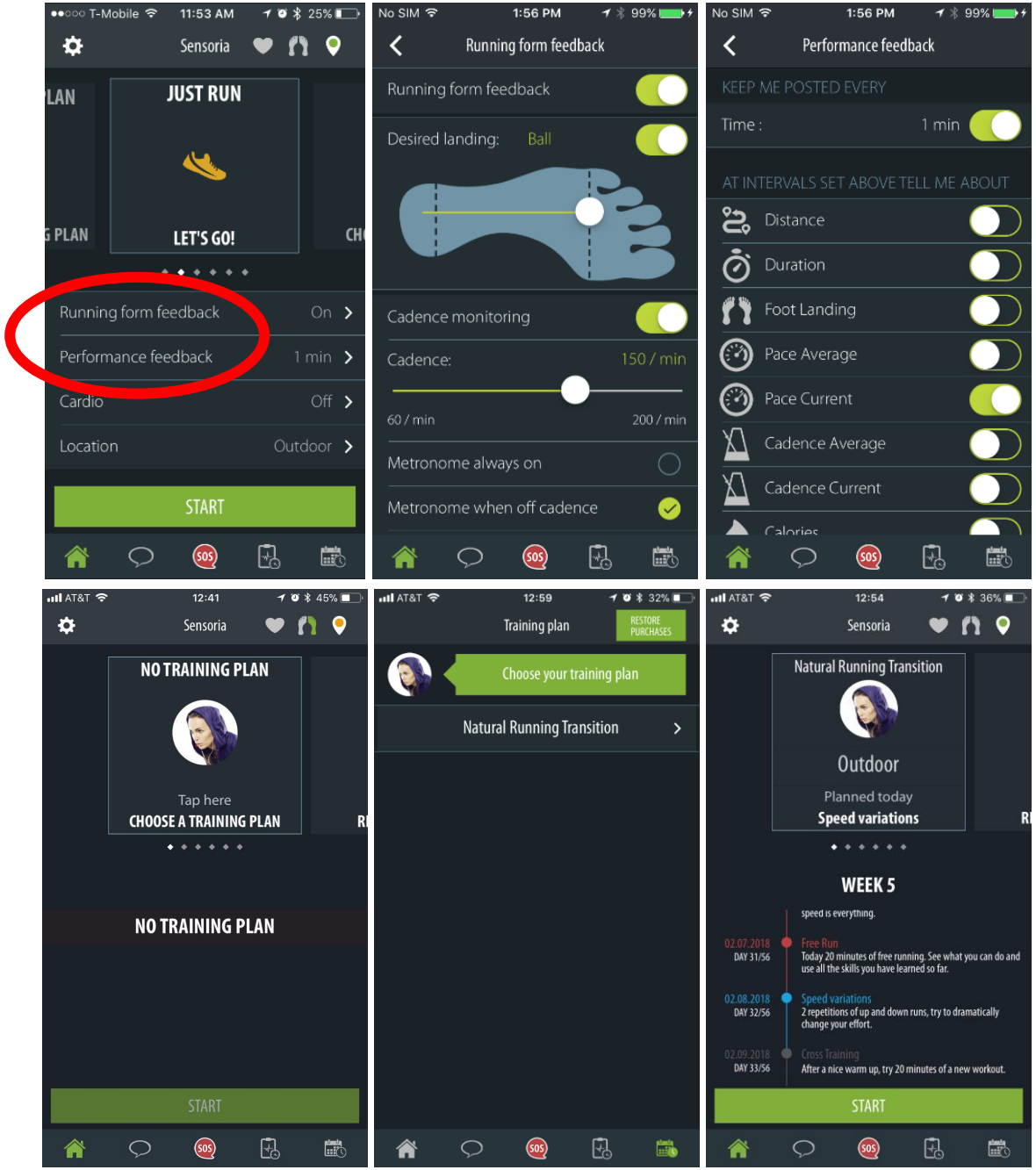




App Tour

Virtual Coach

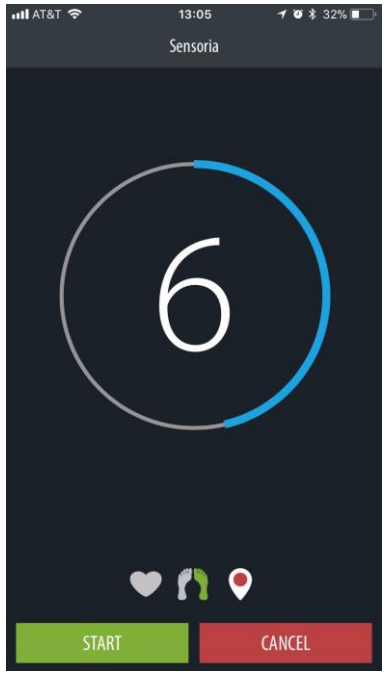
- You can configure how the coach provides feedback on specific aspects of your run, including **performance** (i.e. desired interval time to receive feedback on the metrics you choose) and **landing technique** (i.e. ball vs heel and desired cadence)
- You can also subscribe to a training plan, which will lead you every day to specific workout goals

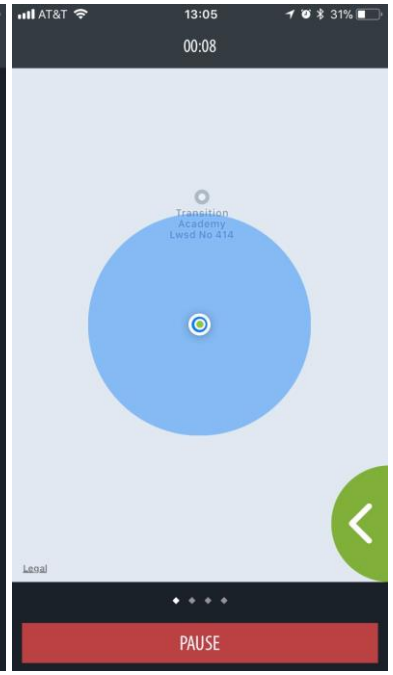


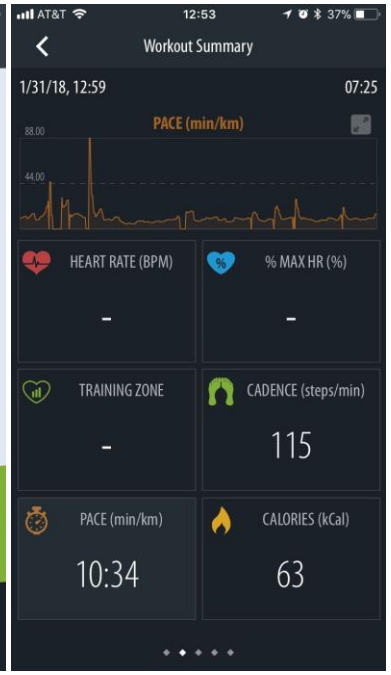
App Tour

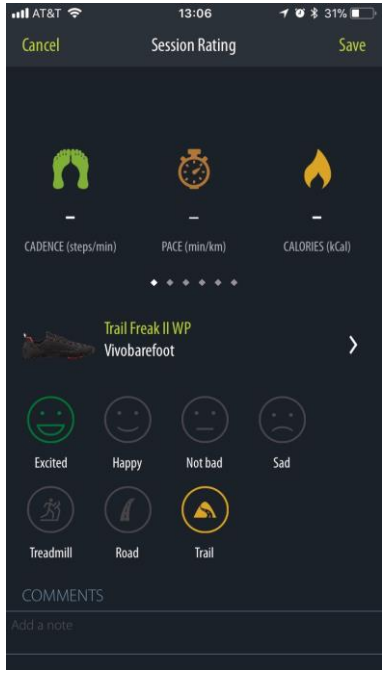
During the Run

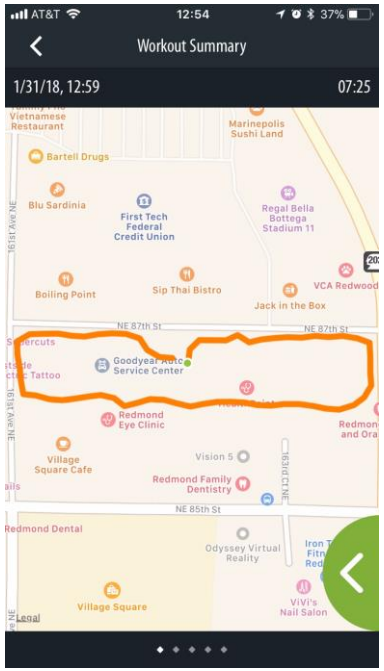
- With your devices connected, hit Start to start the run session
- During the countdown you can check the status of the devices and GPS
- Once started, you can access the map or the performance data in real time
- Listen to your music and hear Mara giving you feedback
- After the run, tag your shoes to keep score on the miles run into them
- After the run, check the data in the Activity history, as well as online at https://my.sensoriafitness.com

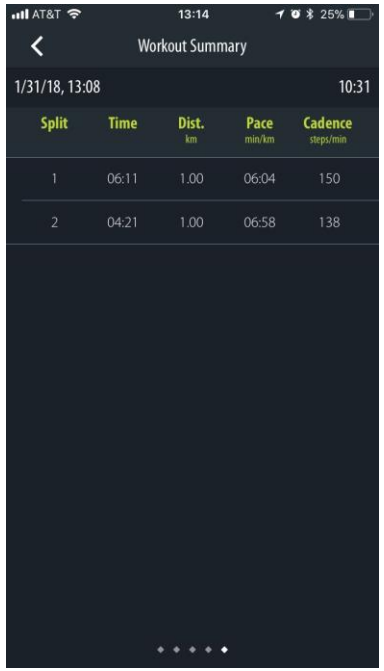








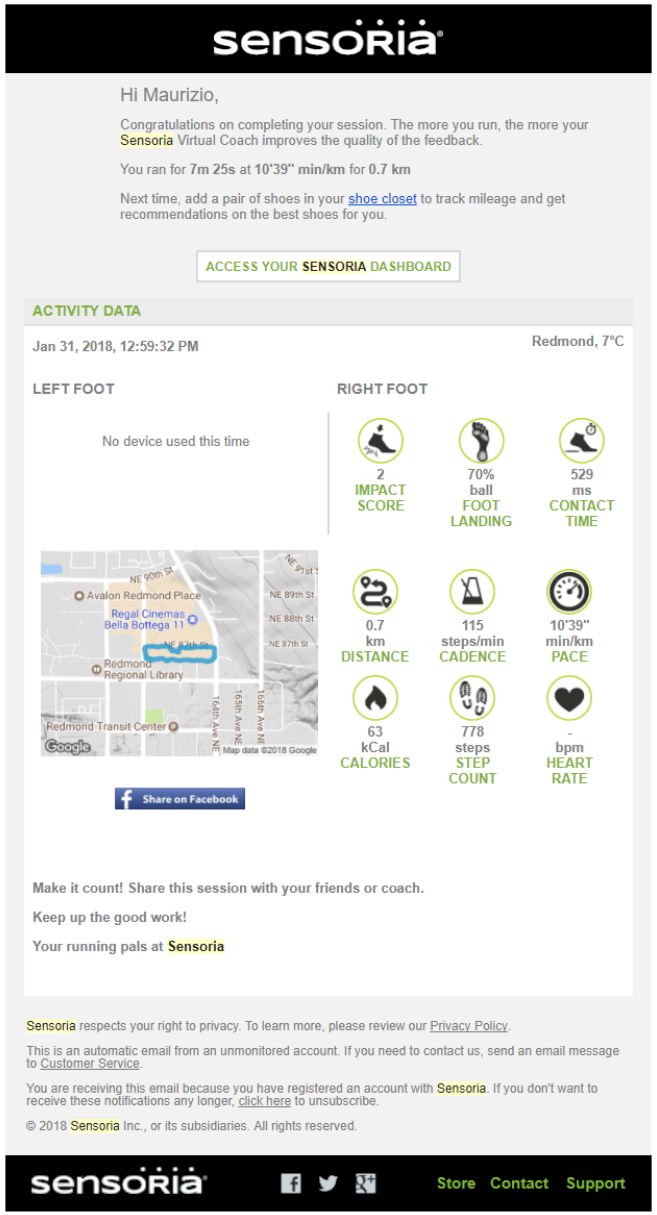




Web Tour

End of Session Email

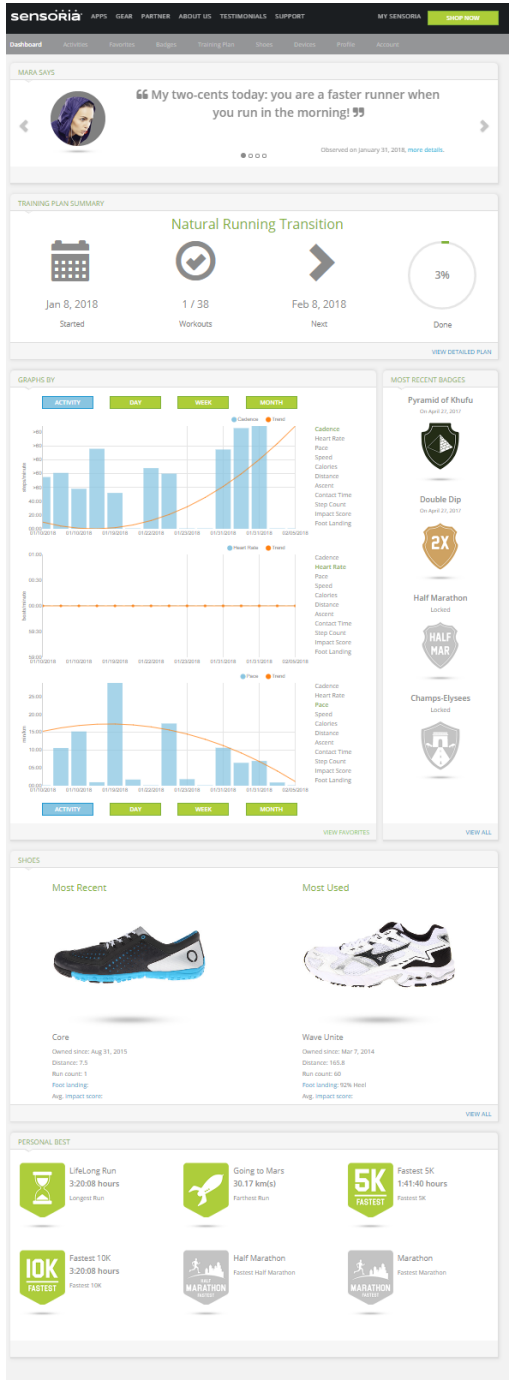
- For any saved session longer than 15 minutes, you will receive an email with a brief summary of your activity
- If you earned “badges of honor” or break personal records, we will also let you know here



Web Tour: my.sensoriafitness.com

Dashboard

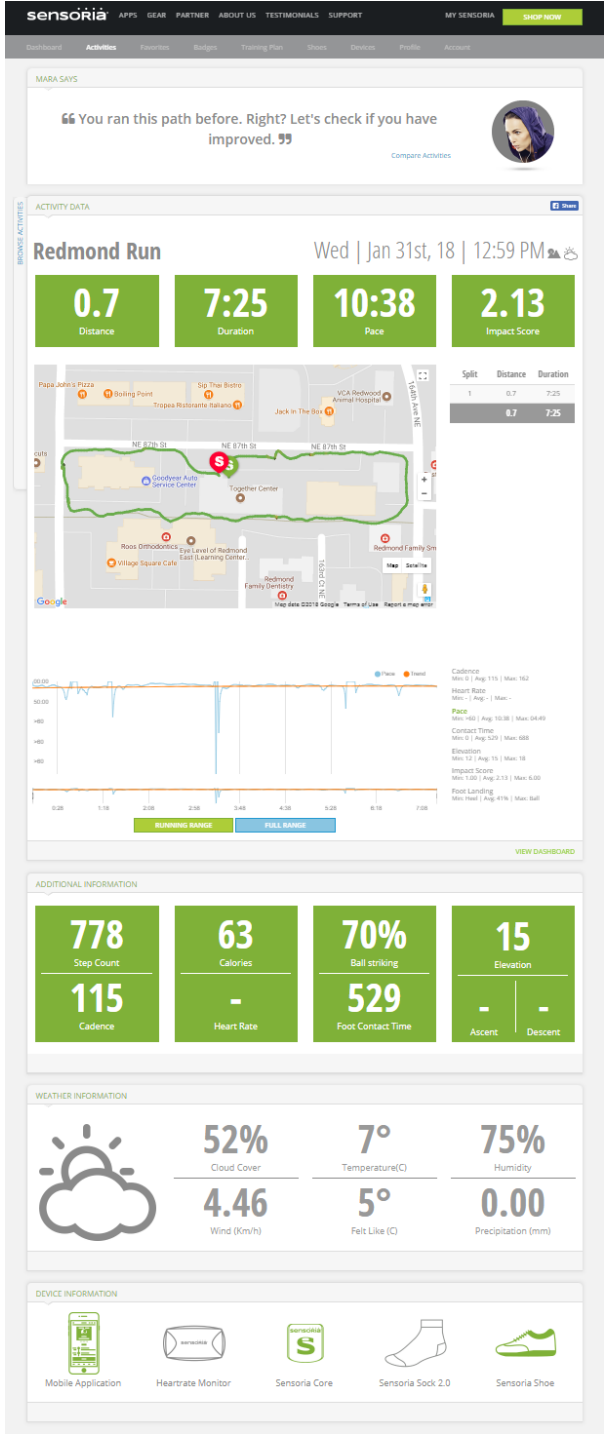
- The dashboard is a summary view of your overall performance, including:
  - Insights from Mara on your general trend
  - Status of your training plan
  - Trend graphs of performance indicators
  - Your most recent badges
  - Shoe comparison from your virtual shoe closet
  - Your personal bests



Web Tour: my.sensoriafitness.com

Activities

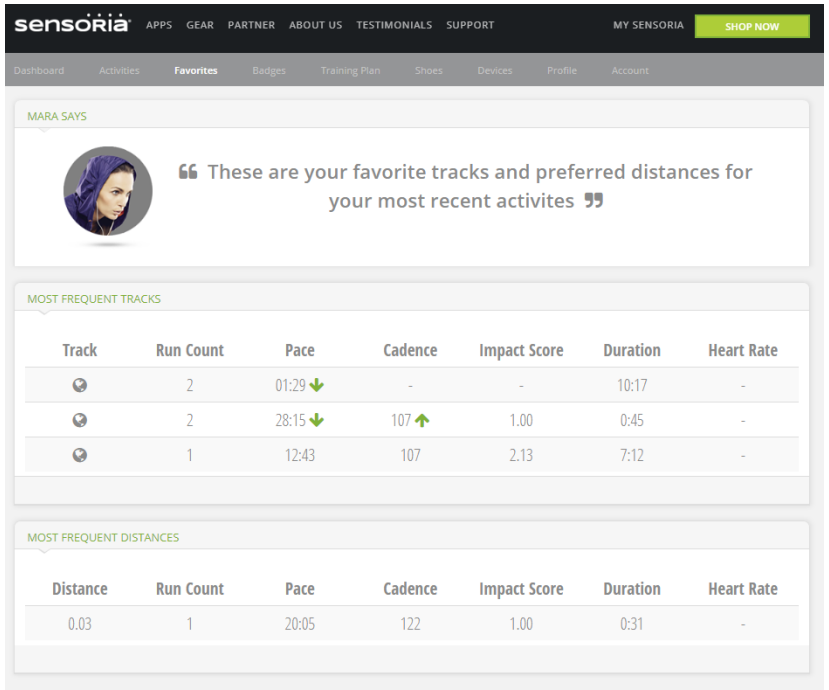
- You can access the list of your activities and receive lots of information including:
  - General Stats
  - Map and Data in sync: choose the performance indicator and move over the graph to see where you were during the performance
  - Additional aggregated information (by splits and overall)
  - Weather information
  - Device information
- Mara can detect if you run similar routes repeatedly and let you compare them: think Me Against Myself

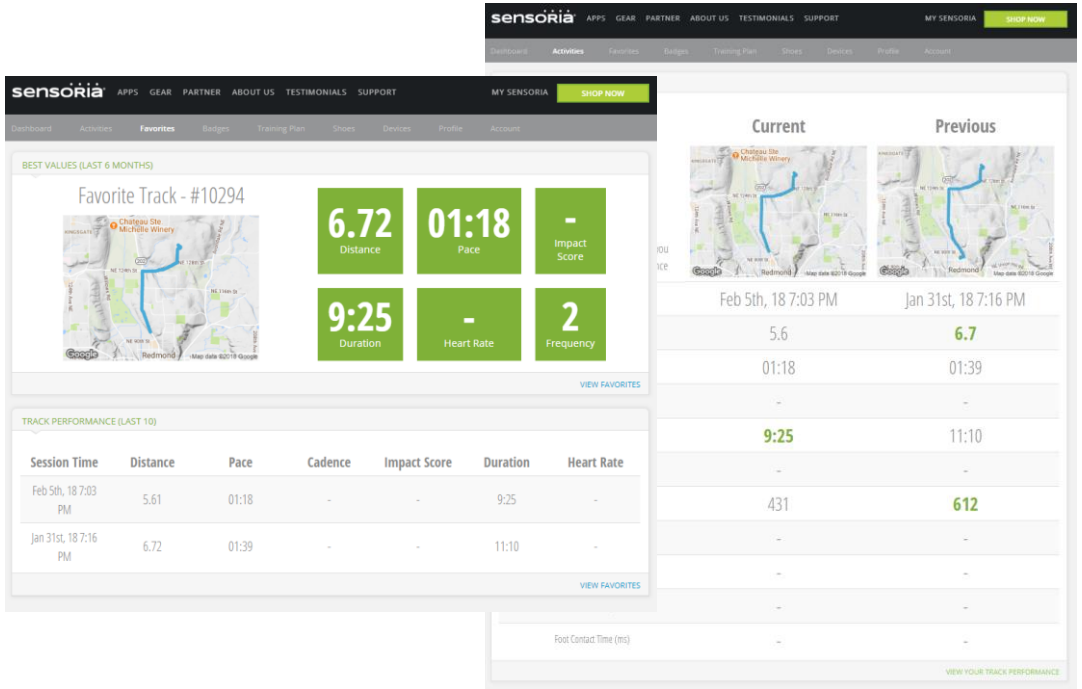


Web Tour: my.sensoriafitness.com

Favorites and Activity Comparison

- You can go to Favorites to find all the "groups" of runs that Mara has identified for you, based on GPS similarity and altimetry profile
- You can see comparison of performance indicators, and how the track/route changed overtime





Web Tour: my.sensoriafitness.com

Other Features

- Account and Profile Management
- Badges
- Training Plan Status / Progress
- Virtual Shoe Closet

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For additional information:
(425) 533-2928
info@sensoriainc.com

Appendix

FCC Statement

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.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

The Sensoria® Advantage

Key Features:

- **Three textile pressure sensors**: one at the first & fifth metatarsals and one at the calcaneus (heel) for unparalleled accuracy
- **Your Personal Running Coach**: The Sensoria® Run app gathers data wirelessly from your Sensoria® Fitness garments and syncs automatically with the Sensoria® Cloud.
- **Monitor your Running Form**: Thanks to our proprietary e-textile sensors, we can detect where your foot lands on the ground and provide you with audio cues in real-time.
- **All-You-Can-Eat, Actionable Data**: Intuitive analytics and customizable graphs allow you to have a holistic view of your training history, compare yourself with your best self and share with your running buddy or trainer.