

STRYD

RUNNING WITH POWER

USER MANUAL

OVERVIEW

Stryd is the first wearable device to measure running power. It gives runners a way to accurately measure run intensity across varied terrain using the sports watches and mobile devices they already use to train and give runners reliable, real-time feedback on exertion, form, efficiency and fatigue, as a result, Stryd unlock ways for runners to improve running.

WHY STRYD

Train the perfect zone

Better form, better efficiency

Track day-by-day progress

Pace to win the race

GETTING STARTED

1. Center the device on your chest with the STRYD® logo facing up and out and fasten the strap firmly, just below your sternum.
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.

SPECIFICATION

POWER METRICS	power, form, impact, efficiency, fatigue
OTHER METRICS	heart rate, cadence, elevation
INSTALLATION	chest strap
DIMENSION/WEIGHT	6.2cmx3.5cmx1.2cm/10g
BATTERY LIFETIME	Up to one year with CR3032
COMMUNICATION	Bluetooth Smart, ANT+

CONNECT TO SPORTS WATCH

1. Stryd supports power-enabled sports watches, including but not limited to, Garmin XT series, Suunto Amit series, Magellan Switch series, and Polar V800.
2. Please follow the instructions from the sports watch's users manual to connect STRYD with your sport 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. Strap the STRYD device on your chest.
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 will automatically upload your run data to the STRYD online training center. If you use your power-enabled sports watch, please use the the 3rd-party sports watch software to upload the data.
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.

CHANGING BATTERY

Stryd uses the standard CR2032 coin-cell battery, which may support up to one-year of use.

When the battery power is low, the battery icon displays on the Stryd mobile app displays as empty.

To change the battery, open the Stryd battery lid with a coin, turning the coin counterclockwise. Replace the battery with a new CR2032, with (+) facing you, and then close the lid, turning the lid clockwise with a coin.

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.

FCC RF Exposure Information and Statement

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.