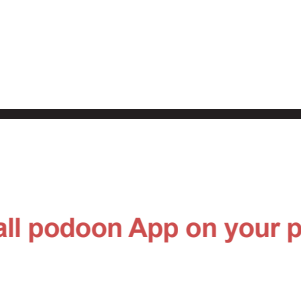




User Manual

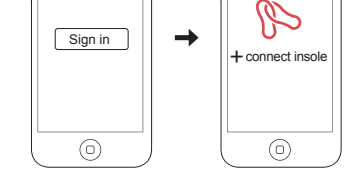
Introductions before use and activation process



1.Take out original insoles from running shoes.;



2.Replace them with the podoon insoles;



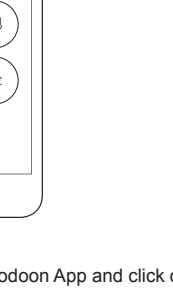
3.Put on the running shoes with podoon insole, and mark time for 2 seconds to activate podoon insoles.

Install podoon App on your phone

Please scan the QR codes below to download podoon app;

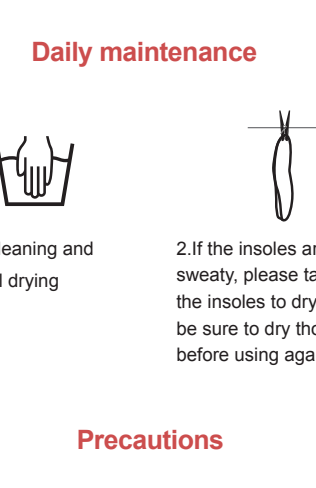


iOS



Android

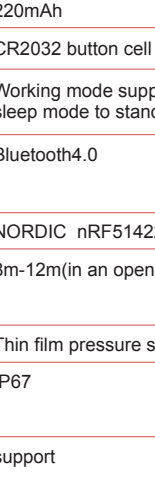
Connect the podoon insole to your mobile phone



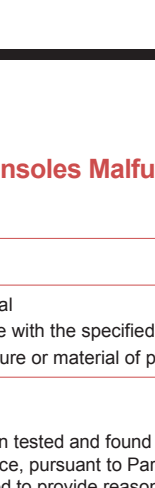
Register and log in to podoon App, follow instructions to searchfor and connect to your Podoon insoles, and give your smart device a unique name.

Ready to roll

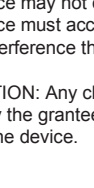
1.Podoon insoles allow offline use and they will record steps of walking and running daily, as well as duration of walking, running, standing and sitting. When Podoon insoles are connected to podoon App, data will be automatically synchronized with the Podoon App



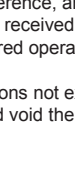
2. Connect Podoon insoles to podoon App and click on 'start running' before running, then more foot gait data like foot strike, contact time, etc. will be available, which could reflect gait intuitively.



Daily maintenance



1.Manual cleaning and natural drying



2.If the insoles are wet or sweaty, please take out the insoles to dry cleaning, be sure to dry thoroughly before using again

Precautions



1.Do not machine wash



2.Do not soak.



3.Do not place podoon insoles at a temperature higher than 60 degrees celsius.



4.Do not do intense exercise while wearing podoon insoles, like basketball, football, ect.

5.Do not twist or wring.

6.Avoid contacting with chemicals ike gasoline, paint, detergents and other chemical substances

Basic parameters

Product Name	podoon pressure sensitive Insoles
Main material	EVA A6
Size	35-45 (EURO)
Weight	net weight:59.7g(EURO 35), 82.0g(EURO 45)
Battery capacity	220mAh
Battery type	CR2032 button cell
Battery life	Working mode support for 18 months, sleep mode to standby for 3 years.
Data transmission mode	Bluetooth4.0
Bluetooth chip	NORDIC nRF51422
Communication distance	8m-12m(in an open area)
Sensor type	Thin film pressure sensor
Water proofing grade	IP67
OTA firmware upgrade	support
Device Support	Requires Android 4.4 or later which supports Bluetooth 4.0; requires IOS 7.0 or later. Compatible with iphone4S/5/5S/ 5C/6/6Plus/6S/6SPlus/5SE

podoon insoles Malfunction list

Malfunctions
Malfunctions in manual
Unable to synchronize with the specified device
Fracture due to structure or material of products

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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or 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 technician for help.

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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.

Wechat service number

Visit www.podoon.cm
or call 400 – 668 – 6683
for more information.