SWIMSENSE™ LIVE
USER TIPS

A. **Stroke-Specifics**
- Swimsense™ Live analyzes stroke-specifics based on arm movement.
- User must take five swim strokes for the Swimsense™ Live to recognize stroke.
- Butterfly and Freestyle have a very similar arm movement; therefore, depending on users' stroke, Butterfly may be recorded as Freestyle.
- Swimsense™ Live must be oriented correctly (on top of wrist, with buttons closest to hand) to recognize the difference between Freestyle and Backstroke.
- Kick sets will not record correctly on the Swimsense™ Live because the device does not register leg movements.
- Some swim drills may cause a slight inaccuracy with the distance recorded due to the difference in movement from a standard stroke.

B. **Lap Count and Intervals**
- Swimsense™ Live determines user's lap count by tracking the movement of the flipturn/open turn.
- It takes the Swimsense™ Live about 6 seconds to calculate interval rest.
- Intervals resulting in 5 seconds or less of rest, may be calculated as a single swim set.
- For the most accurate Interval Times, Swimsense™ Live should be held in a static/neutral position while resting between swim sets.

C. **Device Settings**
- Use Left or Right button to scroll through various settings.
  - This function will scroll through the entire carousel of options, not just the four options displayed on the screen.
- 'Choose stats"
  - Device will display up to 5 preselected statistics during a workout.
  - Statistics that are not selected to display will still be recorded and saved. Sync device to the FINIS Live™ web platform for complete workout data.
- 'Average stroke rate' is how often the user takes a stroke cycle. Stroke cycles for each stroke are listed below.
  - Butterfly: one stroke (both arms at the same time)
  - Backstroke: two strokes (one stroke for each arm)
  - Breaststroke: one stroke (both arms at the same time)
  - Freestyle: two strokes (one stoke for each arm)
- 'Interval number' is not affected by the distance of swim sets – it is the total number of swim and rest intervals completed in a workout.

D. **Syncing to FINIS Live™**
- FINIS Live™ mobile application
  - It is important to be in an isolated environment with minimal Bluetooth® devices when syncing to the FINIS Live™ mobile application.
  - FINIS Live™ mobile application is not yet optimized for tablets.
- FINIS Live™ web platform
  - To sync to the web platform, first download and install FINIS Connect: https://apps.finisinc.com/finis-live/downloads
    1. Adobe Air is required to download FINIS Connect.

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A.   Login
- FINIS Live™ account is different that the FINIS Shop account.
- Previous FINIS Streamline account holders can use existing login information for FINIS Live™ account.
- Account login created on the FINIS Live™ mobile application will be accessible on the FINIS Live™ web platform (and vice versa).

B.   Device Management
- Within each paired device, users can view the device name, device settings, remaining battery life and last sync date.
- Tap 'Pair New Device' button at the bottom of the screen to add a new device.
- The yellow person icon next to device name indicates that the user is the owner of that device.
- The device owner is the first person to pair that device with the FINIS Live™ mobile application.
- The device owner must delete the device from the Device Management queue in order for a different user to become the device owner.

C.   Device Settings
- To access Device Settings, tap the gear icon to the right of the device name.
- A device setting with an asterisk (*) next to it implies that it is only editable on the device.
- The Privacy setting automatically defaults to 'Everyone'. To disable others from pairing, change the setting to 'Only Me'.

D.   Find Device
- FINIS Live™ mobile application will display all FINIS Bluetooth® devices in the area.
- The last 4-digits of each device name correlates to the last 4-digits of the MAC Address.
- Be sure device is powered on and within a 10-foot radius.

E.   Authenticate Device
- Input 12-digit MAC Address (found on the device).
- Input field automatically populates colons and is not case sensitive.
- Select yellow question mark icon for detailed instructions on locating the device's MAC Address.

F.   Summary Workouts
- To view device summary workout, tap the device name on the Device Management screen.
- Each workout displays date, time of day, number of laps completed, calories burned and total swim time.
- Tap the yellow sync button in the upper right corner to begin syncing workout.
- Synced workouts are organized by month and year, starting with the most recent swim.

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G.   Individual Workout
- To view a more detailed workout summary, tap a specific workout on the device summary workout screen.
- Tap swim stroke buttons to display stroke-specifics.
  - Global (all stroke data) = Black
  - Free = Red
  - Back = Orange
  - Breast = Green
  - Fly = Purple
- Black horizontal line indicates the global sum or average of the selected value on the y-axis.
- Customize graphs using unique values on the x-axis and y-axis
  - X-axis: Time, Distance
  - Y-axis: Pace, Average Stroke Cycle, Average Distance-per-Stroke and Average Stroke Rate.

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