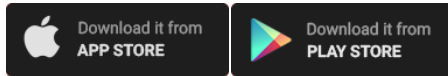


Stridalyzer Marathon Insoles

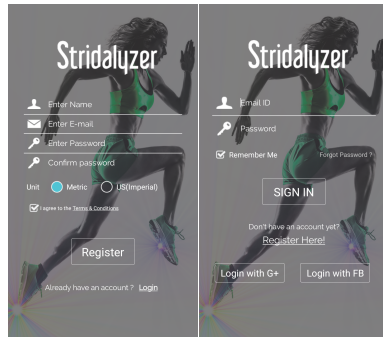
Quick-Start Guide

One Time Set Up

1. Download the Stridalyzer app on your iOS or Android Phone from the app store.



2. Register if you are a first-time user, or log in if you already have an account.



3. Before using for the first time, charge Insoles for about 1-2 hours. Locate the three pins on the backside of the insole and clip the charger carefully onto it. The red LED will glow indicating that the device is getting charged.



4. Trim insoles to size to fit in your shoes.

- Size marking on the back for easy trimming
- Men's: US 8.5 - 12.5 (EUR 41 - 46)
- Women's: US 10 - 14 (EUR 41 - 45)



LED Indications

LED Status	Meaning
Solid Blue	Device is idle. You can now connect the device to your phone and use it to start a run or retrieve previous run analysis.
Blinking Green	Device is either connected to your phone or is active in offline mode. Note - If the device is inactive in offline mode beyond 30 seconds, the device turns off and thus all LEDs will be turned off.
Solid / Blinking Red LED	Device is on but battery level is less than 10% / Device is connected to your phone but battery level is less than 10%
No LED Glowing	Device is off
Solid Red	When you connect the clip charger to the device, solid red LED indicates that the device battery is getting charged.

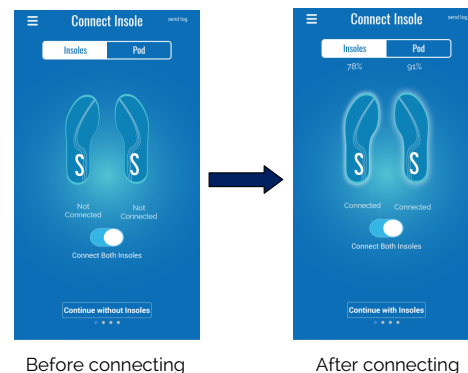
Usage

The insoles can be used in two modes - Online mode and Offline mode.

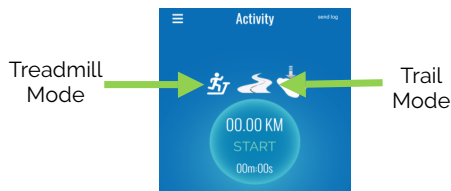
- In the online mode, you will need to carry your phone with you while running. Real time feedback will be provided to you on your phone, as you run. A detailed analysis can also be accessed on the web portal after your run.
- In the offline mode, you do not need to carry your phone with you while you run. You can access the analysis on your phone or on the web portal after your run.

Online Mode

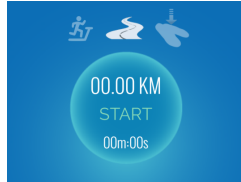
1. Start the app.
2. [First-Time Usage] Pair your insoles to the App:
 - a. Tap insoles to the ground 3 times to turn the insole Bluetooth pairing process on.
 - b. If insole does not start pairing (Blue light on the back does not turn on), just press the "Manual Pairing" button.
 - c. Touch corresponding insole icon on app, to pair. Repeat for the other foot.
3. [Future Usage] Once paired, the app will look for those specific insoles, and can be connected by touching the "Connect Devices" button, and tapping insoles to ground 3 times.



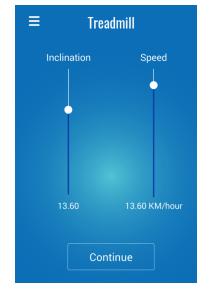
- The insole should now be connected to the app and the battery level should be displayed on top. Insert insoles into your shoes now.
- Go to the activity and select either trail mode or treadmill mode.



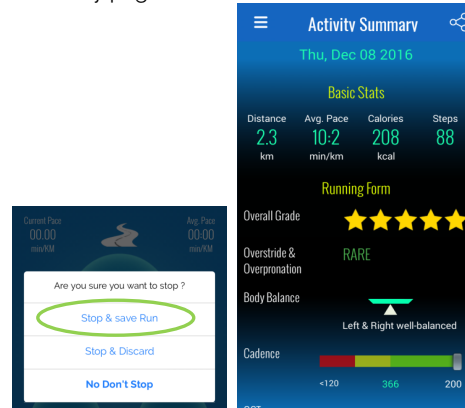
- If **Trail mode** is selected then
 - Press the "START" button on Stridalyzer App and enjoy your run.



- If **Treadmill mode** is selected then
 - You will be directed to the Treadmill settings page. Set the desired speed and inclination, and press "CONTINUE".
 - Press "START" and enjoy your run.



- At the end of your run, long press the centre button on the Stridalyzer App and save your run. You will be redirected to the activity summary page

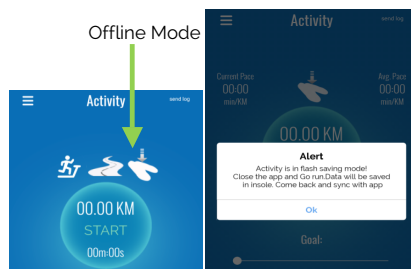


- Detailed analysis of the run can also be accessed on the web portal at the URL <http://www.stridalyzer.retisense.com>

Offline Mode

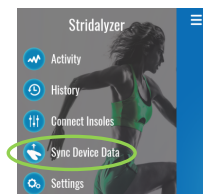
IMPORTANT
Please ensure your insoles have healthy charge before going on a run in offline mode.

- Select the Offline Mode on the activity screen and click on "START" button. This way the offline mode gets enabled in your device.



- Now you can close the app and go out for the run without carrying your phone.

- After completing your run, open the app again and connect it your insoles as directed before.
- Go to "Sync Device Data" from main menu. App will start collecting your run data from the insoles.



- Once the data is synced with your phone, you will be re-directed to the analysis of your run.

For more information, please visit <http://www.retisense.com/get-started>

For help & Support, please write to us at support@retisense.com, for contact us through our app "Feedback" page.