

WELCOME!

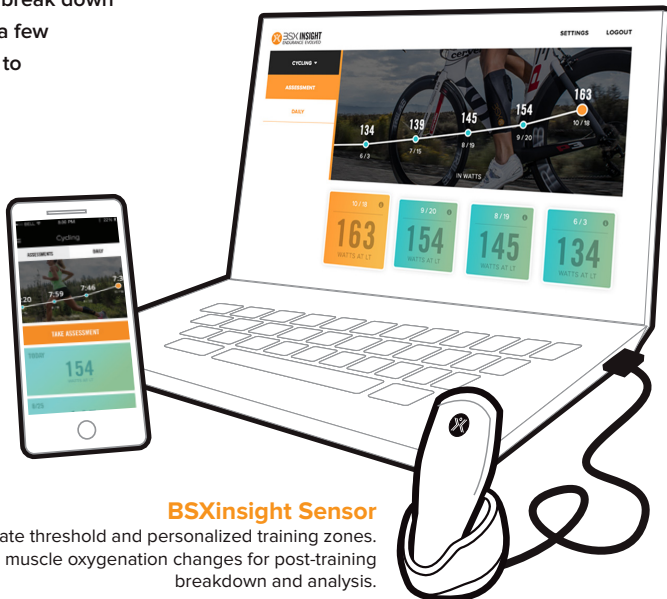
Congratulations! You're now the owner of BSXinsight - the world's first wearable lactate threshold sensor. Let's break down how to get started and in just a few minutes you'll be on your way to training at a new level.

BSXinsight Mobile App

Download it from the App Store or Google Play. You'll use it to control your BSXinsight sensor and receive real-time direction during the assessment test.

BSXinsight.com

Your new online dashboard. All your training data automatically syncs here so you can store it, track it and see it improve. You can even pair it with online coaching software.



BSXinsight Sensor

Measures your lactate threshold and personalized training zones. Records real-time muscle oxygenation changes for post-training breakdown and analysis.

STEP ONE: SETUP AND REGISTRATION

1) CONNECT.

Use the included cable and base charging station to connect the sensor to your computer. This establishes the initial pairing to your online account and is required for registration.*

2) DOWNLOAD.

Go to www.BSXinsight.com/start and download the latest software for your computer. This utility will then run in the background to transfer your training data to the web.

3) SIGN IN.

After installing the BSXinsight software, you'll be taken to the account setup screen to create your new account.

* You can use your mobile device in this step if you prefer. For mobile setup, go to the App Store or Google Play and search 'BSXinsight.' Then download the free mobile app and follow the on-screen instructions. You will need your BSXinsight sensor to complete this process.

COACH'S NOTE!

Lactate threshold assessments should be completed on a treadmill or trainer for best accuracy.

It's important to be well rested before your assessment. Avoid any strenuous activity for 48 hours prior – which includes anything other than light training. This will help ensure that your body is not fatigued from previous training sets, which can negatively impact your performance and the accuracy of your final results.

STEP TWO: PRE-ASSESSMENT

1) COMPLETE YOUR PRE-ASSESSMENT CHECK.

Before beginning your assessment you must first complete the pre-assessment check. If you haven't done so already, first download the free BSXinsight mobile app (see pg 3). Once downloaded, open the app and tap 'Take Assessment' from the main dashboard.* Answer the brief training history questions as precisely as possible and be sure to complete all profile questions. Accurate information is important in order to properly customize the assessment to your current ability level.

2) PAIR BSXinsight TO YOUR WIRELESS DEVICE.

Follow the app instructions to pair your wireless devices. BSXinsight uses Bluetooth Smart to pair with your mobile phone and ANT+ to pair with your heart rate and power meters. These must be connected before a test can begin.

Different editions of BSXinsight pair with different ANT+ enabled peripheral devices, which are required for the test.

- Running tests: Pair with heart rate meter
- Cycling tests: Pair with heart rate meter and power meter

3) PREVIEW YOUR CUSTOM ASSESSMENT.

Now that you've completed the training questions and are paired up, the next screen will walk you through the steps of your assessment test. Pay close attention, because the more accurate you are, the more accurate your results will be. This is science!

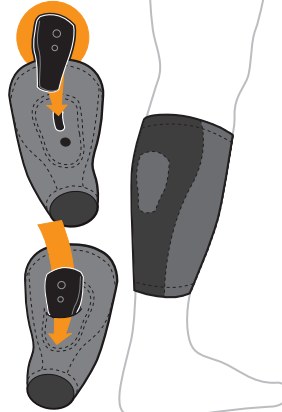
* For Multisport Edition, tap the button at top of screen to switch between run and bike dashboards.

STEP THREE: THE ASSESSMENT

1) POSITION

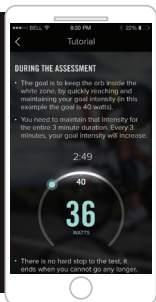
BSXinsight PROPERLY.

Included with your BSXinsight is a custom compression sleeve. Place the fully charged BSXinsight sensor into the sleeve pocket through the larger inside opening. Carefully pull the sleeve up to just below the bend in your knee as shown below. The sleeve should fit comfortably yet securely on your leg, centered directly over the widest portion of your calf. This is very important!



COACH'S NOTE!

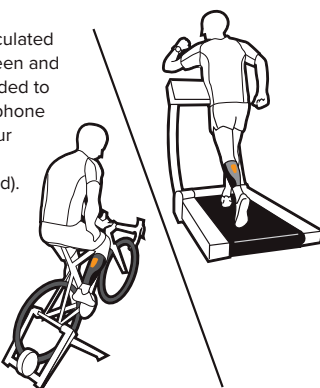
A lactate threshold assessment is designed for you to go until exhaustion and will last approximately 30 minutes. It will take you through a spectrum of intensities from very easy to very hard, with each intensity stage lasting for three minutes. When you can no longer safely continue, stop the assessment and press stop. Tests shorter than 20 minutes are usually not long enough and must be repeated.



2) COMPLETE THE ASSESSMENT. To begin, simply tap the start button and follow the onscreen instructions for when to increase intensity, by how much, and if you're drifting from your target.

The screen will automatically lock to prevent any unintentional disruption of the assessment. To unlock, simply tap the lock button and then tap it a second time to immediately end the recording. Careful! Don't do this too early or you may need to restart at a later time.

Your results are calculated immediately on screen and automatically uploaded to the web from your phone for access on all your devices (internet connectivity required).



ZONE	NAME	% OF LTHR	PERCEIVED EXERTION
1	Active Recovery	65–84%	Very Light
2	Aerobic Threshold	85–89%	Fairly Light
3	Tempo	90–94%	Somewhat Hard
4	Sublactate Threshold	95–99%	Hard
5a	Supra-lactate Threshold	100–103%	Hard – Very Hard
5b	Aerobic Capacity (VO ₂ max)	104–108%	Very Hard
5c	Anaerobic Capacity	109%<	Maximal Effort

* LTHR = lactate threshold heart rate.

** Zone defaults can be changed in the settings menu.

ZONE TRAINING (USING THE DATA)

Your training zones are one of the most powerful aspects of lactate threshold training. They represent a spectrum of optimal intensities which are perfectly customized to you and intended to stress the various aspects of your endurance. Time spent in each zone can vary depending on your goals and training philosophy. A sample training zone table is shown below with recommended intensities.

TRAINING USAGE

PERFORMANCE BENCHMARKING.

BSXinsight is meant to be used every 6-8 weeks as a performance benchmarking tool. This gives you the data you need to track your progress and watch it improve. Most importantly, you will always be training at the optimal intensities for your current fitness level and future goals. Plus, you'll have the added advantage of knowing how you stack up against your friends.

COACH'S NOTE!

More frequent completion of lactate threshold assessments is not recommended as it does not give your body sufficient time to adapt and to improve. Doing so is not harmful, but will likely produce results very similar to previous ones.

DAILY USE.

In addition to lactate threshold assessment, BSXinsight can be used on a daily basis to track muscle oxygenation changes.

Oxygenation data is viewable within your account at BSXinsight.com and can be downloaded for independent individual analysis. To download raw oxygenation data, dock your BSXinsight into the base station and connect to your computer. This will initiate the full data transfer so it can be downloaded afterwards.

YOUR BSXinsight DEVICE

BATTERY AND CHARGING.

Your BSXinsight comes with an internal, rechargeable Lithium Ion battery. To charge, place the device in the base charging station and plug into power source. The BSXinsight logo on your device will slowly pulse, becoming solid when fully charged. It takes approximately 1.5 hours to go from empty to a full charge. You can also charge more frequently for shorter time periods to keep your battery charged. You never have to turn off your BSXinsight device. It automatically recognizes when it's not being used and enters a low power state.

TECH SPECS

Battery Type: Lithium-polymer rechargeable battery
Charge time: 1.5 hr
Operating time: 5 hr run time / 200 hrs stand by
Operating temperature: -20 C - 55 C / -4 F - 131 F
Water resistance: 1 meter
Weight: 25 grams

COACH'S NOTE!

BSXinsight is water resistant but not waterproof. You can safely use it during all run/bike conditions (including during excessive perspiration) but do not wear swimming.

REQUIREMENTS

iOS 7.1 and higher.
Android 4.4 and higher.
Smartphone must support BLE.

COMPATIBLE WITH

MOBILE



ANT+ DEVICES



COMPUTERS



MANUFACTURED BY

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LET'S GET STARTED.



BSX INSIGHT
ENDURANCE EVOLVED