INSTABEAT

Hey swimmer,

We are swimmers too, and we built Instabeat from our own need to find meaningful tools for improvement in the pool.

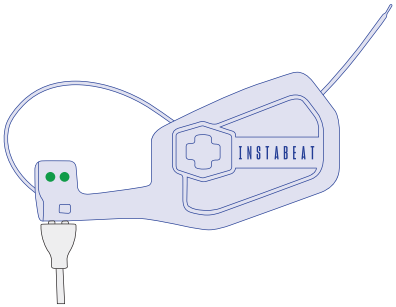
Instabeat champions your inner power as motivation to be the best swimmer you want to be.

We are so excited to have you swim with it, and be part of the swimming revolution we are creating together.

Team Instabeat

01 Getting started

- **Charge your device**
  When charging, the light will blink green. Charging is complete when the light is steady green.

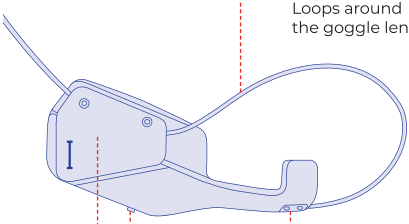


- **Download** the Instabeat app and follow the steps to setup your device.

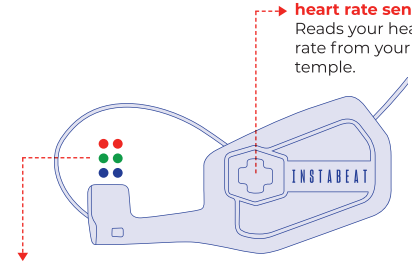
Download on the App Store

02 Your Instabeat

A. front side

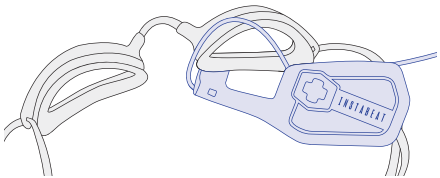


B. back side

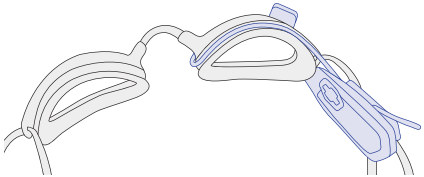


03 Mounting Instabeat on your goggles

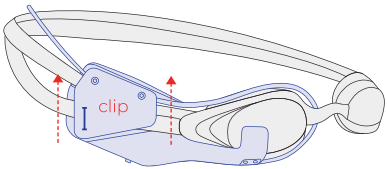
Step 1
Position Instabeat behind the right goggle lens.



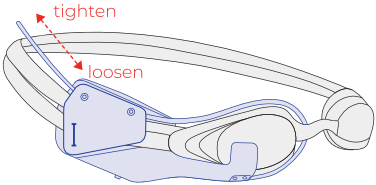
Step 2
Loop the cord around the back of the lens and inside the gasket.



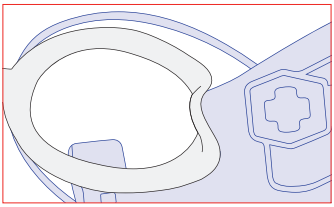
Step 3
Slide one strap from under the clip all the way up.
If there is a second strap, slide it up to sit next to the first.



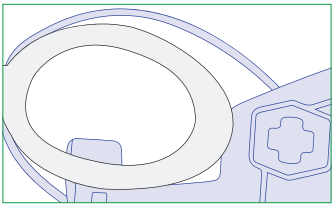
Step 4
Adjust the cord to goggle size.



Step 5
Make sure the cord does not pinch the goggle seal.
No need to get a perfect fit, you will adjust once you wear it.



Wrong



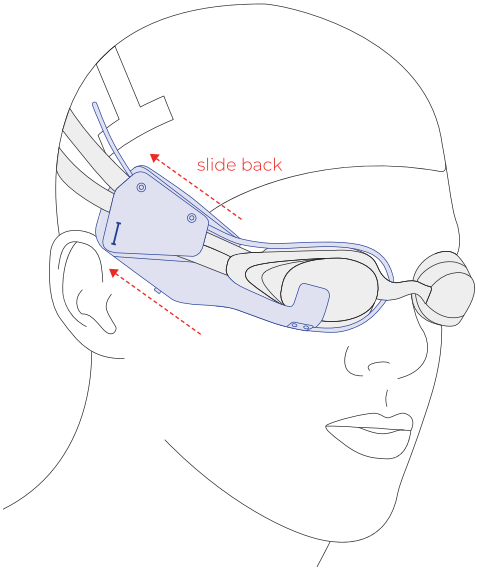
Right

04 Wearing Instabeat

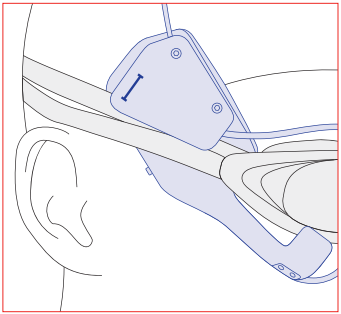
To get the best fit:

Make sure the goggle suction is equal on both sides.
Hold goggle lens and slide Instabeat back away from the goggle seal to improve the suction.

We recommend you adjust your Instabeat when you wear it before your swim and in between the first few laps.
For a video demonstration, check the tutorial section in your app.

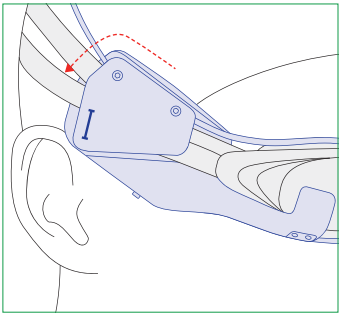


Make sure the straps are positioned under the clip all the way up.



Wrong

If this happens, hold strap and push the Instabeat body down.



Right

Wear the goggle straps all the way up for a better fit.

05 And now... the swimming part!

Turn on
Hold the button until 2 green lights start blinking.

Starting a session
Turn on your device. When ready to swim, click the button and start swimming **after you see the blue light.**

Pause
After a session has started, click the button to pause. Click the button again to resume. When the Instabeat is paused, lights will blink.

Stop
Hold the button until the light turns off.

Sync
Connect to the app to sync your swim.

Ground rules

- Wear your cap as you usually do.
- You should see the lights on the lower right corner of your lens at all times.
- The heart rate monitor needs to touch your skin. Make sure your cap or hair are not in the way.
- Tighten or loosen the goggle straps as necessary.
- Use the light feedback as a motivation to keep going, get better, and be your best self in the pool.

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