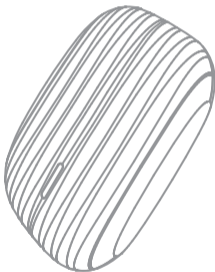


# USER MANUAL

Dynamic Running Pod



English Version v1.2

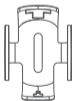
# 1. Product Introduction

Thank you for purchasing this product. This is a dynamic running pod suitable for professional training. It could be maintaining the same accuracy in both outdoor and indoor running since it does not rely on the GPS. The running pod could transmit running data to your sports health App in real time via Bluetooth or ANT+, helping you manage sports intensity more scientifically. This user manual will help you to use the product better, please keep it for reference.

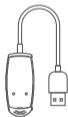
# 2. Product Accessories



Running  
Sensor\*1



Clip\*1



Charging  
Cable\*1

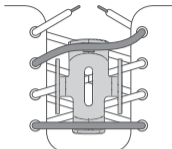


User  
Manual\*1

### 3. Basic Parameters

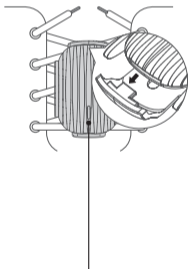
|                            |                                      |
|----------------------------|--------------------------------------|
| <b>Features</b>            | Stride length, Cadence, Running Data |
| <b>Wireless</b>            | Bluetooth 5.0 & ANT+                 |
| <b>Battery</b>             | Rechargeable lithium battery         |
| <b>Battery Life</b>        | Continuous measurement for 28 hours  |
| <b>Size</b>                | 41.8 x 28.2 x 9.0mm                  |
| <b>Weight</b>              | 8g                                   |
| <b>Waterproof Level</b>    | IP67                                 |
| <b>Working Temperature</b> | 0°C ~ 45°C                           |

## 4. Wearing Method



### Step 1

Please insert the clip into the shoelace in the middle of the shoe to prevent it from loosening.

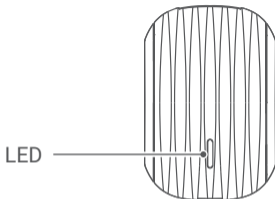


### Step 2

Please insert the sensor into the clip. When inserting, align the groove on the bottom of the sensor with the snap-on protrusions, and then fix the sensor in the clip.

Please point the sensor LED light towards the toe

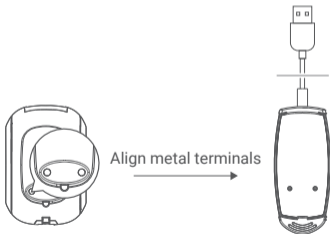
## 5. Indicator Status



| LED Color          | State                |
|--------------------|----------------------|
| Light Off          | Standby              |
| Green Light On     | Running State        |
| Blue Light On      | Bluetooth Connecting |
| Red Light Flashing | Charging             |
| Red Light On       | Finished Charging    |

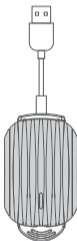
## 6. Charging

- 6.1 Please charge the device before first time use;
- 6.2 Please use DC 5V power adaptor for charging;
- 6.3 When charging, the red light will flashes three times every two seconds, red light stay on means fully charged.





USB connection DC 5V power adapter or computer USB



The product has a built-in battery.  
Do not throw the product into a fire.  
Please choose an adapter that meets  
the rated voltage of the device to charge  
the device to avoid damage to the device.

## **7. Disclaimer**

- 7.1 The product it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- 7.2 Our company shall not bear any legal responsibility for direct or indirect, accidental or special damages, losses and expenses arising from or related to the use of this manual and the products described in it.