## GET STARTED !

Make sure Bluetooth and location are enabled on your mobile device.

Open **MyFreelap app**.

The first screen you see is your workout calendar.

Create your new workout by pressing the ⊕ sign at the top.

Select FxSwim device type.

Fill in the details, choose a start list and/or a distance list (optional).

Press START.

You are ready to receive timing data and heart rate!

## TECHNICAL DATA

**Swim Belt :**
Battery: CR1632 | Battery life: 4'000h of training

**FxSwim :**
Battery: CR2032 | Battery life: 400h
Memory: 48 hours of continuous training (1 file possible)

**Tx H2O Pro :**
Battery: 3.7V 5Ah LiPo rechargeable | Battery life: 200h

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**FIND ALL THE INFORMATION ABOUT YOUR FREELAP PRODUCTS AND OUR DOCUMENTATION ON OUR WEBSITE : WWW.FREELAP.CH**

For more information, please contact your distributor. You can find the list on **www.freelap.ch/freelap-contact**

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## Welcome to Freelap World!

Congratulation in thinking outside the box and providing your team with a tool that will truly maximize their training experience!

# LET'S GET STARTED!

## MYFREELAP APP

Freelap timing system is based on a mobile app, so you will need to download the MyFreelap app on your mobile device.

**Available on**

GET IT ON **Google Play**

Download on the **App Store**

## DOWNLOAD AND INSTALL MYFREELAP APP

| **DOWNLOAD** | **CREATE ACCOUNT** | **ACTIVATION** |
|---|---|---|
| Download the MyFreelap app on your mobile device | Click on "Register" to create your account: enter your email and choose a password | Go to your email to confirm your registration to MyFreelap app |

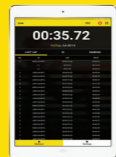| **LOGIN** | **DONE!** | |
|---|---|---|
| Go back to the app and log in | Your app is now ready to go! | 00:35.72 |

# SETTING UP YOUR FREELAP TIMING KIT IS FAST AND EASY!

## SWIM BELT & SWIM VEST

→ Moisten the electrodes of the belt.

→ Attach the belt to your chest with the elastic band.

→ Wait 1min so that the electrodes detect the heartbeats. If after 1min it has not detected anything, it will turn off automatically.

→ Put on your Swim Vest over your Swim Belt.

## FXSWIM

→ Turn on the FxSwim by pressing the central button for 2sec (it flashes 3 times to signal the current ignition).

→ Place it in the small pocket on the back of your Swim Vest.

→ The FxSwim transmits the data as soon as it detects the heartbeats. If after 1min it has not detected anything, it turn off.

## TX H2O PRO

→ To switch on the transmitter simply press the "ON" button until the LED flashes.

→ Place the Tx H2O Pro on the starting block.

## TAKE THE START

→ To take the start, place yourself on the starting block and wait at least 10sec in this zone. As soon as you leave the transmitter detection field, the stopwatch of your FxSwim starts automatically.

## EXAMPLE OF USE

> Example in a swimming pool of **50m**

*Lap times over 50m*

> Example in a swimming pool of **25m**

*Lap times over 50m*

## FINISH

→ To turn off the FxSwim press the central button for 2 seconds. Then remove your Swim Belt to stop sending the heart rate.

→ To view the detailed chart of your training: Press 3 short presses on the FxSwim button. From your mobile device, click on your workout and then on "Download" and on "Chart".