miCoach SMART RUN
User Manual

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1. Welcome to miCoach

miCoach customizable workouts give you the performance edge needed to get faster, stronger, and better for your sport. miCoach combines real-time audible coaching with an intelligent Web application to help every athlete, from beginner to advanced, get the most out of each training session.

2. Welcome to the miCoach SMART RUN

- The miCoach SMART RUN never runs old – get continuous software updates with new functions and features after having bought the device via WLAN

Thank you for your interest in miCoach and congratulations on purchasing the miCoach SMART RUN, a cutting-edge fitness monitor and personal coach that helps you to reach your individual goals.

This user manual provides you with everything you need to use the miCoach SMART RUN and enjoy a smooth start into the unique user experience we've created for you.

The miCoach SMART RUN is the most comprehensive and sophisticated sports running product on the market. Using a full-color, touchscreen navigation, the device brings together a range of unique features for runners, including:

- Real-time audio coaching to guide you through every run and avoid fatigue early on
- GPS tracking to map your runs
- Understand what your race pace feels like with personalised training schedules tailored to meet your goals
- Set your workout intensity via individualized Heart Rate or Pace zones
- Achieve your target distance times with vibration alerts to pick up the pace or slow down
- Track, monitor, and share stats from each workout
- Store up to 3GB of your favourite music playlists to keep you entertained on the go
- Continuous heart rate monitoring from your wrist—no need for chest-based heart rate monitoring anymore!
- Wireless connectivity to miCoach.com for complete run records and training programs

Acting like a personal coach, the miCoach SMART RUN will work out together with you as you run. By combining personalized training schedules, GPS mapping, and integrated heart rate monitoring technologies, the miCoach SMART RUN will guide you through every run to ensure you're getting the most out of each session no matter the distance or what type of runner—beginner, to intermediate, or advanced—you are.

Uniquely, it will know how hard to push you and for how long. Take the guesswork out of your workout so you'll never overtrain or undertrain again.

Data Tracked:

- Heart rate (in BPM)
- Calories
- Distance
- Route
- Speed
- Workout duration
- Pace
- Auto Laps (time or distance based)
- Running cadence
- Manual splits (time or distance based)

Other features supporting you through your run:

- Coaching narrations
- Workout summary
- Customizable data metrics on screens
- Workout schedules and customizable training plans
- Revolutionary 1-minute fitness assessment called "Fit Test" to enable fully personalized coaching plans
- Lifetime stats summary – all data you ever achieved at a glance
- Wireless audio through Bluetooth® (wireless Bluetooth® headset not included)
- Revolutionary Strength & Flexibility training
- Timer and stopwatch functionality
- Zone-based, real-time coaching based on heart rate or pace
- Unique "Run Score" value indicating your running potential based on shorter distance runs (min. 1.5km) in terms of finishing times for longer distances (e.g. marathon, half-marathon, 10K, 5K) – see your running potential and train for more

2.1 Overview

Let us give you a quick overview of the device and all components you'll find in the miCoach SMART RUN package:

miCoach SMART RUN

Charger

Contact points

miCoach button

Optical

Heart rate

Monitor

USB cable

2.2 Compatibility

The miCoach SMART RUN works with devices compatible with Bluetooth® Smart technology.

SPEED_CELL BTLE

BLUETOOTH® WIRELESS HEADSETS

NOTE: If you haven't paired your miCoach SMART RUN with a Bluetooth® device, pair them before you start working out (see Bluetooth® on page 63).
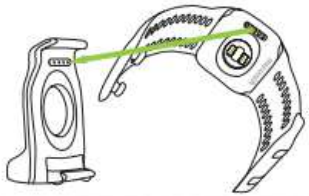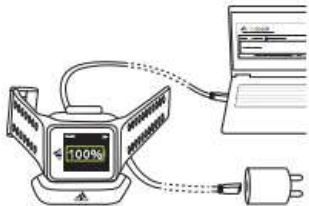
Basic steps

3.1 Charging

After unpacking the device, we recommend fully charging the miCoach SMART RUN before using it for the first time. The miCoach SMART RUN is charged using a supplied charging cradle. This cradle is also used for transferring music files.
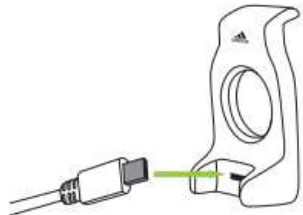
Connect the USB Cable to the charger...

...align the pins and place your SMART RUN on the charger...

...plug the USB cable into your PC/Mac or any compatible AC adapter to charge.

When your miCoach SMART RUN is turned on and connected to your PC/Mac, the screen goes to the Settings domain with only battery status displayed.

Please note that the charging status will always be visible on top with a light grey overlay over the usual screen. It shows the battery charging icon.

This combined with the steady growth of the battery percentage tells you that your miCoach SMART RUN is charging. You'll also see the animated battery icon in the status bar (see page 19). The screen blanks after 20 seconds of inactivity. Pressing the miCoach button displays the Clock domain.

Generally, we recommend not using the device during charging to ensure a fast and smooth charging process.

When wearing the miCoach SMART RUN, it will inform you when the battery is running low.

The first notification will be when battery level is below 30%:

Battery below 30 %

OK

The second notification will appear when battery level is below 15%.

Battery below 15 %

OK
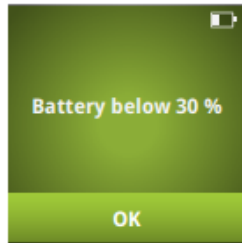
When running out of battery, the miCoach SMART RUN will automatically power off.

Battery low

Shutting down...

The miCoach SMART RUN will automatically save your workout data before shutting down so your workout stats aren't lost.

Battery low

Shutting down, saving data...
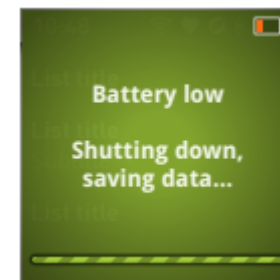
3.2 Status icons

The icons on the top of the screen provide information about your miCoach SMART RUN. They indicate an active or enabled item.

There are two basic types of indicators:

1. Icons prompted by user action:

Icon	Icon Name	What it means…
✈	Flight Mode	Flight mode will automatically disable WLAN and Bluetooth, so their indicators will not be shown when in flight mode.
♥	Heart Rate	Indicates your heartbeat is being detected by the device.
[insert latest GPS icon from Fjord]	GPS	Indicates that GPS positioning is active.
₿	Bluetooth®	Indicates that Bluetooth® connectivity is active and the SMART RUN connected to an external sensor (eg Speed_ Celll) or a Headset.
📶	WLAN	Indicates that the device is connected to an active WLAN network.

2. Icons always active:

Icon	Icon Name	What it means…
🔋	Battery Life (Partially Full/ Half Full / Almost Empty)	The battery life indicator will always be displayed in BOB's header and showcase the current life of the battery.
[insert latest GPS icon from Fjord]	Dimmed GPS	Showcases that the GPS is on but BOB has a weak signal or no signal at all.
₿	Dimmed Bluetooth®	Indicates that Bluetooth® is on but your SMART RUN is not connected to any sensor or headset.
10:48	Time	Indicates the time of day.

Status icons are placed on the screen as indicated below:

Current time

The upper left hand corner of all status bar views will show the current time. Exceptions:
1) WPS connection timeout where the remaining connection time is shown instead.
(see page 113).
2) Strength & Flex Workout countdown.
(see page 65)

Active Items

Active item icons are displayed in the upper right corner (right aligned). The details of these icons are defined in several places during these guidelines.

3.3 Wearing miCoach SMART RUN during a workout

Your miCoach SMART RUN utilizes a revolutionary technology to accurately track you heart rate. To enable this technology to work most effectively and detect a good heart rate signal, please follow the easy steps below:

- Fasten the miCoach SMART RUN snugly so the optical sensor on the back of the device makes tight contact with your skin. Make sure it's close fitting, but not too tight.

- Wear the miCoach SMART RUN away from, not on, your wrist bone. If you have small wrists, wear it higher on the forearm.

- The miCoach SMART RUN heart rate sensor performance is optimized with greater blood flow. Exercise for a few minutes to increase your blood flow before turning on the heart rate monitor.

When you're not using the heart rate monitor, you can wear your miCoach SMART RUN as a casual device.

If you continue experiencing challenges in getting your heart rate, try the following steps:

- Tighten the strap and/or move the miCoach SMART RUN further up your forearm.

- On cold days, the heart rate sensor can be impacted. We recommend activating the heart rate reading while still indoors and, if necessary, wearing a sleeve over the device.

- If you're still having trouble, try wearing the device on your other wrist.

- Minimize hand movement and extreme bending of the wrist while using the miCoach SMART RUN's heart rate sensor.

3.4 Turning the device on/off

Turning your SMART RUN on

To turn on the miCoach SMART RUN, press the miCoach button until the device vibrates.

A sequence of screens welcomes you. This includes the adidas and miCoach logos along with a pulsing animation screen for the duration of the booting up process.

Powering on sequence

The sequence ends with the clock view and the device being unlocked and ready for use.

"Hard off"-switch: Pressing the on/off for 8 seconds from any state immediately shuts miCoach SMART RUN down without any animations. This provides a method for restarting a device in the exceptional case that the device doesn't react anymore.

Turning off

You have two options to power off your miCoach SMART RUN:

a) From Settings (see section 8):

Going to the device subdomain and tap the power off menu option to shut down the device.
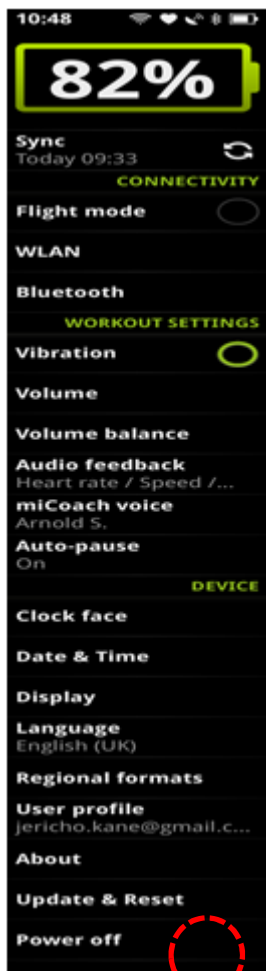
b) With miCoach button (from locked state):

Press and hold the button. This will follows the same sequence used for locking the screen (see section 3.6, page 23).

Continuing to press the button during the locking animation produces a power switch image and a progress bar at the bottom.

Pressing the button until the progress bar reaches the end powers off the miCoach SMART RUN. The device will vibrate to confirm that the power is off.

Restarting your miCoach SMART RUN:

Pressing and holding the button for 8 seconds from any state immediately shuts down the device without animations.

3.5 Initially setting up your SMART RUN_

Before starting to work out, set up the miCoach SMART RUN. Follow the directions on the device when on first use or after resetting (see Reset on section 7.4, page 69).

Battery level will be shown if the level is below 50%. Please charge the device (page 7) in order to be able to follow the set up.
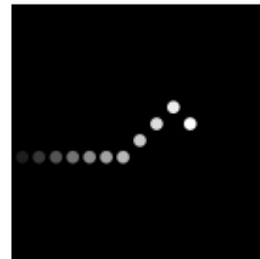
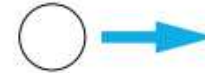Powering on sequence will appear before starting.

Indicator for dragging
This means user selection for dragging, and the direction of the drag gesture. Note that animation direction is reversed.

1) Adidas logo   2) miCoach logo   3) Pulse animation

Indicator for tapping
This means user selection for tapping, and the direction of the animation for next screen.
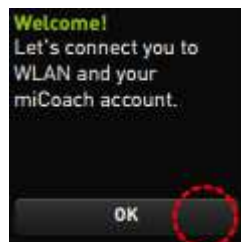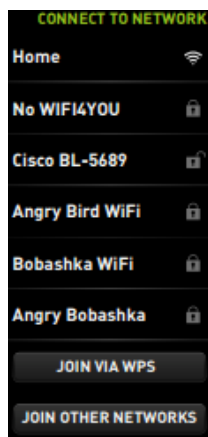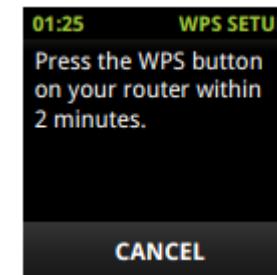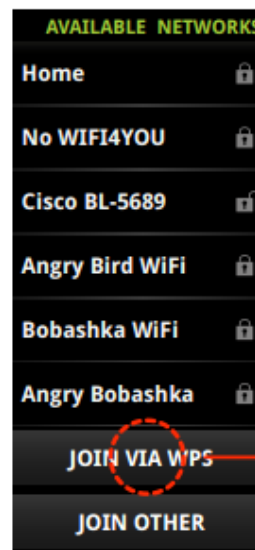
Step1: Choose your language and confirm it.

Step 2: Connect to your WLAN.

You have the option to select the WLAN and enter your passkey using the virtual keyboard (see page 17 for keyboard use).

If available on your router, you have also the option to connect to WLAN via WPS.

Once the miCoach SMART RUN is connected to WLAN, the next screen will appear.
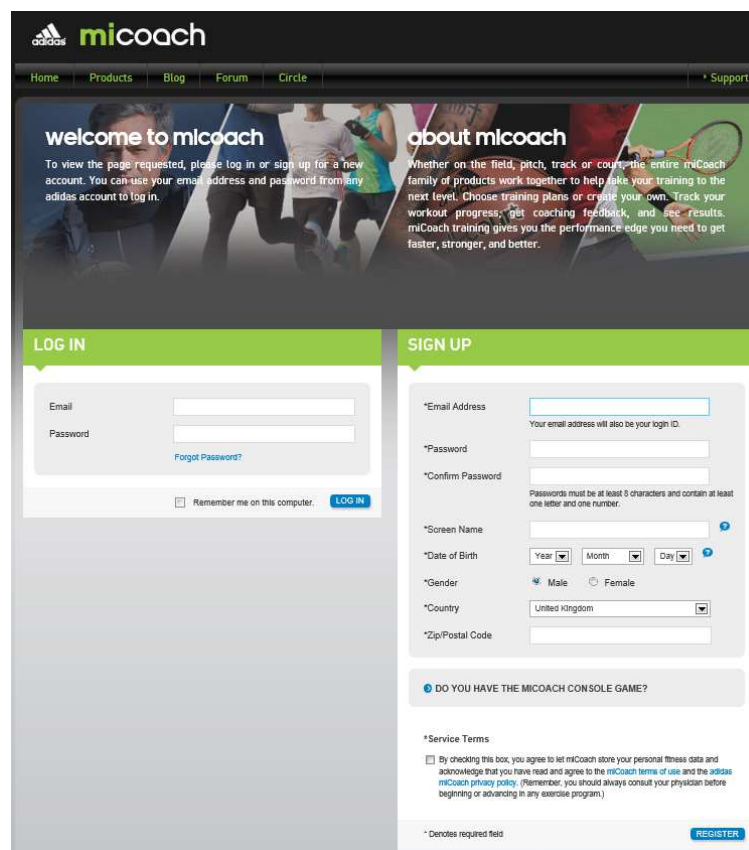
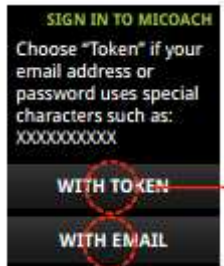Step 3: Choose your time zone and confirm/edit time and date.

Step 4: Log in with a miCoach account.

If you don´t have a miCoach account, visit miCoach.com/start, sign up, and log in from your miCoach SMART RUN.

If you already have an account, enter your account details with token or with email.

b) With email
Use the virtual keyboard (for more details on the keyboard, please see page 19).

a) With token
The token-based sign-in requires you to visit miCoach.com/start to enter the token given by the device.

Note: If you use special characters in your password, you'll need to sign in via this "Token" approach.
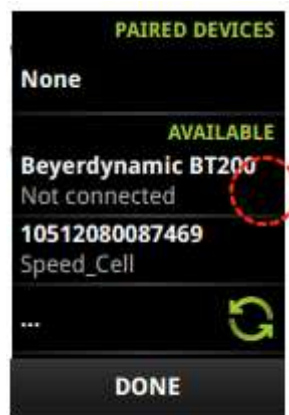
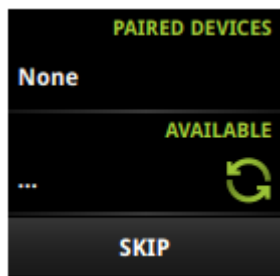This image below will be shown while your profile is syncing.

Step 5: Add a Bluetooth® device if you have one (if you want to pair it later, see page 62).

Let your miCoach SMART RUN check for the Bluetooth® devices and select the one you want to pair.

The pairing process will start and your headset will be connected.
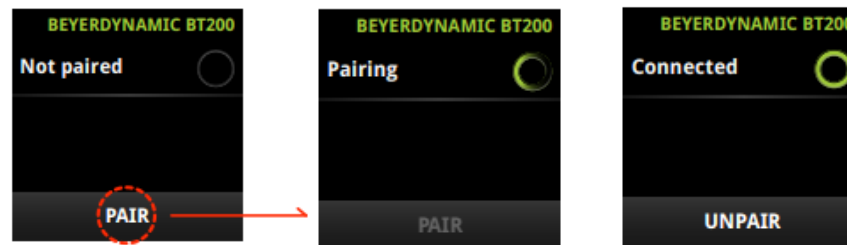
Pairing devices can be done repeatedly. To dismiss this option, tap "DONE."

Step 6: Ready to go!

The check mark indicates that the initial set up is complete. Swipe to start and reveal the Clock domain.

3.6 Navigating the miCoach SMART RUN

Swipe left and right for the main menus
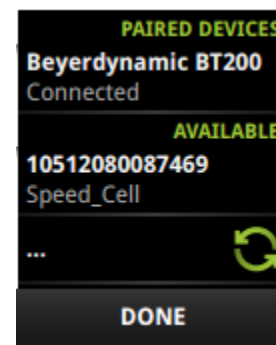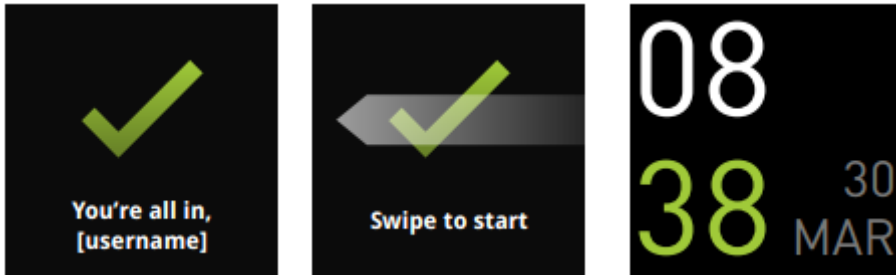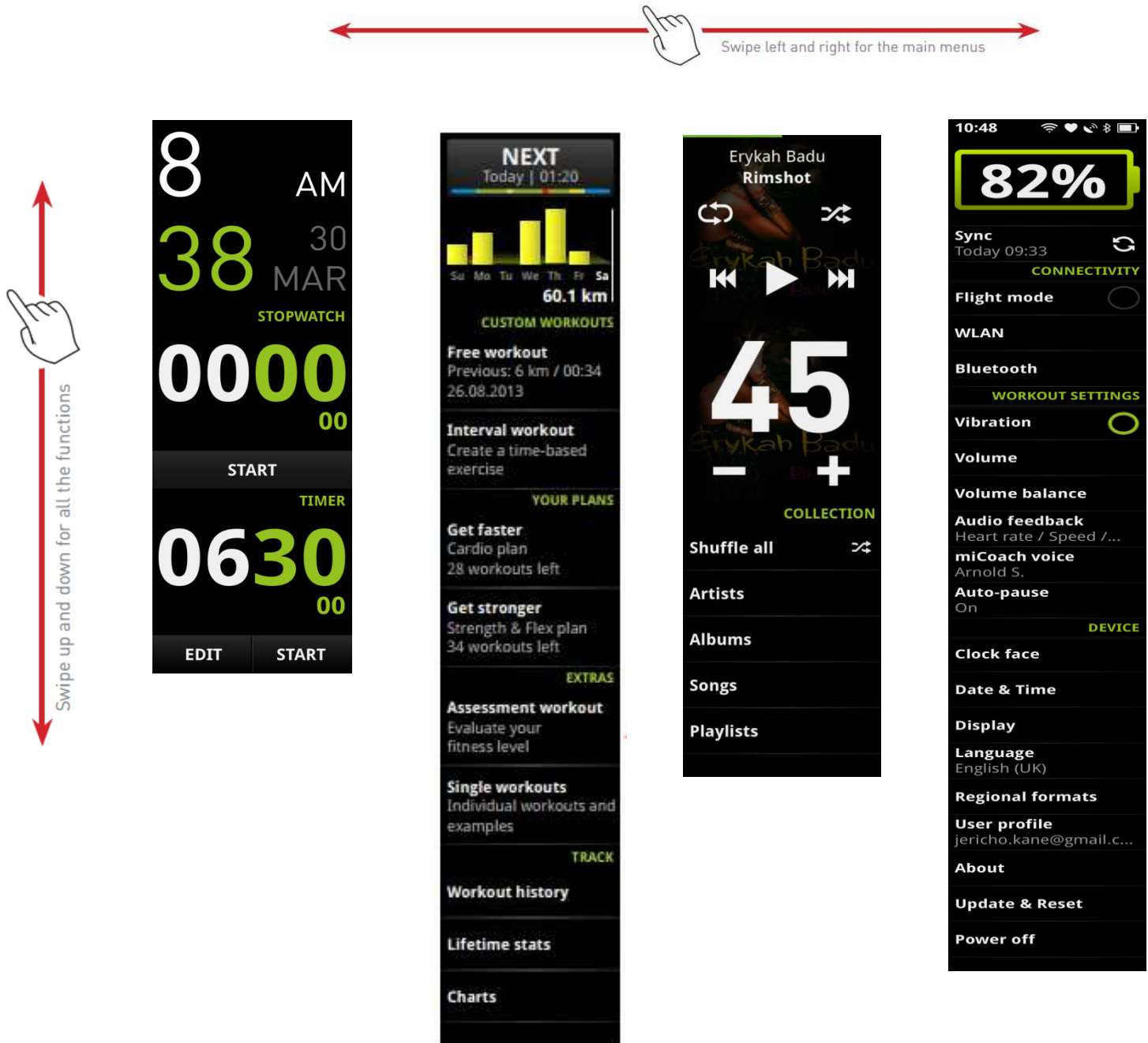
Swipe up and down for all the functions

Screen 1
8 AM
38 30 MAR
STOPWATCH
00 00 00
START
TIMER
06 30 00
EDIT   START

Screen 2
NEXT
Today | 01:20
Su Mo Tu We Th Fr Sa
60.1 km
CUSTOM WORKOUTS
Free workout
Previous: 6 km / 00:34
26.08.2013
Interval workout
Create a time-based exercise
YOUR PLANS
Get faster
Cardio plan
28 workouts left
Get stronger
Strength & Flex plan
34 workouts left
EXTRAS
Assessment workout
Evaluate your fitness level
Single workouts
Individual workouts and examples
TRACK
Workout history
Lifetime stats
Charts

Screen 3
Erykah Badu
Rimshot
45
− +
COLLECTION
Shuffle all
Artists
Albums
Songs
Playlists

Screen 4
10:48
82%
Sync
Today 09:33
CONNECTIVITY
Flight mode
WLAN
Bluetooth
WORKOUT SETTINGS
Vibration
Volume
Volume balance
Audio feedback
Heart rate / Speed /...
miCoach voice
Arnold S.
Auto-pause
On
DEVICE
Clock face
Date & Time
Display
Language
English (UK)
Regional formats
User profile
jericho.kane@gmail.c...
About
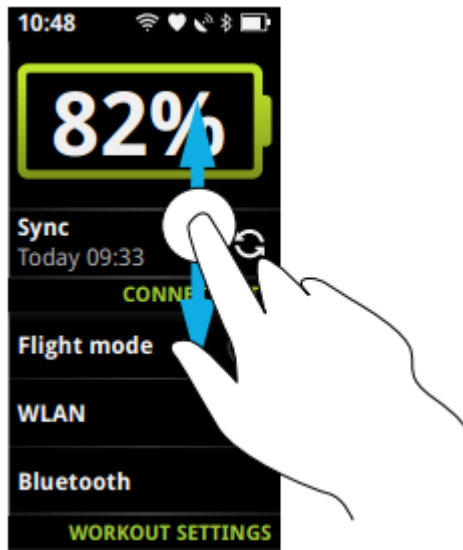**Update & Reset**
Power off

miCoach SMART RUN is divided into four domains which are located next to each other.
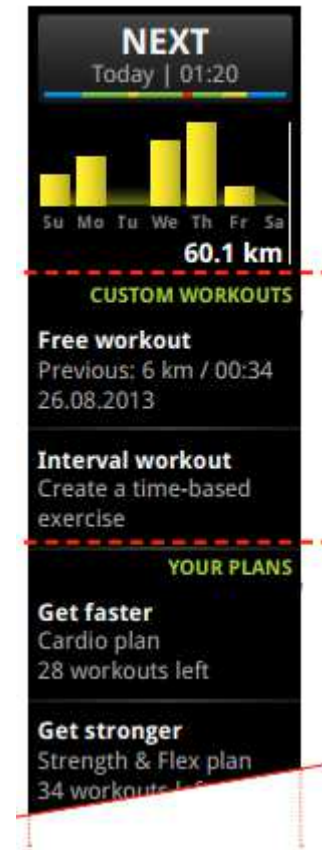
To move to another domain, swipe left on the screen. The next domain will slide into view.

Swipe up and down to reveal the subdomains.

Many of miCoach SMART RUN´s screens slide up and stop within the set limit. This is called screen-based scrolling.

Some views scroll freely, without any limitation. The screen can set anywhere between list items.

To select, tap on the screen. This slides the following view into place from the right.


To go back, drag the previous screen into view (note that the view on right appears from the left).


3.7 Keyboard use

To allow you to manually enter information, we created a virtual keyboard. This keyboard has multiple layers which can be accessed by swiping vertically. The keyboard views are paging so that each keyboard snaps into place when entering the view. The keyboards are horizontally scrollable to choose the letters. To make a selection, tap on the item you'd like to enter.
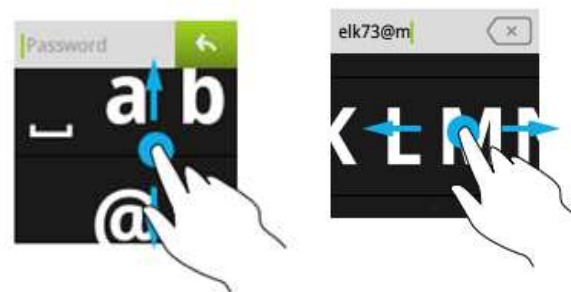
Swiping the third and last keyboard up reveals the "OK" button and disables the keyboards. If you don't interact for a certain period of time, the screen will scroll down and the keyboards will be disabled. Scroll up to continue using the keyboards.
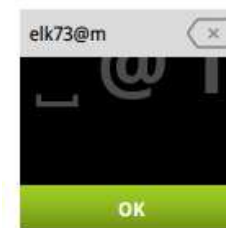
Uppercase letters

`_ A B C D E F G H I J K L M N O P Q R S T U V W X Y Z`

Lowercase letters

`_ a b c d e f g h i j k l m n o p q r s t u v w x y z`

Numbers and symbols

`_ @ 1 2 3 4 5 6 7 8 9 0 ! ? . , ' " ( ) _ / * - + # : ; $ & = < > ´ [ ] { } ^ | ~`

NOTE: Special characters from other languages aren't supported. To connect your device with a miCoach account, use the token sign in (see page 16).

3.8 Screen lock

Keeping the miCoach button pressed produces a lock symbol and a progress bar at the bottom of the screen. The bar advances as long as the button is pressed. Once the full length of the display width has been reached, the lock is activated and the open lock symbol changes to a locked symbol.

The locking starts after the button has been pressed for 0.5 seconds.

After 1 second, the bar should have reached the end of the screen and the screen gets locked.

Continuing to press the on/off button will power off the miCoach SMART RUN (more details in section 3.2).

When the screen is locked, pressing and holding the button unlocks the screen. The bar advances as long as the button is kept pressed.

After 1 second, it's full and the screen unlocks.

Automatic screen locking

miCoach SMART RUN´s screen automatically locks after 5 minutes.
In workout mode, the screen never locks to provide you with full access to your stats at all times.

3.9 Display Sleep Mode

You can wear your SMART RUN of course also as a regular watch. Whenever you do not activate the screen lock as outlined in the previous section, the device automatically puts the display to "sleep". This "sleep mode" is intended to increase the battery life of your device. Please note that this mode will only be activated when you are not working out with the SMART RUN.

4. Clock domain

The clock face is shown whenever you unlock miCoach SMART RUN or when pressing the miCoach button shortly while it's locked.
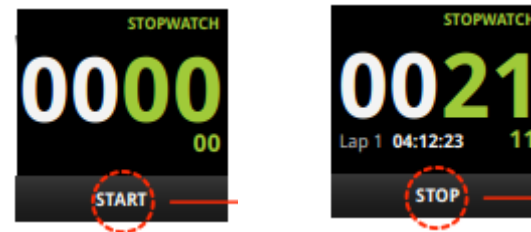

To choose a different clock face, go to the Settings menu to browse options (further details section 7.4, page 67).
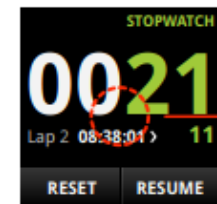
4.1 Stopwatch

Your SMART RUN has also a Stopwatch.
Here is how the stopwatch works:

- Tapping "START" begins the stopwatch.
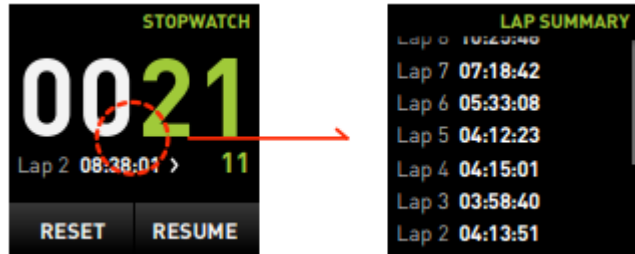- Tapping "STOP" pauses the time.

- Tapping "Reset" returns to default.
- Tapping "RESUME" restarts the stopwatch.

- Pressing the miCoach button creates a lap, produces a short vibration, along with the lap appearing on the screen.

When the stopwatch is stopped, the laps that have been created can be reviewed by tapping the area between the header and buttons in the summary view.

When the minutes exceed 60, the numbers shrink to accommodate hours in front of the count.
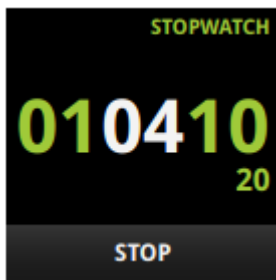
4.2 Timer

To use the timer, you need to tap the "EDIT" button and set the time.

Setting the timer is done by scrolling tumblers. Toggle between h/min and min/sec.

The (default) timer value for the first time use is 00:00. The "START" button is disabled whenever the value is zero.

Setting the timer enables the "START" button. Whenever the timer returns to default, the latest setting is displayed.

When paused, the timer can be resumed or reset to current default.

The stopwatch and timer both share the same status bar icon. This icon is used whenever either is active but not directly visible on the screen as it may continue running in the background.
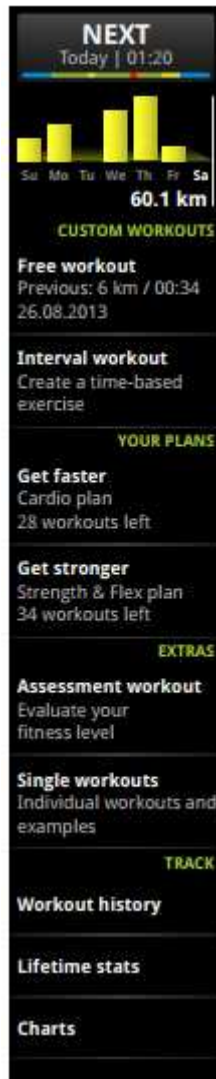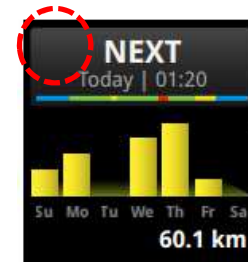
5. miCoach domain

The miCoach domain is divided into four subdomains: Custom Workouts, Your Plans, Extras, and Track.
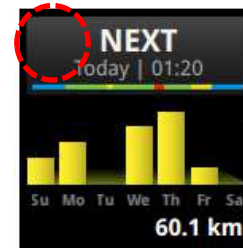

Before the four subdomains, there is a quick start option.

If no workouts are planned, you'll see the next screen. Click on a Free Workout to start.
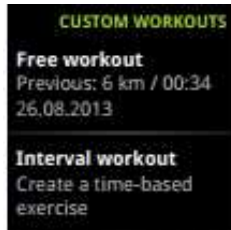

If you have plans scheduled, you'll have the next screen. Tap "NEXT" to start your next planned workout.
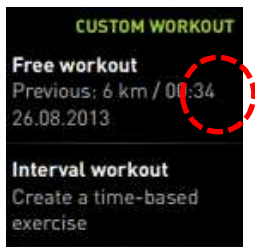
5.1 Custom Workouts

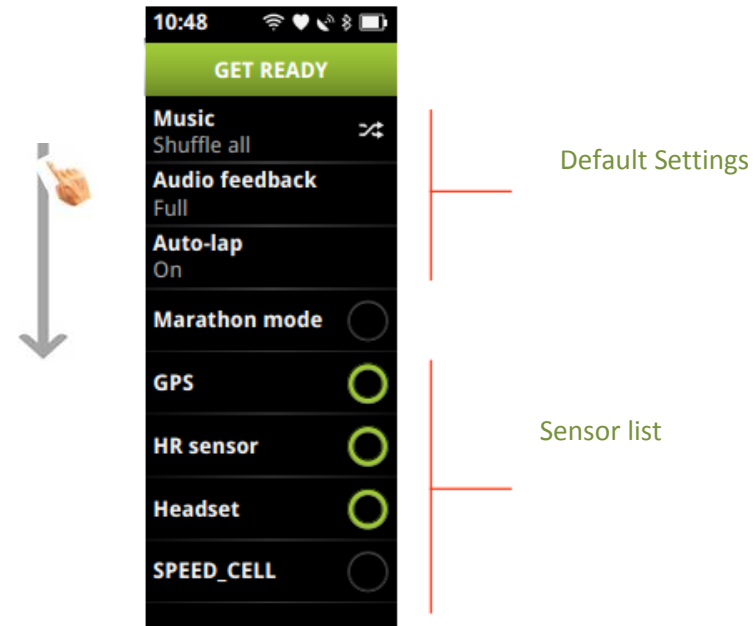Custom Workouts are divided into Free Workouts and Interval Workouts.

5.1.1 Free Workouts

To start a Free Workout, tap the menu item on the list in the Custom Workout section.
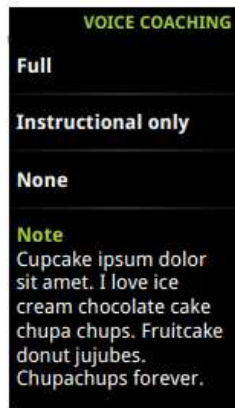

Scroll down the Get Ready screen to access the settings and the sensor list.

When changing any default setting in any workout mode, set new defaults for all workout modes.

The audio feedback setting opens a list of voice coaching choices. Selecting any of these returns you to workout options and changes the status label of this item.

With the Auto Laps feature you can have laps automatically tracked by the device based on time or distance. You can set interval values by tapping the set interval item. This opens a tumbler for setting the value. In this view, the interval type is set to either distance or time. Setting Auto Lap off disables the set interval item.
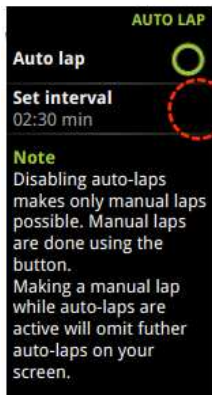

In the sensor list, all sensors you've already paired with your miCoach SMART RUN will appear. The GPS can be disconnected when working out inside.

Once you're done with the settings, tap "GET READY," wait until the GPS and the heart rate sensors are found, and start your workout.
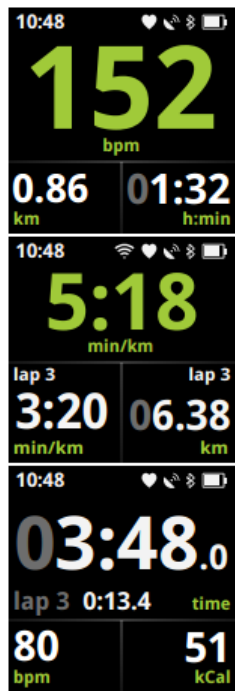
During workout

During your workout, you'll be able to check your real-time feedback. Depending on the coaching method selected, the order of your screens will vary.

Heart rate metrics

Pace metrics

Heart rate
Pace screen

screen
Pace screen

Pace screen
screen

Heart rate
screen

Time screen

Time screen

Pace screen: Units on this screen include current pace, current lap, current speed, and distance within lap.

Time screen: Units on this screen include time elapsed, time on this lap, and total calories.

Please note that apart from these standard screens you are able to create your own customized workout screens with one, two, three or a maximum of four metrics shown on the screen at a time. You can freely select and arrange those metrics on micoach.com in the miCoach SMART RUN settings section on the web. Please find an overview below for options on how you can change the screen metrics:

Heart rate screen: The unit and main number coloring is based on your current heart rate zone. Units on this screen include current heart rate, distance so far, and time so far.

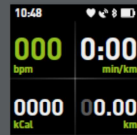**① Choose base metric (or main) for the screen.***

② Add second metric.

③ Add third metric. Layout adjusts automatically.

④ Add fourth metric. Layout adjusts automatically.

Example: Heart rate
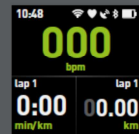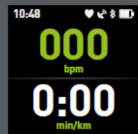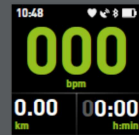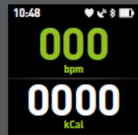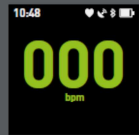
Example: Pace
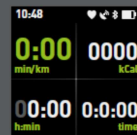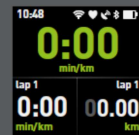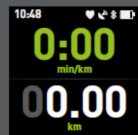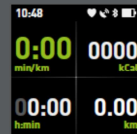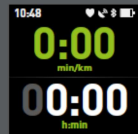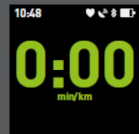
Example: Stop watch / Time
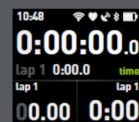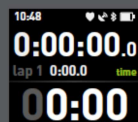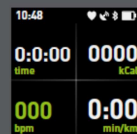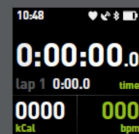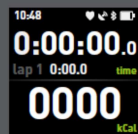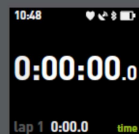
Any customized screen layout selected will also be available when you start a Coached Workout in addition to the coached workout screen (for details pls see section xxx, page xxx).

NOTE: For any customized screen layouts to take effect, you need to manually trigger a sync from the "Settings" section. For details please refer to page xxxx on how to trigger a manual sync for your miCoach SMART RUN.

Manual Splits

Pressing the miCoach button creates manual splits while working out.

This screen is shown for 4 seconds before it returns to the workout real-time feedback screen.

If Auto Laps are enabled, the laps view appears per Auto Lap at the intervals set in the Auto Laps settings (ee default settings in previous page). This means that the screen appears without your interaction. If you decide to take a split manually via pressing the miCoach button on the device, Auto Laps would no longer be displayed actively anymore although the device still keeps all Auto Laps in the background automatically. After your workout you can then review all Auto Laps taken as well as review all your manual splits you took via the miCoach button press during your workout. No data is lost, all splits and laps are tracked and can be used for your perfect run as you like.

During a workout, you can access your main stats screen as well as the music section.
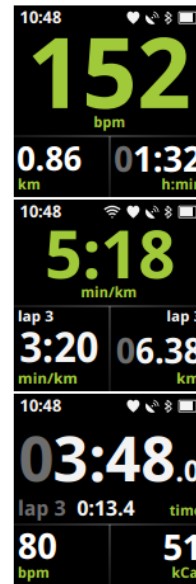
Scroll sideways to

access both screens.

*Warning: Avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.

Pause your workout with a long press on miCoach button.

Tap "RESUME" to continue your workout or "END" to finish and save the workout summary.
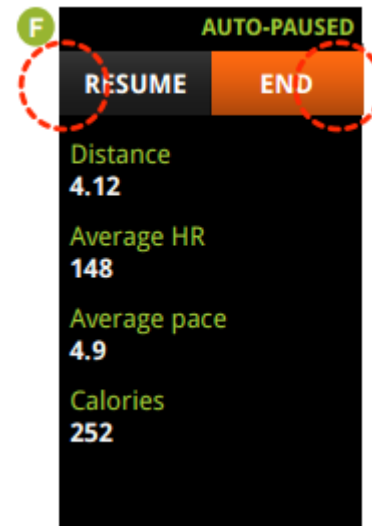
Choosing "END" prompts you to confirm that you want to end your workout.
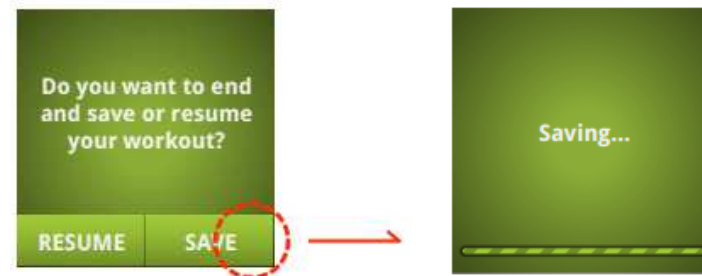
Tapping "RESUME" returns you directly to your workout. To end your workout and see a workout summary, tap "SAVE."

Tapping "DONE" reveals the main screen.

You can rate the workout on the summary screen. The rating stars are in order 1 to 5 from left to right. Tap one star to select it. To deselect a star, tap it again.

The Run Score is given only when performing a minimum 1.5km free run. It gives you a score out of 1000. 0 is your walking pace and is based on your gender, age, pace, and the current world records.
The Run Score also highlights your running potential by predicting race finish times for marathon, half-marathon, 10K, and 5K distances.
If you set a new world record, you would get a score of 1000.

You can compare and evaluate the results of your free runs.
An increased Run Score indicates an improvement in your fitness level and predicted race performance.

Lap breakdown data is broken down onto sub screens.

5.1.2 Interval Workouts

For an Interval Workout, you can set intervals, rest periods, warm-up and cool-down periods, and repetitions. During Interval Workouts, you can't make manual laps. The Auto Lap setting works as usual.
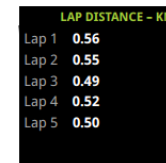
Split data shows all the information about splits done.

Shoes can be chosen here. Setting any shoe here (by tapping) sets a new default.
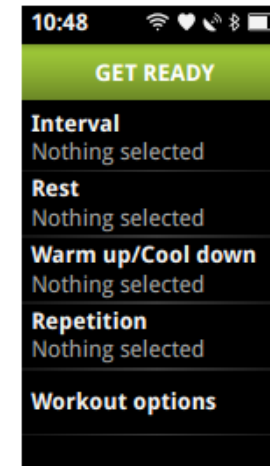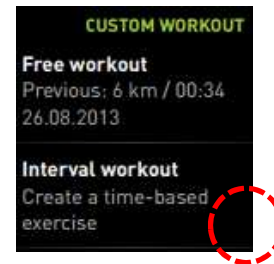
To set an interval or a rest period, tap on the desired zone. This jumps straight to time selector, with the color as carryover to the tumbler color.
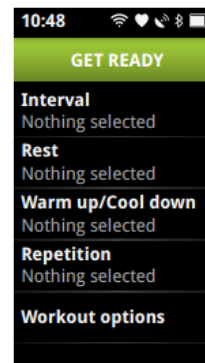
The values displayed in the zone selector depend on the main level mode selector (heart rate/pace) and your personal zones.

The warm-up and cool-down option includes a toggle for manual control. The default setting for manual warm-up is disabled.

Interval Workout options are practically the same as Free Workouts. The only difference is that there is no marathon mode.
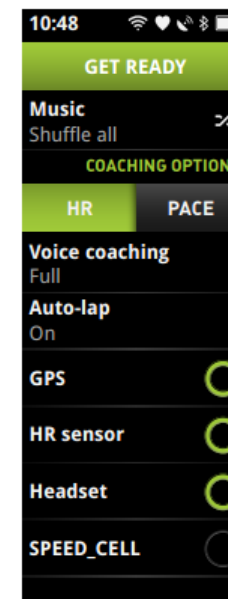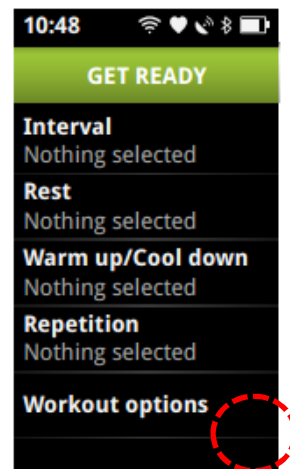
To set up repetitions, use the toggle that appears when pressing "REPETITION."
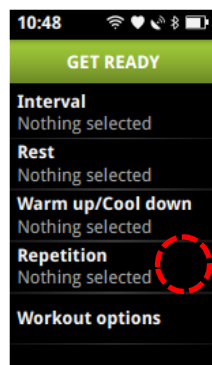
During a workout, the screen showed is similar to the Free Workout screen (see page 27), but it displays a built-in graphic based on the workout setup, with bars of the relevant colors as intervals.
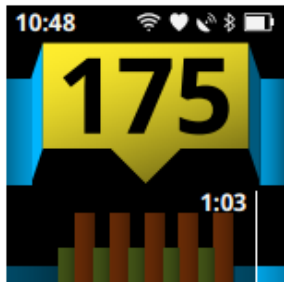
Heart rate screen

Pace screen

Time screen

Changing your zones (heart rate or pace) during Interval Workouts functions that same as changing your zones in coached workout in regards to visuals and vibration. (See page 36 for more on coached workouts.)

The only difference is the wording:

Pausing and ending an Interval Workout is handled in the same as in a Free Workout (see page 27).
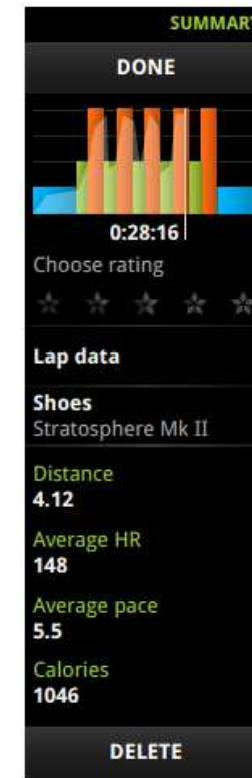
5.2 Your plans

miCoach offers both cardio plans and Strength & Flex plans to improve strength and power, speed and agility, flexibility, and more.

Together, these plans provide the full-range of training you need. Browse the training categories to add a cardio plan, Strength & Flex plan, or both, to your schedule.

This subdomain is divided into two parts: cardio plan and Strength & Flex plan. If you have any plan active in your account, you'll see the name and the number of workouts left.

If you want to set up a plan, visit miCoach.com and log in. If you don´t have an account, please sign up on the same link.

After logging in, select Plan from the main navigation, go to Training Plans, and choose a plan.
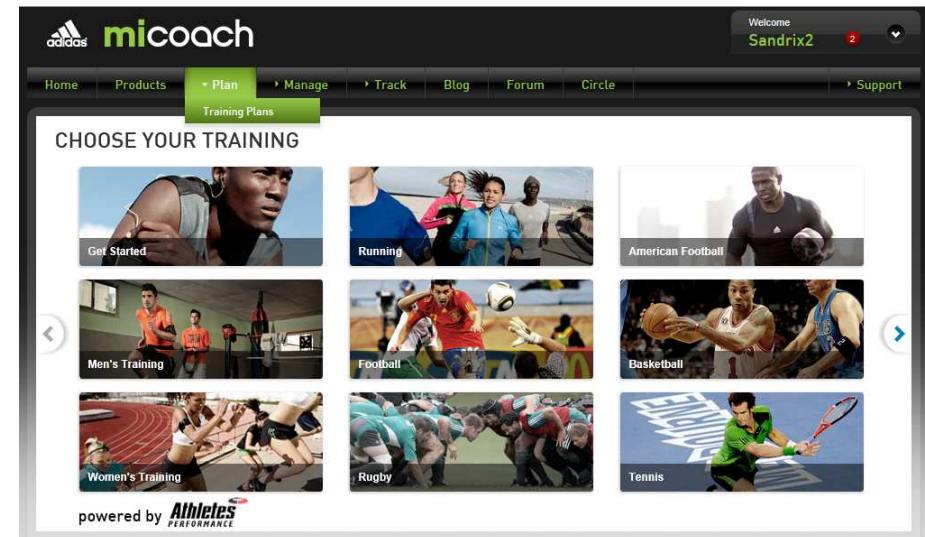
Once your plan has been set up, don´t forget to sync your miCoach SMART RUN (syncing instructions on page 59) and your plan will appear.

5.2.1 Cardio plans

The plan view initially shows the closest upcoming workouts. Past items are available and revealed by scrolling the initial position downwards.
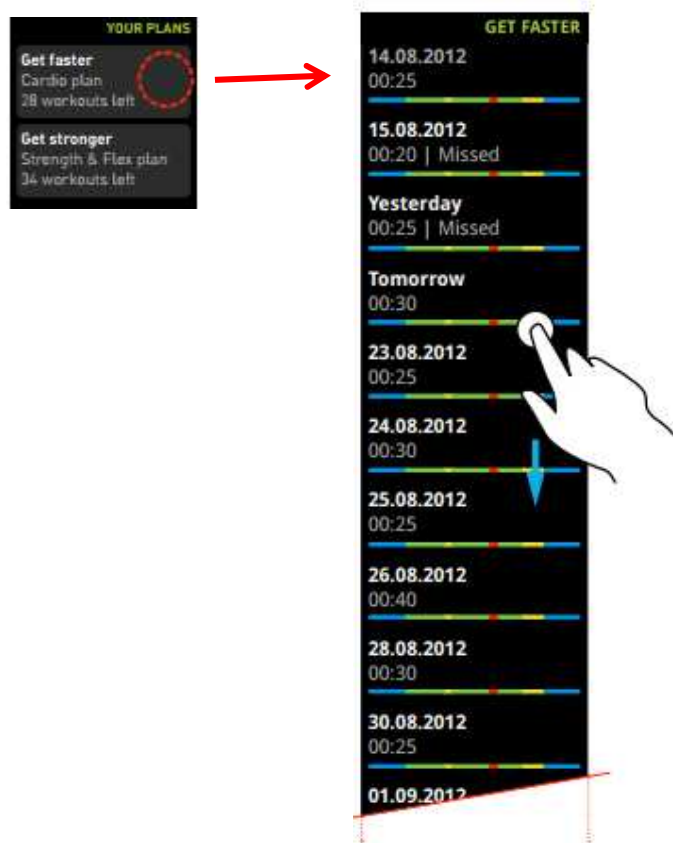
The start screen for a coached workout opens by touching on any list item in the previous view. It's possible to start an exercise even if it's not planned to be the next one. The starting view outlines the workout graph in a bigger format and includes a coach note detailing the workout.
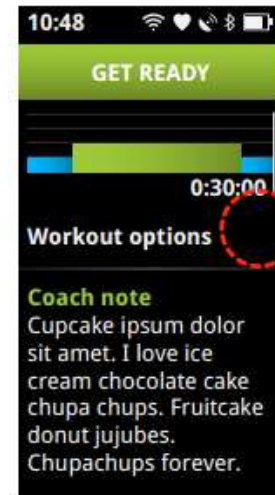
Coached mode options behave a bit differently from the Free Workout mode (see page 25). There is no marathon mode in coached mode. Activity type is set by the exercise.
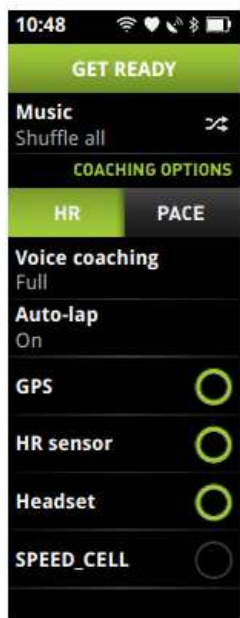
Tap "GET READY" to start your workout.

During workout

The main screen displays an elastic band with both current heart rate and pace information and target zone information.

Heart rate screen
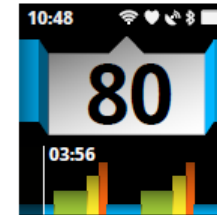
Pace screen
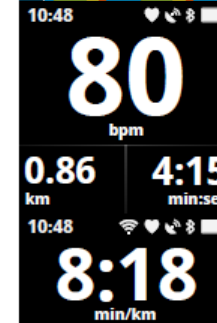
Time screen
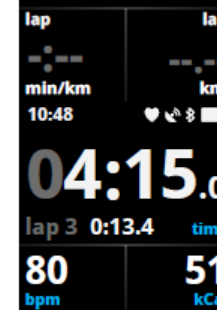
Below is the workout plan graph along with current time position. This graph dims as time passes, and the marker moves accordingly. At the halfway point, the time indicator moves to the other side of the marker.

When you need to change the heart rate/pace zone, you'll receive the following images with some vibrations.

Zone alerts

-50% off target	+50% off target	-100% off target	+100% off target

If you have any headset connected, you'll also receive an audio message.

Prior to an upcoming zone change, the workout time displays the countdown. As the zone change alert approaches, you'll see an overlay outlining the remaining time until zone change is needed accompanied with a vibration as an alert.
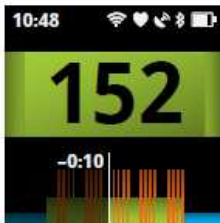
The alert appears the second the zone changes, and there's a long vibration. Screen timeout for 4 seconds. Note that the overlays are colored along the approaching zone's color (either heart rate or pace) and the numbers represent the time user spends in that zone.

If you continue working out after the coaching plan ends, the marker is at the right-hand side and the time continues to count.

During your coached workout, you have access to the same screens—stats and music—as the Free Workout.
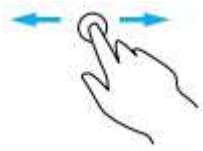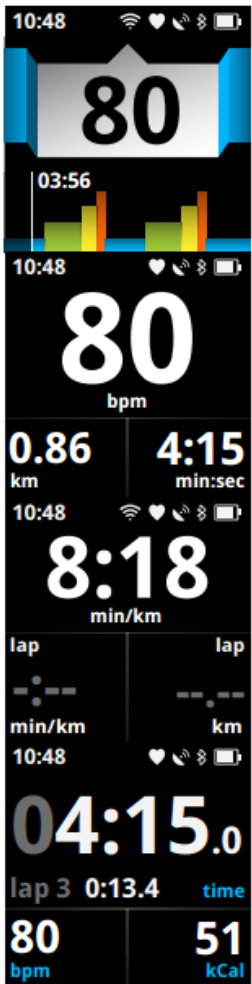
Pausing a coached workout is handled similarly to a Free Workout. The only difference is that the screen contains the workout plan graph with actual heart rate or pace data in an overlay.

Scroll sideways to

access both screens.
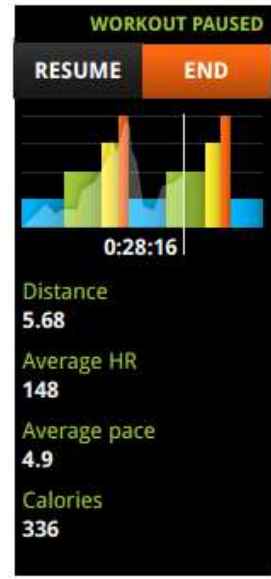
Creating laps during coached workouts is handled in the same way as in Free Workouts (see page 30).

Coached workout summaries are similar to Free Workout, but they show the graphs (see page 29).

The graph visually shows how well you followed the coaching prompts and zone changes. The Coach Notes section is active with basic coaching advice from the best coaches in the world.

1.2.1   Strength & Flexibility (Strength & Flex) plans
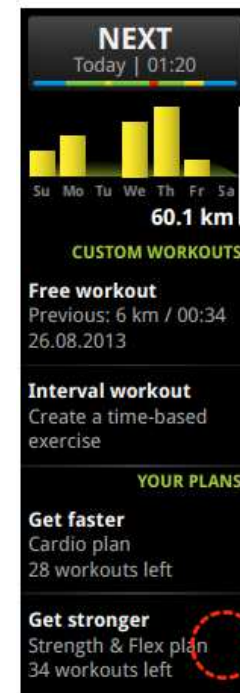
The Strength & Flex plan view initially shows the closest upcoming workout as the first item. The initial number of items in this view is 10. The title of each item is the according date and the subtitle the duration of the scheduled workout. The bullets next to the title represent the sets and intensity. Any "missed workouts" are indicated if you scroll downwards with your finger. You can still complete those workouts if you like. Any future workouts can be viewed by scrolling upwards.

The Get Ready screen for Strength & Flex workout opens by touching on any list item.

Workout options in Strength & Flex plans are similar to Free Workout options. The "Marathon Mode" is not available for Strength & Flex workouts as this mode is specific to running cardio workouts.
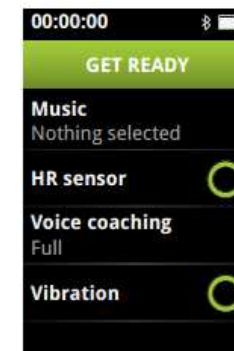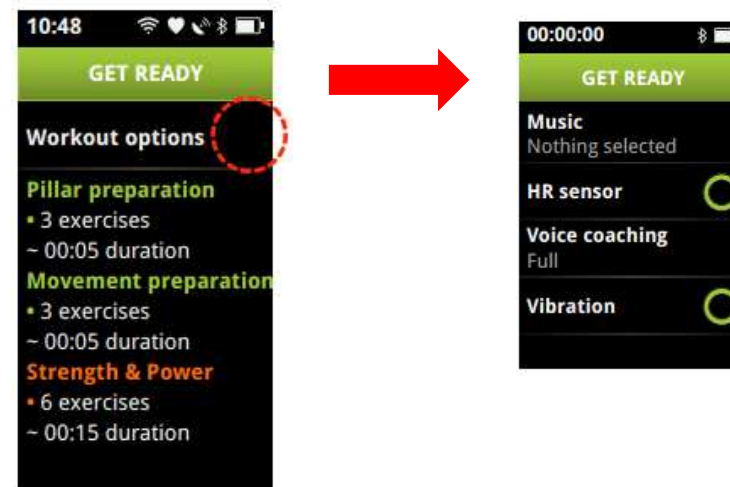
Tap "GET READY" to look for the heart rate sensor and start your workout.
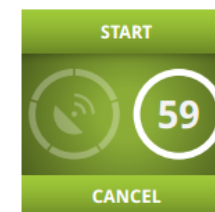
In Strength & Flex exercise views, the status bar shows the heart rate value on the left-hand side of the heart rate icon.

The exercise view lists all exercises required for the chosen workout. Scroll down to find them.

NOTE: There are no manual or Auto Laps in Strength & Flex. Hence a short press on the miCoach button has no functionality during Strength &Flex workouts!

When you have a set of exercises (multiples repeated exercises), an overlay is shown to inform you about the number of items and repetitions.
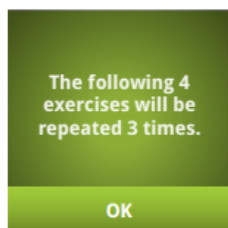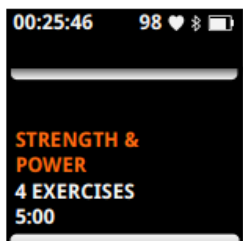
If you tap the content item, the play and pause options will appear. While playing the content, the controls are hidden. When paused, they are displayed.
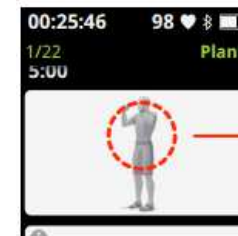
Tapping the check mark on the right hand side of the lower screen marks an exercise as complete. check marking is also confirmed via a vibration. This check mark basically indicates you have completed the exercise which automatically leads to the next exercise on your complete to ensure a smooth transition through your plan.

NOTE: Already checked exercises can also be unchecked and repeated again at any time.

Time-based exercises are marked with a timer icon next to the play icon. Selecting play starts the sequence. The countdown seconds are supported with a short vibration each. The exercise can be interrupted (canceled) with the "x" button.

A longer vibration emphasizes the beginning of the exercise. The last 3 seconds are again supported with a short vibration each. A longer vibration is indicates the end of the exercise.

In summary, pls find an overview of actionable icons during Strength & Flex exercises below:

The following Icons are used within the Strength and Flex Exercise and are fully detailed with the accompanying layout visual guide.

Play Video:
Showcases how the user can begin playing an exercise animation.

Check
Showcases how the user can mark current exercise as completed and move on to the next exercise witin within the set.

Info
Showcases how user can review additional exercise information.

Rep Amount Icon:
Showcases how the user can select the rep amount within a active exercise.

Rep & Set Amount:
Showcases how the user can select the rep and set amount within a active exercise.

The "END" button for finishing the entire workout is the last item in the exercise view. Ending this workout displays the same overlays you'd see in a Free Workout (see page 32).
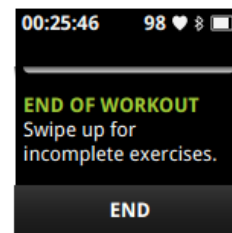
Pausing a Strength & Flex workout, works the same as in Free Workout. The first screen shows basic workout data. Tapping "RESUME" takes you back to the workout, while tapping "END" brings you to your workout summary.
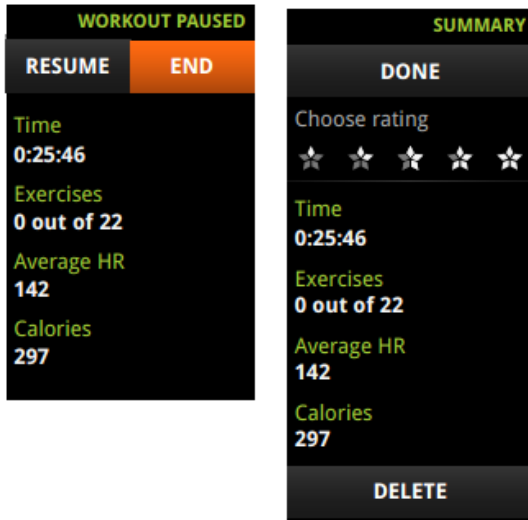
5.3 Extras

Extras is the third subdomain in the miCoach domain. Scroll down to find it.
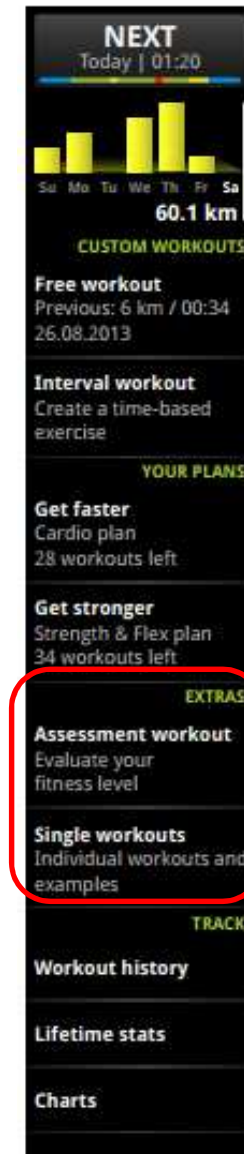
5.3.1 Fit test

Extra is divided into Fit Test and Single Workouts.
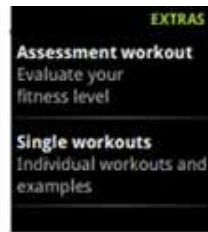
To complete the Fit Test tap on the respective menu item on the screen. This Fit Test is intended   to evaluate your fitness level to allow for the customization of your individual intensity levels for coached workouts.
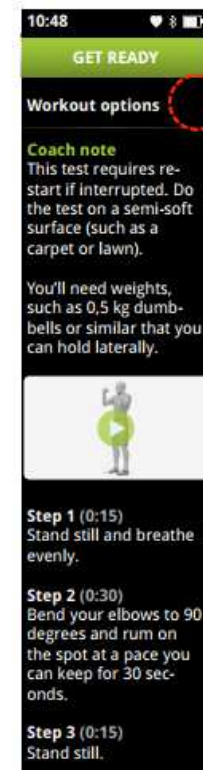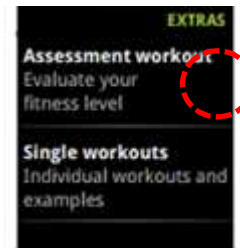
Please make sure to check the coach notes that appear on the screen before starting the workout. These coach notes explain the basic and easy steps to successfully complete this test.

In addition, you can also check your workout options here.

Tap "GET READY" to start your Fit Test.
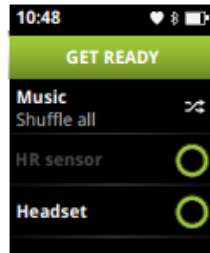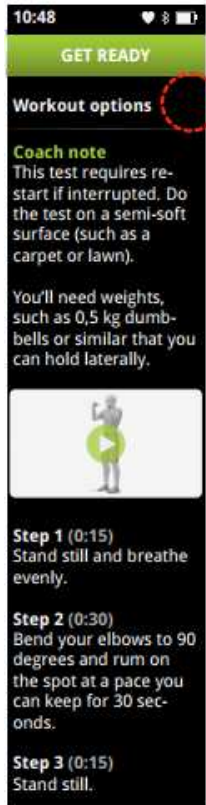
The animation will play in a continuous loop showcasing all three steps that the user will be asked to perform. Tap once to start, tap again to stop. Within the animation, you willalso see a small numerical indicator, showcasing which step (1-3) is being performed.

The workout screens contain a simplified wording of the instruction. A large digit in the center counts down the time of each step while the next step is mentioned below. The third step screen has no additional label below the digits since it's the last step.

Step 1/3

Step 2/3

Step 3/3
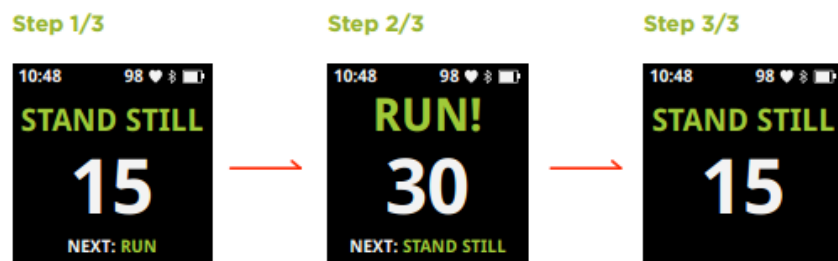
The Assessment Workout start is confirmed with a long vibration. The last 3 seconds of each step are marked with a short vibration to support the countdown.

With the start of each step, the countdown restarts.

Step 2/3
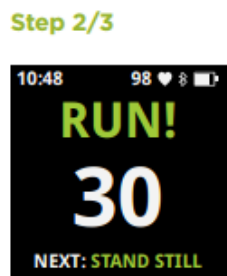
A long press on the miCoach button during the Fit Test interrupts the test and shows this overlay. Please note that this Fit Test cannot e paused since your fitness level can only accurately be evaluated with the test being completed without any interruption until the end. Any "pause" requires the Fit Test to be restarted.
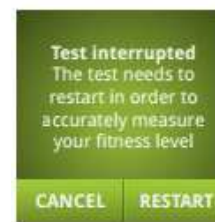
If there is an error reading your heart rate during thw Fit Test, you will see the overlay below which requires you to restart the test again to ensure your fitness level is accurately assessed.
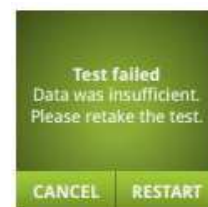
If the Fit Test is successfully completed, you will see the following screen while your results are being processed.

Once the Fit Test is completed, a zone overview of personalized training intensities will be shown.

By pressing "Save & Set Zones" your individual intensity zones will be set and used for any future coached workout to ensure workout intensity and coached plans are optimally applied to your individual fitness level.

Pressing the "Save without Zones" exits the Fit Test result page and returns to the main overview screen without saving your individual zone settings.

Pressing "Restart Test" will bring you to the very beginning of the Fit Test to take the test again.

5.3.2 Single Workouts
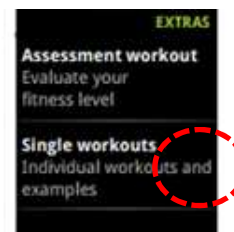
Single Workouts are individual workouts that you can perform anytime as you like. Those workouts can be set on the website micoach.com. A preset number of workouts is already available when you initially create your miCoach user account as easy and simple reference workout for you to try out.

Here are a few ways to use Single Workouts:

- **Enhance your training**. Complement your current cardio plan or Strength & Flex plan with Single Workouts. You can choose workouts that relieve pain or help your body recover faster from your training.**Raise your game**. Prepare for competition by doing practice prep to warm up for a game or practice. Sustain your performance by using the flexibility and massage workouts to relieve aches and pains, keep your body in balance, and bounce back stronger from tough workouts.
- **Keep your routine fresh and fun**. Do Single Workouts to mix things up and learn something new. Try a new workout, learn new exercises, or just complement your existing training routine.

We recommend you manage your Single Workout selection on the web on micoach.com to find your ideal Single Workout selection. On micoach.com you can also integrate any single workout via "drag & drop" as a separate

workout onto your workout training schedule to more firmly build in those workouts on days and times you wish to complete them.

5.4 Track

Track consists of two main parts. The first is the main screen visual area, and the second is a group of buttons.
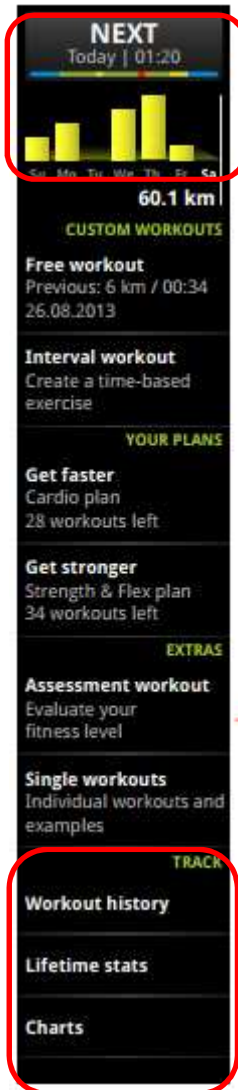
The main graph´s state can be altered and it shows different items depending on the circumstances. See the chart on page 53 to learn how to change them.

"No workouts yet" will be shown when you don't have workouts in your miCoach SMART RUN

Total distance: This graph reflects the total distance covered over the past 7 days.

This graph reflects the total distance covered over the current month.

Calories: This graph reflects the total calories burned over the past 7 days.

This graph reflects the total calories burned over the current month.
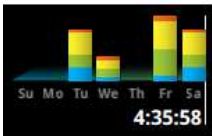
Duration: This graph indicates a breakdown of times spent in individual intensity zones over the last 7 days.
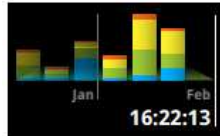
This graph indicates a breakdown of times spent in individual intensity zones over the current month.

The zone graphs show the bars as stacked miCoach zones.

The graph at the top of the miCoach main view provides a shortcut to the "Track" section to select any other graph you may want to use.
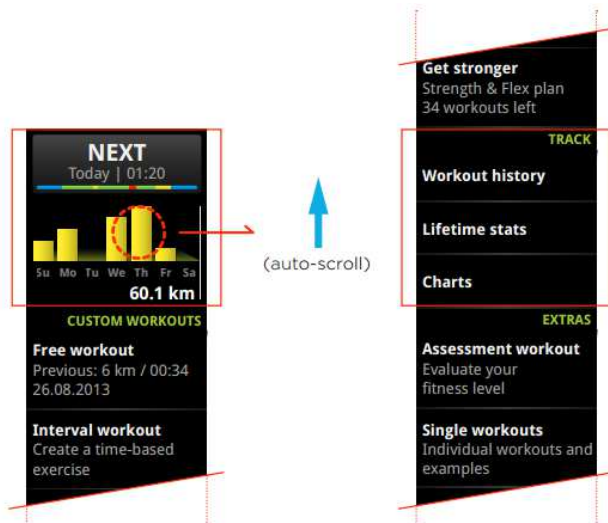
The workout history view shows all workouts you did, not only with your miCoach SMART RUN, butwith any miCoach product/service you may use. This means if you run with your miCoach SMART RUN today and go for a football match with the miCoach SPEED_CELL tomorrow, both workouts will be available on your history view as combined data so you fully keep track of your overall performance.

The miCoach RUN SMART generally stores up to 30 workouts in the workout history section. Tapping on any item in this view will take you to the workout summary so you can review your stats for those workouts on the device. All other workouts you completed are available on the web on micoach.com for your review.

Please note that workouts which are not synced yet have two icons next to them, an "attention" icon and a "sync" icon. You do not have to do anything, as soon as you come within reach of a previously set up WLAN area, those workouts will automatically be synced to your micoach.com user account. .

HISTORY

Workout	Date	
Get faster	18.08.2012	⚠ ↕
Get faster	16.08.2012	✦
Running	15.08.	✦
Get stronger	13.08.	✦
Get faster	12.08.	✦
Running	11.08.	✦
Get faster	10.08.	✦
Get stronger	09.08.	✦
Running	08.08.	✦
Cycling	07.08.	✦

More of your
previous workouts at
miCoach.com

GET FASTER | 16.08.

0:30:00

Rating ✦

Coach feedback
72 % accuracy

Lap breakdown

Split data

Shoes
Stratosphere Mk II

Distance
4.85

Average HR
137

Average pace
6.19

Calories
360

Lifetime stats

Lifetime stats are acompiled list of all your stats across all workouts you ever completed. Statistics are broken down into time sections indicating achievements for this week, and last week. The list is ordered by activity type so you can review your data based on any activtity you did for a more accurate tracking and comparison. Please see the image on the right for an example of the statistics.

TRACK

Workout history

Lifetime stats

Charts

LIFETIME STATS

Running

Strength & Flex

Shoes

RUNNING

Lifetime

Total time
16:48:11

Distance
204.46

Calories
12096

Last week

Total time
02:12:38

Distance
26.77

Calories
1584

This week

Total time
03:05:09

Distance
37.73

Calories
2232

Charts

This setting allows the user to change the miCoach view main chart (see page 51 for reference).

The set as default option is disabled for the currently selected graph.

Selecting a new default graph returns to miCoach main.

6. Music domain*

In thois section you can manage your music files on the miCoach SMART RUN to help you stay motivated throughout your workout, from first to last minute.

6.1 Managing music files

To transfer music files onto your miCoach SMART RUN simply connect the device to your PC/Mac by placing it on the charging station and connect the USB cable to the respective USB port in your PC/Mac (details see also page 6).

You will find the miCoach SMART RUN on your desktop or under "My Computer" on your PC/Mac.
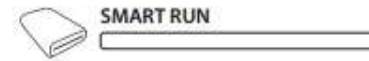
You can now easily drag and drop the music files you would like to use for your workouts onto the miCoach SMART RUN. All music files information such as artist, song name, album name, and any album cover art will be transferred along with the file (provided this data is available for the file on your PC/Mac). When you are finished, eject the miCoach SMART RUN from your PC/Mac as you would do with any standard "USB mass storage" device. Now you are ready to go!

*Warning: Avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.

6. 2 Using the music player*

Cover/Controls
The current/ or last played album cover is showcased.

Volume Controls
The main volume controls, displayed with the volume level in percentage.

Music Selection
All music content list items.

Current Place Indicator:
Indicates placement of song.

Cover/Controls
Showcases current Album cover, and main controls as overlay

Volume Level:
Showcases the numerical volume level.

Increase Volume:
Enables user to increase volume level.

Decrease Volume:
Enables user to quickly decrease volume level.

Shuffle All:
Enables user to shuffle all the music content

Selection Items
Enables the user to review music content in a list item approach and select one to listen to.

6.3 Managing music while working out

Scroll right during your workout to manage your music.

Get real-time feedback
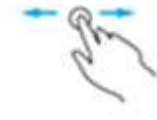
Manage your music

7. Settings domain

The Settings domain is divided into four subdomains. Scroll down to find your miCoach SMART RUN setting options.

AS outlined already previously status icons indicate the basic state of the device of your miCoach SMART RUN on top of selected screens.
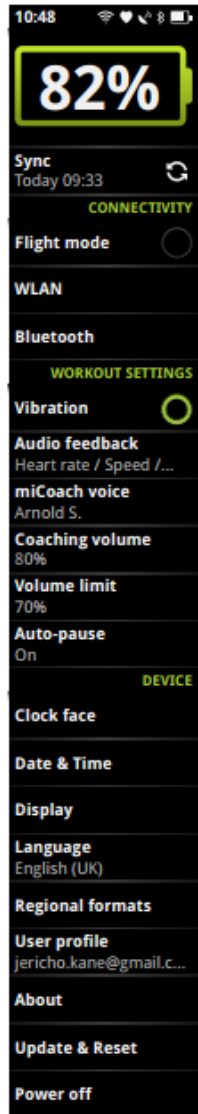
Battery and sync

Connectivity

Workout settings

Device

Active

7.1 Battery and sync

7.1.1. Battery status indicator

The battery icon on the main settings screen provides a status on the current battery level of your SMART RUN. Any charge below 15% is indicated as a red outlined battery icon (for charging instruction see page 8). Whenever a 15% battery status or lower is reached, we recommend recharging at the next possible occasion.
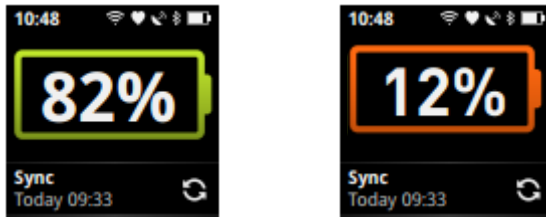
7.1.2. Syncing functionality

Your miCoach SMART RUN has two different ways of syncing data:

1. **Workout Sync**
   Once you completed a workout and saved this workout on the device, your miCoach SMART RUN will automatically sync this workout with yur miocach.com user account when it comes within reach of a previously set up WLAN area. This data synchronization happens without your interaction fully automatic in the background after you complete and save a workout. The miCoach SMART RUN will by default search for a previously connected WLAN for approximately an hour after a workout has been completed, connect to it, and sync.

2. **Manual sync**
   You can also manually sync your workouts as well as youruser profile, device settings and training plans by clicking on the "Last sync" menu item on the screen.

   NOTE: In case you apply any changes on the web on micoach.com to your workout schedule, plans user profile or to your miCoach SMART RUN screen customization settings, you need to manually trigger this sync to have those changes take effect on the device!
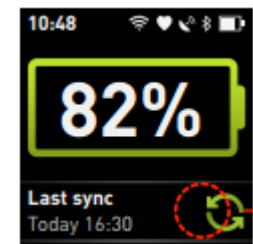
During an active sync, tapping on the sync area is not possible until the current synchronization has been completed.
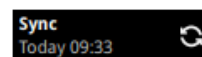
 The sync status shows the time and date of the last sync.
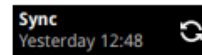
The format is either 'Today HH:MM', 'Yesterday HH:MM' or 'DD.M.YYYY.
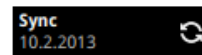
When syncing is in progress, the sync list item header changes to Syncing and the status is replaced by a progress bar.
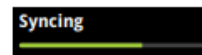
If you attempt to start a workout during sync, the progress overlay is shown.
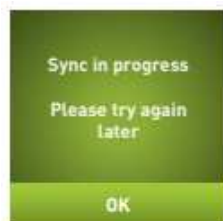
The status bar sync icon is blinking whenever sync is in progress. The blink frequency is 0.7 seconds shown and 0.3 seconds hidden.

If WLAN isn't available, you willsee the following error view with a 2 second vibration.

In this case please go to the WLAN section and review thre WLAN settings of your device.

7. 2 Connectivity

This section indicated several items being

- Flight Mode
- WLAN
- Bluetooth®

7.2.1. Flight Mode

Flight Mode mode disables the wireless features to reduce potential interference with aircraft operation and other electrical equipment. This includes WLAN, GPS and Bluetooth® functionality which will be completely disabled.

To turn the Flight Mode on tap the Flight Mode menu item on the screen. Once the Flight Mode is activated you will see the circle next to the menu item colored in green. The Flight Mode is also indicated with a small icon on the top status bar (icon see Status Icon overview on page xxx). When Flight Mode is activate no WLAN, or Bluetooth signals are emitted and GPS reception is turned off. You will not be able to use any features that depend on these signals, such as starting a workout with GPS sensor, syncing your workouts or profile through WLAN to micoach.com, and so on. If allowed by the aircraft operator and applicable laws and regulations, you can use your miCoach SMART RUN without these functions.

On the screen, both WLAN and Bluetooth® menu items will be shown inactive during Flight Mode and cannot be accessed
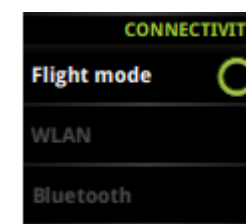
If you try to sync to micoach.com despite Flight Mode being active, the next screen overlay below will appear to inform you of the current Flight Mode state accompanied by a vibration.
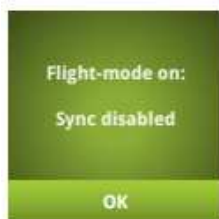
If you try to listen to music while Flight Mode is active, the screen overlay will appear with a vibration. This is to inform you that you cannot listen to music during Flight Mode since this requires an active Bluetooth® connection to a wireless Bluetooth® headset which is not possible during this mode.

If you try to start a workout while in flight mode, the next screen overlay below will appear with a vibration.

To turn the Flight Mode off simply tap the menu item again. The green circle should be removed and usual operation of your miCoach SMART RUN is continued.

7.2.2. WLAN

If WLAN auto-sync is disabled, you can still sync your miCoach SMART RUN manually. If you activate flight mode, sync won´t be possible.
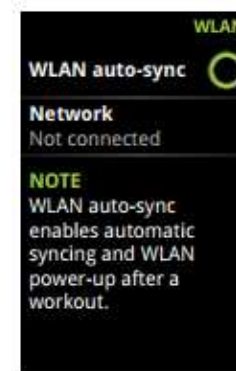
The Network item in WLAN settings shows the current connection and provides access to the available networks view.
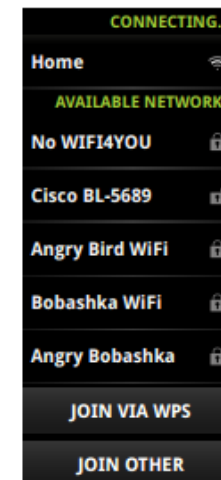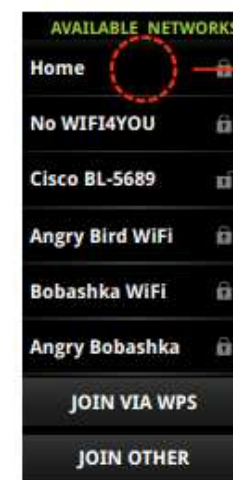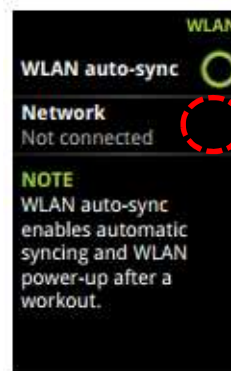
If no connection is active, this view shows only a list of available networks and button to access WPS-based networks or hidden networks. During the connection attempt, the network type icon of the selected network item moves to the top of the view and the connection icon is animated.

Connection success is confirmed with an overlay that's automatically dismissed after a timeout.

Selecting the current network item provides access to the network info and disconnect view. The info view of the currently connected network provides a button to disconnect. After disconnecting, the current network header is removed and the network moved to the list of available networks.

Join via WPS

The available networks view provides a button to connect to a WPS-based network. To connect to a WPS network, press the WPS button on the router within 2 minutes. The timeout is shown in the upper left corner as digits counting down.
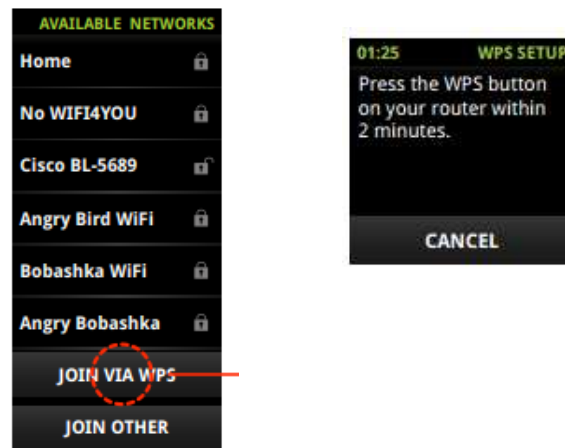
Connection success is confirmed with an overlay that's automatically dismissed after a timeout and a vibration.

Join a hidden network

The "JOIN OTHER" button in the available networks view is used to connect to hidden networks. To connect to a hidden network, enter the network name using the virtual keyboard. If the input field is empty, the button will remain disabled. You can also select a security type, but it isn't required.
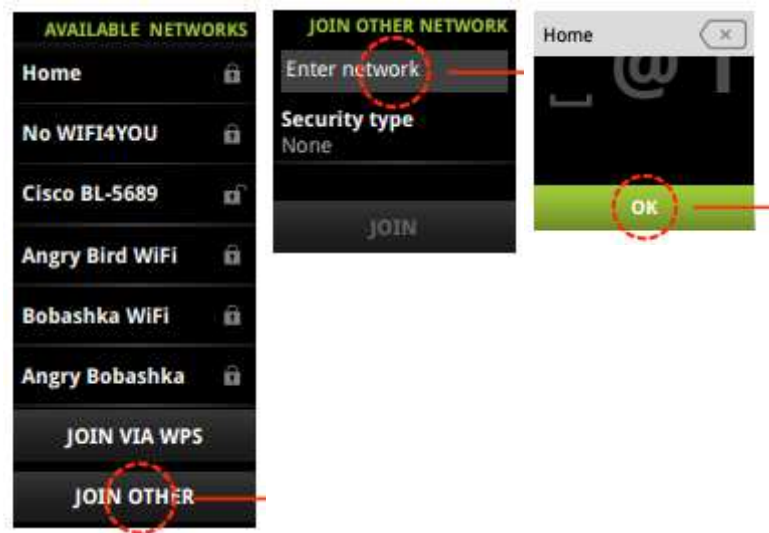
7.2.3. Bluetooth®

To manage your Bluetooth® devices, tap the Bluetooth menu item on your miCoach SMART RUN., This provides access to the Bluetooth® menu view. You have two options on this screen

1. Turn Bluetooth® on and off
    You can easily turn Bluetooth® on and off by tapping the Bluetooth menu item. A green circle indicates Bluetooth® is turned on. When you tap this item with a green circlethe circle should be deactivated and Bluetooth® hence turned off. Tapping the Bluetooth menu iztem again should turn the Bluetooth® connection on again and the circle should be shown in green again.

2. Pairing devices/sensors
    IF you have already paired devices with your SMART RUN, those are always accessible regardless of Bluetooth® being on or off in this menu items. Under Paired devices, you will find all previously paired devices separated by commas and in alphabetical order.

If you tap into the Paired devices section, you'll see all paired devices in alphabetical order as separate items each with connection status. With Bluetooth® enabled, this view also lists available devices that aren't paired.
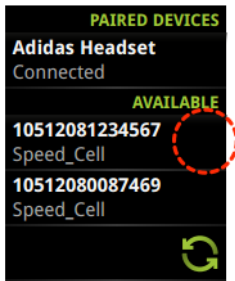
If your device isn't supported, an overlay will appear.

Tap on the device and the device view will open. Tap on "PAIR" and the pairing process will start. During the pairing process, the toggle is animated.
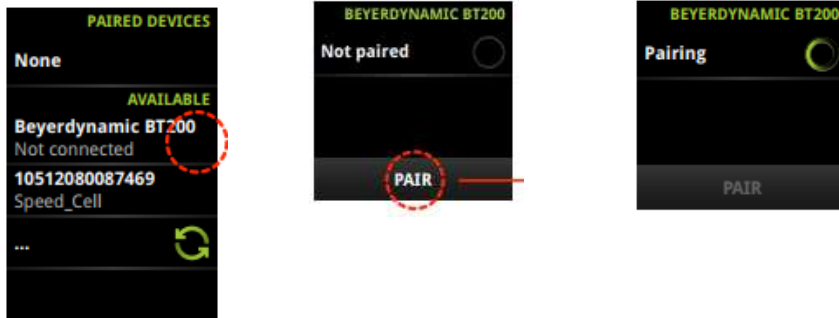
If pairing process is successful, it will appear as connected. To unpair it, tap "UNPAIR."
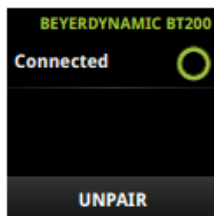
7.3 Workout settings

Workout settings controls everything related to the miCoach SMART RUN's settings while working out.
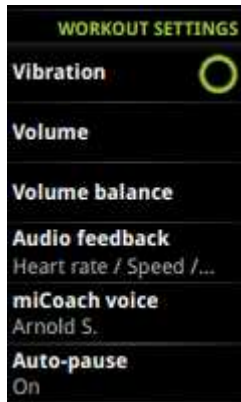
- Vibration: turn it on or off

- Volume*: The volume setting is the master volume for the device regardless of whether you are using the music player or settings.

- Volume balance: The volume balance setting allows you to adjust the audio coaching volume in relation to the music player volume. In this view, the volume is set by either dragging the balance indicator(vertical line) horizontally or by tapping on the screen (indicator jumps to tapped point).
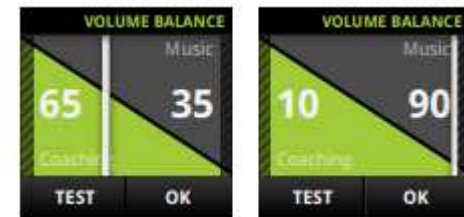
Music or audio feedback cannot be silenced completely.

Note: Due to legal requirements, the minimum balance is 10% to 90%.

- **Audio feedback**:

In this menu you can select for which specific metrics you will get audio updates during your run at predefined milestones. You can select between Time or Distance based updates. For instance, if you select "1km" updates for Time, Calories and Pace, you will hear an audio updates with every kilometer for those three selected metrics. This helps you to always stay on top of your workout and aware of what you achieved.

With "Play Feedback" menu item being disabled, all metrics which can be selected are automatically disabled. This is a quick and easy way to disable this function in case you do not want such updates.
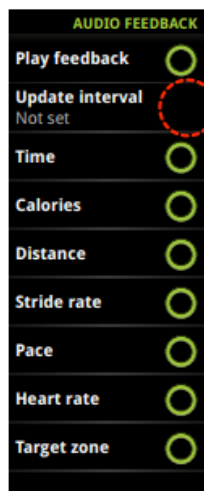
- **miCoach Voice:**

With miCoach you can select your individual personal coach from a list of several coaching voice packages we have created for you. The list displays all the voice packages currently available. We are working on adding more to this list – so keep checking this out in the future as we may have added the coach you have always been looking for! Selecting a new voice triggers the device to sync and update. You willll be prompted to confirm your selection to download.

If WLAN is available, a full sync is triggered. You'll be redirected to the voice library view and the secondary label of the voice item is replaced by the sync progress bar.
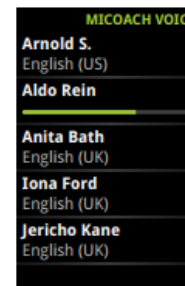
If no network is available, you'll be notified that the download will automatically start as soon as miCoach SMART RUN is within reach of a WLAN previously set up. No further action required from your side. The device knows what to do next.

7.4 Device settings

Here is where you can manage your device settings

- **Clock face:**

Scroll down and view different clock faces. The currently selected clock face is indicated by disabling the select button in this view.
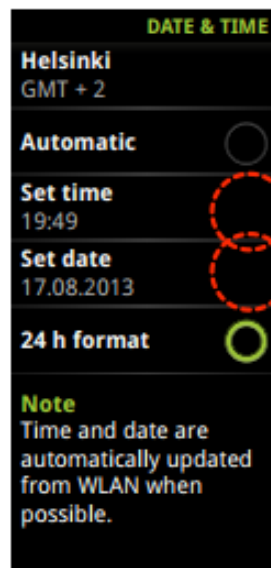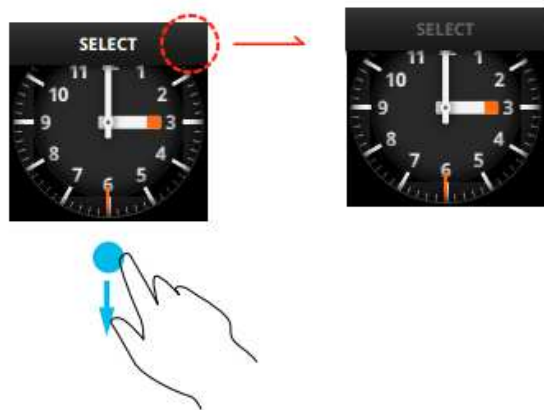
Set time 12h   Set time 24 h

The day and month are set separately from the year.

DATE & TIME

Helsinki
GMT + 2

Automatic ◯

Set time
19:49

Set date
17.08.2013

24 h format ◯

Note
Time and date are automatically updated from WLAN when possible.

- **Date and time:**

Set the current time zone by pressing on it. If automatic is selected and WLAN is connected, time and date are automatically updated. Removing 24-hour toggle updates time units immediately.

DATE & TIME

Timezone
Helsinki, GMT + 2

Automatic ◯

Set time
19:49

Set date
17.08.2013

24 h format ◯

Note
Time and date are automatically updated from WLAN when possible.
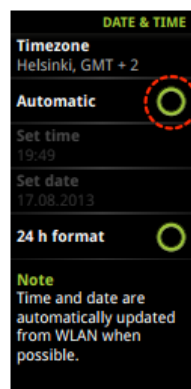
- **Display:**

DISPLAY

Backlight
Auto-adjust

Stand-by clock ◯

Auto scroll ◯

Note
If Auto scroll is active, the user is always returned to main workout screen after 6 seconds if left untouched.
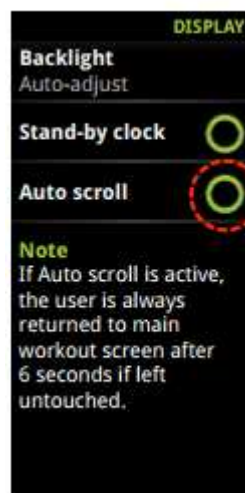
Backlight: Auto-adjust sets the display according to your surroundings. Manual allows you to set it according to your preference.

Screen lock: If screen lock is active, the screen will be locked after 7 seconds during workout mode.

Auto scroll: if auto scroll is active, you'll always return to the main workout screen after 6 seconds if left untouched.

- Regional formats:

Select the unit, the date format. and the number separator.

- About:

Here you'll find details about software version, legal info, etc.
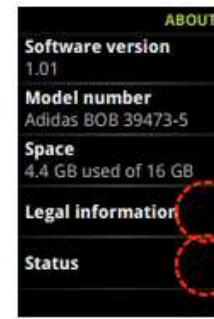
- Update and reset:

Software update: Available updates detected during sync can be installed.

- User profile:

Here you'll find details about your account. You can also log out and change the account, if you like.

Factory reset:

The reset functionality is continuously accessible.

8. Care and Maintenance

- Clean the sensor area and connection pads with mild soap and water as needed. If you use the miCoach SMART RUN regularly, weekly cleaning is recommended.

- Don't scratch the sensor area. Protect it from damage.

- Wipe the miCoach SMART RUN with a damp cloth as needed. Use mild soap to remove oil or dirt.

- Don't expose your device to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents.
Chemicals can damage the device's seal, case, and finish.

- Don't attempt to disassemble or service your miCoach SMART RUN.

- Protect your device from impact shocks, extreme heat, and extended exposure to direct sunlight.

Please note, the miCoach SMART RUN is splash proof and can be used outdoors. But the device should notbe submerged in water. We recommend taking off the miCoach SMART RUN before showering.

9. Specifications

HW Environment
MIO HR Sensing Component
Texas Instruments OMAP4430 application processor PWM IC TWL6030
WLAN / BT / GPS / FM combo chip Murata LBEL1CESEC (WL1281)

Memories
PoP RAM 512 MB
eMMC 4 GB

Display

Truly 1.45" full color transflective TFT, resolution 184 x 184 pixels, with capacitive touch
410 mAh rechargeable, internal battery, charging mechanism through docking station or charging clip?
BT headset support (A2DP headsets)
Operating Temperatures: -20°C - +55°C

SW Environment

Based on Android OS 4.1(Jelly Bean)
adidas miCoach coaching application UI
Music player audio codes support: MP3, AAC, Ogg Vorbis

Weight
miCoach SMART RUN device: 80.5 g
miCoach SMART RUN charger: 9.7 g
USB cable: 0.01 g

Connectivity

2,4GHz 802.11 b/g/n encryption (WEP, WPA, WPA2) Bluetooth® 4.0 (BLE) + EDR (3Mbps) A2DP and BTLE RSC (SPEED_CELL) profile support standalone GPS

Sensors

Ambient light sensor
Accelerometer

10. Customer Service Information

10.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 ("one") year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the adidas miCoach warranty available at www.adidas.com/miCoach.

The warranty is void unless the following conditions are met:

1. Your receipt containing the purchase details must be presented when warranty service is required.
2. The adidas miCoach warranty extends only to products originally purchased
from an authorized adidas retailer or from adidas' own retail.
3. The warranty is void in case of any exclusions or limitations indicated in section 3 of the adidas miCoach warranty.
4. With regard to § 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Note:
The warranty card is in addition to and does not imply any loss of statutory rights. Please read section 5 of the adidas miCoach warranty for additional information.

10.2 Support

Please check the FAQ online, in the Help section. If you can't find an answer to your question there, please check the support forum or contact the customer support team.
Contact information is available under the Help section under Customer Service at miCoach.com/support.

11 Legal Notes and Disclaimer

11.1 Trademark and Copyright

© 2013 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group

11.2 Regulatory Compliance

This product is compliant with Directives 2004/108/EC on Electromagnetic Compatibility 2006/95/EC on Low Voltage Directive. The relevant Declaration of Conformity is available at www.adidas.com/micoach

Statement regarding the disposal of miCoach products containing electronic components:
As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives and guidelines a core element of our sustainability principles.

Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may
require specific measures
regarding labeling, collection, and recycling.
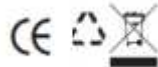
Note:
If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

FCC Regulatory Information

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 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 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.
CAUTION: Unauthorized repair or modification may result in permanent damage to the equipment and / or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.

Conformity assessment issues

FCC/IC Regulatory Notice

Modification statement

adidas AG has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

adidas AG *n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.*

Interference statement:

This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure Statement

This device complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines in Supplement C to OET65 and RSS-102 of the IC radio frequency (RF) Exposure rules. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le présent appareil est conforme à l'exposition aux radiations FCC / IC définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) dans le Supplément C à OET65 et RSS-102 de la fréquence radio (RF) IC règles d'exposition. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

FCC Class B digital device notice

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.

CAN ICES-3 (B) / NMB-3 (B)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conforme à la norme canadienne ICES-003.

1999/5/EC Directive

This device has been evaluated against the essential requirements of the 1999/5/EC Directive.

Bulgarian	С настоящето **adidas AG** декларира, че **G76792** отговаря на съществените изисквания и другите приложими изисквания на Директива 1999/5/EC.
Czech	**adidas AG** tímto prohlašuje, že tento **G76792** je ve shodě se základními požadavky a dalšími příslušnými ustanoveními směrnice 1999/5/ES.
Danish	Undertegnede **adidas AG** erklærer herved, at følgende udstyr **G76792** overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.
Dutch	Hierbij verklaart **adidas AG** dat het toestel **G76792** in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.

English	Hereby, **adidas AG** declares that this **G76792** is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
Estonian	Käesolevaga kinnitab **adidas AG** seadme **G76792** vastavust direktiivi 1999/5/EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.
German	Hiermit erklärt **adidas AG,** dass sich das Gerät **G76792** in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.
Greek	ΜΕ ΤΗΝ ΠΑΡΟΥΣΑ **adidas AG** ΔΗΛΩΝΕΙ ΟΤΙ **G76792** ΣΥΜΜΟΡΦΩΝΕΤΑΙ ΠΡΟΣ ΤΙΣ ΟΥΣΙΩΔΕΙΣ ΑΠΑΙΤΗΣΕΙΣ ΚΑΙ ΤΙΣ ΛΟΙΠΕΣ ΣΧΕΤΙΚΕΣ ΔΙΑΤΑΞΕΙΣ ΤΗΣ ΟΔΗΓΙΑΣ 1999/5/ΕΚ.
Hungarian	Alulírott, **adidas AG** nyilatkozom, hogy a **G76792** megfelel a vonatkozó alapvetõ követelményeknek és az 1999/5/EC irányelv egyéb elõírásainak.
Finnish	**adidas AG** vakuuttaa täten että **G76792** tyyppinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.
French	Par la présente **adidas AG** déclare que l'appareil **G76792** est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.

Icelandic	Hér með lýsir **adidas AG** yfir því að **G76792** er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC
Italian	Con la presente **adidas AG** dichiara che questo **G76792** è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.
Latvian	Ar šo **adidas AG** deklarē, ka **G76792** atbilst Direktīvas 1999/5/EK būtiskajām prasībām un citiem ar to saistītajiem noteikumiem.
Lithuanian	Šiuo **adidas AG** deklaruoja, kad šis **G76792** atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.
Maltese	Hawnhekk, **adidas AG,** jiddikjara li dan **G76792** jikkonforma mal-ħtiġijiet essenzjali u ma provvedimenti oħrajn relevanti li hemm fid-Dirrettiva 1999/5/EC.
Norwegian	**adidas AG** erklærer herved at utstyret **G76792** er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.
Polish	Niniejszym **adidas AG** oświadcza, że **G76792** jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC
Portuguese	**adidas AG** declara que este **G76792** está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.

Slovak	**adidas AG** týmto vyhlasuje, že **G76792** spĺňa základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.
Slovenian	**adidas AG** izjavlja, da je ta **G76792** v skladu z bistvenimi zahtevami in ostalimi relevantnimi določili direktive 1999/5/ES.
Spanish	Por medio de la presente **adidas AG** declara que el **G76792** cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.
Swedish	Härmed intygar **adidas AG** att denna **G76792** står I överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/EG.

In order to satisfy the essential requirements of 1999/5/EC Directive, the product is compliant with the following standards:

RF spectrum use (R&TTE art. 3.2)	EN 300 328 v1.7.1 EN 300 440-2 v.1.4.1 EN 302 291-2 V1.1.1
EMC (R&TTE art. 3.1b)	EN 301 489-1 V1.9.2 EN 301 489-3 V1.4.1 EN 301 489-17 V2.2.1
Health & Safety (R&TTE art. 3.1a)	EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011 **EN 62479:2010**

The conformity assessment procedure referred to in Article 10 and detailed in Annex IV of Directive 1999/5/EC has been followed with the involvement of the following Notified Body Notified Body:

AT4 wireless, S.A.

Parque Tecnologico de Andalucía

C/ Severo Ochoa 2

29590 Campanillas – Málaga

SPAIN

Notified Body No: 1909

Thus, the following marking is included in the product:

CE **1909**

Full declaration of conformity can be found at: http://www.adidas.com/micoach

There is no restriction for the commercialisation of this device in all the countries of the European Union.

11.3 Medical Disclaimer

Important information on your workouts with miCoach: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice. Before you start working out, you should get a medical checkup.

Please be aware that any communication with miCoach occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising. If you experience any pain, feel weak, dizzy or exhausted or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

The Optical Heart Rate component build into the miCoach SMART RUN provides very accurate heart rate measurements. However, it is not a medical device.

You can use your miCoach SMART RUN with a Bluetooth® wireless headset to listen to music or other audio prompts. At the same time, please avoid using headphones at high volume. Hearing experts advise against continuous and extended play at high volumes as this may impair your hearing. If you experience a ringing in your ears, reduce the volume or discontinue use.

11.4 Precautions

Individuals who have a pacemaker, defibrillator, or other implanted electronic devices should not use the miCoach devices.

Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately.
A battery should be properly disposed of according to local regulations.
If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Do not expose to high temperatures.
Do not disassemble.
Do not allow metal objects to contact or short-circuit the battery terminals.
Do not incinerate or expose to fire.
CAUTION: Risk of explosion if battery is replaced by an incorrect type.

11.5 Trademark Footnote - Bluetooth®

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth® SIG, Inc. and any use of such marks by the adidas AG is under license. Other trademarks and trade names are those of their respective owners.

12. Legal Notes and Disclaimer

To review all regulatory information as well as Open Source Licenses and
Terms and Conditions, please follow the steps on the miCoach SMART RUN
as outlined below:

Terms and Conditions

Settings domain > About > Terms and conditions

Open Source Licenses

Settings domain > About > Open source licenses

Regulatory Information

Settings domain > About > regulatory information