

1. DOWNLOAD THE WAHOO APP FOR OPTIMIZED PERFORMANCE AND ESSENTIAL FIRMWARE UPDATES

Ensure Bluetooth is on.



GO TO WWW.WAHOOFITNESS.COM
TO VIEW OTHER POPULAR COMPATIBLE
TRAINING APPS.

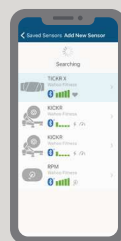
2. PUT ON THE TICKR X

Dampen the electrodes on the strap for easier pairing. Then snap the TICKR X into the strap, fit strap around your chest and snap the other side of the TICKR X into place. Adjust for snug fit.

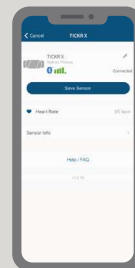


3. PAIR SENSOR

Open app to Sensors page and select "Add New Sensor."



4. SAVE SENSOR



1. THE TICKR X'S MEMORY RECORDS HEART RATE, DURATION AND CALORIE BURN FOR UP TO 50 HOURS WITHOUT PAIRING TO A DEVICE. RECORDED WORKOUTS SYNC WHEN PAIRED TO THE WAHOO APP



2. THE TICKR X STARTS RECORDING YOUR WORKOUT WHEN YOU PUT IT ON



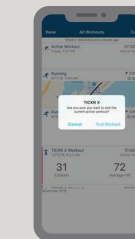
3. YOU CAN INSERT MARKERS INTO YOUR WORKOUT BY DOUBLE TAPPING THE TICKR X



4. TO END THE WORKOUT YOU CAN...



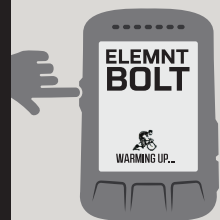
A Remove the TICKR X. To sync your workout: Open the app, wake up the TICKR X and then the workout will automatically download.



OR B Open the history tab in the app. Tap your active workout and select "End Workout."

1. TURN ON THE ELEMNT AND GO TO MENU

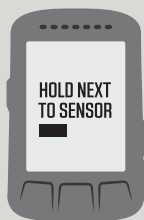
Press the top left button to get to the menu.



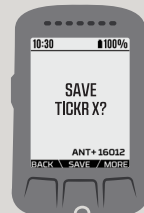
2. SELECT ADD SENSOR



3. ACTIVATE THE TICKR X AND HOLD IT NEXT TO THE ELEMNT



4. SAVE SENSOR



RED

FLASH: heartbeat is detected

BLUE

SLOW BLINK (*about once every second*): awake and searching
TRIPLE FLASH: occurs the instant a connection is made
FAST BLINK (*about twice every second*): paired to a device

NOTE: LEDs turn off after 30 seconds



ENJOY YOUR WORKOUT!

FOR MORE INFORMATION GO TO
WAHOOFITNESS.COM/INSTRUCTIONS

