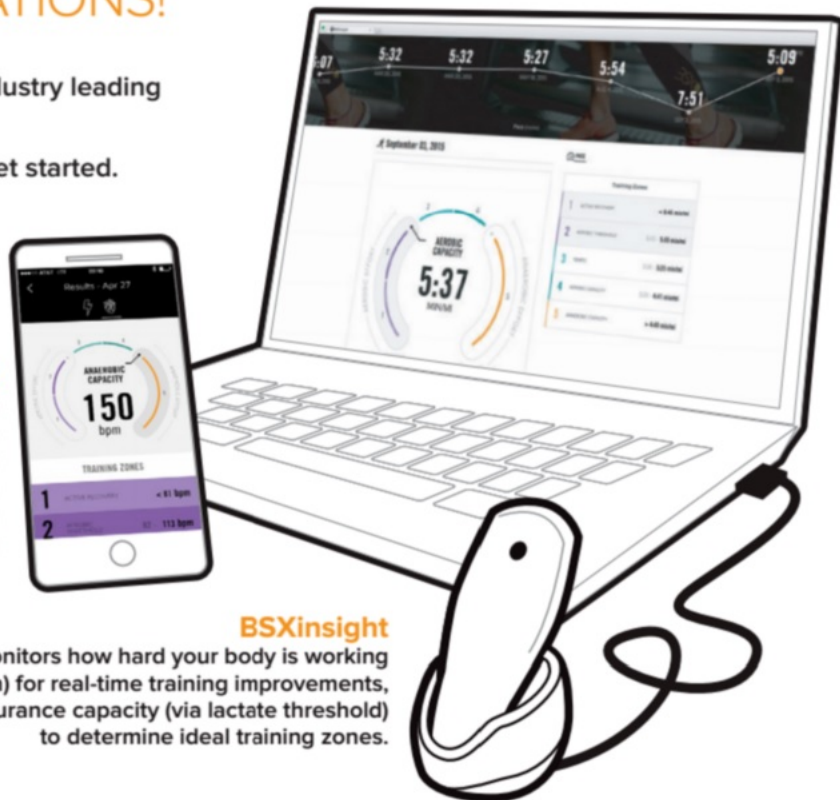


CONGRATULATIONS!

You're now the owner of
BSXinsight Gen 2 – the industry leading
real-time muscle monitor.
Let's break down how to get started.



BSXinsight.com

Go to BSXinsight.com to access your online dashboard. Your personalized training data automatically syncs and stores here.

BSXinsight

BSXinsight monitors how hard your body is working (via muscle oxygenation) for real-time training improvements, and tracks your endurance capacity (via lactate threshold) to determine ideal training zones.

INITIAL SETUP

CONNECT

Use the included USB cable and base charging station to connect BSXinsight to your computer.

DOWNLOAD

Go to www.BSXinsight.com/start and download the latest PC software.

LOGIN

Create a new account or login using your existing account.

FOR MOBILE SET-UP

Download and open the BSXinsight mobile app from the App Store or Google Play.

Ensure BSXinsight is fully charged and removed from the base station.

Wake up BSXinsight by tapping firmly until the status light turns on.

Training Guides

BSX Athletics offers free digital training with a series of guides to coach you along in your training process. Training plans will be emailed to your registered account.

DAILY ACTIVITIES

PAIRING ANT+ DEVICES

Launch the mobile app to pair before your first workout.

Note: Once an ANT+ device is paired, BSXinsight will store and automatically connect to the known device for all future workouts.

Pair BSXinsight with your sports watch or bike computer using one of these profiles:

RUNNING:	MO2 or running cadence
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CYCLING:	MO2 or bike cadence
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STARTING A WORKOUT

Firmly tap BSXinsight several times to wake up (Status light will turn on).

WITH PHONE:	Launch the BSXinsight mobile app and follow the instructions.
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WITHOUT PHONE:	Place awake device in the compression sleeve on your leg. Then tap firmly to begin recording (Status light will flash).
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STOPPING A WORKOUT

Remove BSXinsight from the sleeve (exposing it to light), or directly stop the workout in the app. Afterwards, data is automatically transmitted to your phone while the BSXinsight mobile app is open.

ENDURANCE TESTS

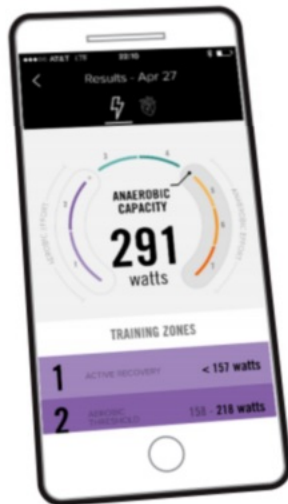
A mobile phone is required for all endurance tests. They should be conducted every 6-8 weeks.

STARTING A TEST

Launch the BSXinsight mobile app. The app will guide you through the entire test, including pairing of ANT+ devices.

A FEW KEY POINTERS

- Use a treadmill or trainer for most accurate results.
- A full test lasts approximately 30 minutes.
- Be well rested before your test. No high intensity training 48 hours prior.
- To get a result, you must complete at least 7 stages without interruption.



CHARGING

Place BSXinsight in the base charging station and plug into a power source. Status light will slowly pulse and become solid when fully charged.

NOTE: It takes approximately 1.5 hours to go from empty to a full charge.

You never have to turn off BSXinsight. It automatically recognizes when it's not being used and enters a low power state.

TECH SPECS

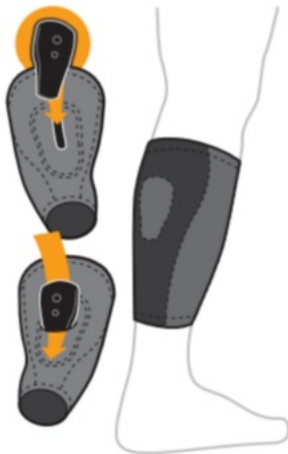
Operating time: 10+ hours / 100 hours in low power state

Operating temperature: -20 C - 55 C / -4 F - 131 F

Water resistance: Sweat. Not waterproof. Do not wear swimming.

COMPRESSION SLEEVE

- Place fully charged BSXinsight into sleeve pocket through the inside opening.
- Align slot opening so the the three red sensors on the bottom of the device are visible.
- With the device on the inside, pull sleeve up to just below the bend in your knee as shown.
- Center sleeve over the widest portion of your calf with red sensors against your skin.



REQUIREMENTS

iOS 7.1 and higher
Android 4.4 and higher
Must support Bluetooth Smart

COMPATIBLE WITH

MOBILE



ANT+ DEVICES



COMPUTERS



MANUFACTURED BY

BSX Athletics
206 E 9th St, Suite 1400
Austin, TX 78701, USA

info@bsxinsight.com

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LET'S GET STARTED.

