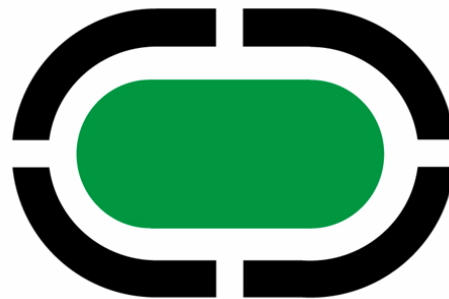


SDM3 User Instructions


COMPANY CONFIDENTIAL



DYNASTREAM
INNOVATIONS

228 River Ave
Cochrane, AB
T4C 2C1
Tel. (403) 932-9292
Fax: (403) 932-6521

July 11, 2007

	Dynastream Innovations Inc. Company Confidential	SDM3 User Instructions	
		DOCUMENT NO: D0000XXXX Rev 0.B	SHEET: 1 of 6

Restricted Proprietary Information

This information disclosed herein is the exclusive property of Dynastream Innovations Inc. and is not to be disclosed without the written consent of Dynastream Innovations Inc. No part of this publication may be reproduced or transmitted in any form or by any means including electronic storage, reproduction, execution or transmission without the prior written consent of Dynastream Innovations Inc. The recipient of this document by its retention and use agrees to respect the security status of the information contained herein.

This document is Confidential.

The information contained in this document is subject to change without notice and should not be construed as a commitment by Dynastream Innovations Inc. unless such commitment is expressly given in a covering document.

© Copyright 2007 Dynastream Innovations Inc.
All Rights Reserved


	Dynastream Innovations Inc.	SDM3 User Instructions	
	Company Confidential	DOCUMENT NO: D0000XXXX Rev 0.B	SHEET: 2 of 6

TABLE OF CONTENTS

Revision History	3
1 Purpose	4
2 Overview	4
3 User Instructions	4
3.1 Shoe Attachment	4
3.2 Turning the Footpod On and Off	4
3.3 Pairing the Footpod	5
3.4 Footpod Calibration	5
3.5 Battery Replacement	5
4 FCC Compliance	6

Revision History

REV	EFF. DATE	DESCRIPTION	PREPARED
0.A	April 30, 2007	Initial Release	M. Finot
0.B	July 11, 2007	Deleted Section 21 details from FCC compliance section	M. Finot



1 Purpose

The purpose of this document is to provide user instructions for the SDM3 Speed and Distance Monitor.

2 Overview

The SDM3 represents a next-generation technology platform of small, low-power speed and distance sensors. The sensor is designed to be worn clipped to the shoe laces. Real-time running/walking information including distance, instantaneous speed, and cadence is sent from the foot sensor to the wrist unit for real-time display. Powered by a coin cell battery, the sensor communicates to the wrist unit via RF data transfer operating in the 2.4 GHz ISM band and using Dynastream's ANT+SPORT network. The SDM3 is designed to work with Dynastream's SMWx Sport Monitoring Watch family and is capable of working with any ANT+SPORT based watch that is enabled for 'SDM' sensor device types.

3 User Instructions

3.1 Shoe Attachment

The SDM3 footpod must be attached securely to the laces of the running shoe using the supplied clip, as shown below. The pod must remain firmly in place for optimum accuracy. Tight lacing will reduce jiggling or bouncing of the pod, which can be detrimental to speed and distance accuracy. To remove the pod from the shoe, press down firmly on the front tips of the clip to disengage the clip from the recessions in the pod and remove pod from clip.



- 1) Slip the pod clip under the laces of an untied shoe.
- 2) Tie shoe to secure clip in place.
- 3) Insert back of pod into the clip matching the recessions in the edge of the footpod with the protrusions in the clip.
- 4) Press firmly on the front of the footpod until it "clicks" into place securing it firmly to the laces.

3.2 Turning the Footpod On and Off

The SDM3 foot pod will turn itself on automatically once adequate motion is sensed (equivalent of 3 - 4 strides), as indicated by three blinks of the red LED. If the LED remains solid upon power up this is indicative that the pod is not transmitting data and may require service. After running, the pod will automatically turn off after 30 minutes of inactivity, indicated by two (2) blinks of the red LED.

3.3 Pairing the Footpod

Each SDM3 footpod has a unique digital ID that must be stored in the wristwatch to enable the watch to connect to the footpod during activity. Therefore, the SDM3 footpod must be “paired” with an ANT+SPORT enabled wrist watch in order to display performance data to the user. This is only necessary when using your footpod for the first time, or if your watch has been previously paired to a different footpod. If the footpod and watch have been purchased together they should already be paired. If purchased separately, pairing is required prior to initial use. Turn the footpod on to put it into pairing mode. The footpod can now be paired with the watch. Consult your sports watch manual for further instructions on pairing with the footpod.

3.4 Footpod Calibration

The accuracy of the SDM3 footpod is $\geq 95\%$ out of the box for a majority of users. Some users with certain stride characteristics, such as pronation and supination, may experience lower accuracy but this will improve once a simple calibration procedure is performed. The SDM3 footpod provides $>98\%$ accuracy for a majority of users when calibration has been performed. Calibration must be performed over an accurately measured distance, such as a 400 meter track. The footpod should be calibrated over a **minimum** distance of 400 m. Consult your sports watch manual for further instructions on calibrating the pod for improved accuracy, and displaying real-time run data.

3.5 Battery Replacement

The SDM3 footpod uses one CR2032 lithium battery, which is estimated to last a minimum 200 hours (at 20°C). The footpod will automatically power off after thirty minutes of inactivity to preserve battery life (as described above). When the battery is getting low, six (6) blinks of the red LED are observed at power up instead of the normal three (3) blinks, indicating that approximately (5) hours of active battery life remain.

The battery door is located on the back side of the pod and can be opened with most medium to large sized coins. Insert the coin into the slot on the battery door. Applying firm pressure, turn the coin counterclockwise to open and remove the battery door and old battery. Insert the new battery with the positive end facing up, as shown below. Replace the battery door and insert the coin into the slot. Applying firm pressure, turn the coin clockwise to close and seal the battery door. The footpod should turn on when the new battery is inserted. The pairing operation need **NOT** be repeated upon battery replacement.

4 FCC Compliance

Part 15 of FCC Interference Limits for Class B Digital Devices

This device complies with Part 15 of FCC Interference Limits for Class B Digital Devices. Documents are on file with the FCC.

Operational Conditions

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. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.