

## 4.1 Completing an Assessment Workout with your miCoach FIT SMART

The Assessment Workout is located under the Coached Workout menu. This workout is located on the device by default, and you can complete a new Assessment Workout at any point in time if you feel that your current miCoach Zones could be improved.

<p><b>1. Coached workout</b></p>  <p>The Assessment Workout can be found under the Coached Workout menu.</p>	<p><b>2. Assessment Workout</b></p>  <p>Select the Assessment Workout called "AW" from the list of Coached Workouts.</p>	<p><b>3. Heart rate detection</b></p>  <p>Your miCoach FIT SMART will begin searching for your heart rate.*</p>	<p><b>4. Heart rate detected</b></p>  <p>Once your heart rate is detected, a confirmation screen is shown for 1 second.</p>	<p><b>5. Start</b></p>  <p>Press the center button to start the Assessment Workout.</p>	<p><b>6. 10% zone</b></p>  <p>Walk at 10% effort for 2 minutes. A countdown is shown.</p>
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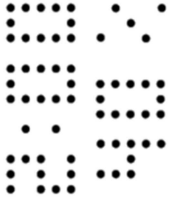
*\*Press center button to cancel heart rate detection.*

**7. Change zones**



Now increase to 40% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

**8. 40% zone**



Run at 40% effort for 2 minutes. A countdown is shown.

**9. Change zones**



Now increase to 50% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

**10. 50% zone**



Run at 50% effort for 1:30 minutes. A countdown is shown.

**11. Change zones**



Now increase to 60% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

**12. 60% zone**



Run at 60% effort for 1:30 minutes. A countdown is shown.

**13. Change zones**



Now increase to 70% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

**14. 70% zone**



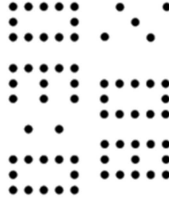
Run at 70% effort for 1:30 minutes. A countdown is shown.

**15. Change zones**



Now increase to 80% effort. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

**16. 80% zone**



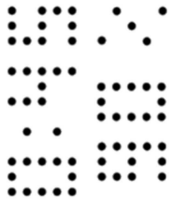
Run at 80% effort for 30 seconds. A countdown is shown.

### 17. Change zones



Now increase to 90% effort zone. The speed up animation is displayed three times and the miCoach FIT SMART vibrates one time.

### 18. 90% zone



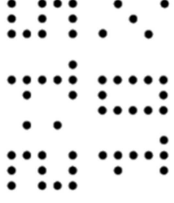
Run at 90% effort for 45 seconds. A countdown is shown.

### 19. Change zones



Now decrease to 10% effort. The slow down animation is displayed three times and the miCoach FIT SMART vibrates one time.

### 20. 10% zone



Walk at 10% effort for 2:15 minutes. A countdown is shown.

### 21. Countdown



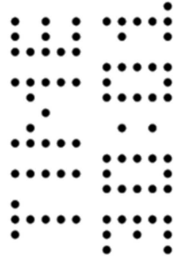
During the final 5 seconds of the Assessment Workout, your miCoach FIT SMART will display a countdown of -5, -4, -3, -2, -1, 0.

### 22. Completed



Once the countdown is finished, the workout completed icon is displayed for 1 second.

### 23. Continue tracking



After the workout completed screen, the workout continues as a Free Workout and the screen shows the metrics setup in preferences in the app.

### 24. Pausing workout



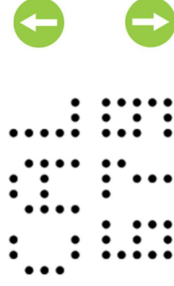
Long press to pause your workout. The resume option is selected by default.

### 25. Ending workout



To manually end your workout, toggle to the end icon after your long center button press and select. The checkmark icon will be shown.

### 26. Workout summary



Here you can toggle through the workout statistics. Toggling functions the same way as during the workout. (You can see one metric per screen if you kept with the standard settings.)

To pause or end your workout, see section 3.2.9.

To sync your workout data, see section 3.2.10.

## 4.1.2 Completing an Assessment Workout with your miCoach FIT SMART and the app

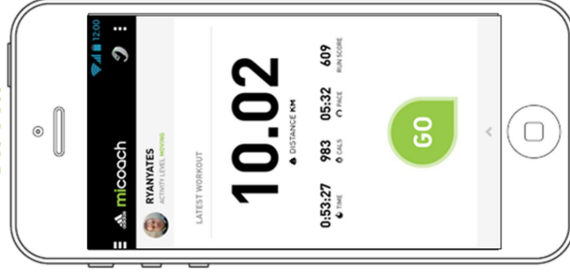
To calibrate your miCoach FIT SMART and personalize your miCoach Zones, which are based on heart rate or pace, it's crucial to do an Assessment Workout as soon as you start using your miCoach FIT SMART.

To start the Assessment Workout, swipe upward on the home screen. The Assessment Workout will be at the top of the displayed list. Tap it to start your Assessment Workout.

Before starting your Assessment Workout, make sure your miCoach FIT SMART is paired with your mobile device. The app will recognize your miCoach FIT SMART and initiate the heart rate detection. Once your heart rate is detected, you can press the center button to begin.

You can also always find the Assessment Workout stored in Settings under My Workouts on the miCoach train & run app.

**Swipe up from the home screen**



From the home screen, swipe upwards to reveal the default workouts on the app.

**Revealing the default workouts**



The Assessment Workout is always found at the top of the default workout list.

## 4.2 Strength & Flex workout

Using Strength & Flex plans with Cardio plans provides you with the well-rounded training you need to take your performance to the next level. These plans focus on balancing out your cardio with strength and flexibility training. Training for strength and flexibility gives your body the strength, mobility, stability, speed, and power it needs to run and move more efficiently.

When you select a Cardio plan on the miCoach train & run app, a Strength & Flex training plan will be recommended, or you can create one. Either way, it will appear on the bottom of your home screen once you set it up.

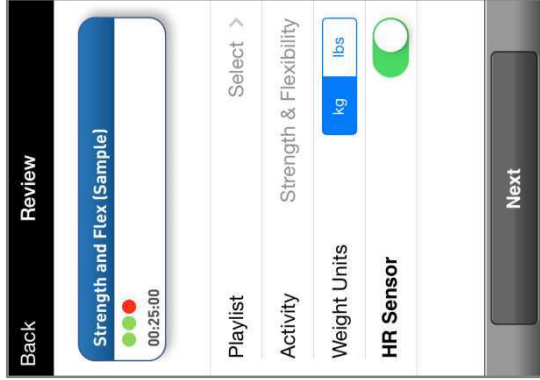
You can then access the Strength & Flex workout on your home screen or by choosing a Single Workout in a similar manner as when starting a Cardio workout from your app. Note that unlike Cardio workouts, Strength & Flex workouts can't be completed without the app.

When you select your workout on the app or your miCoach FIT SMART, exercise videos with clear instructions will be shown on the miCoach train & run app. The coaching comes solely from the app, while your miCoach FIT SMART records the workout parameters time, calories, and heart rate. You can toggle through these parameters while doing your exercises and review them on your miCoach FIT SMART afterwards, but the main part of your coaching will take place on your mobile device.



Here are the exact steps:

### 1. Select the workout\*



In the app set up a Strength & Flex training plan you want to follow, schedule your workouts, and click on the scheduled workout or select a Single Workout from the home screen.

*\*This selection process is very similar to section 3.2.1. & 3.3.3*

### 2. Heart Rate detection\*



Heart rate detection starts when you select the Strength & Flex workout on the app. The progress bar is animated during heart rate detection.

*\*Press center button to cancel heart rate detection.*

### 3. Heart rate found



Once your heart rate is detected, a confirmation animation is shown for 1 second.

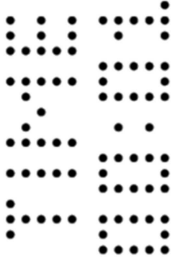
### 4. Start workout\*



A. Start the workout by pressing the center button.  
B. From the app, tap "Start."

*\*If you're training with GPS via your mobile device and the optical heart rate monitor via your miCoach FIT SMART, you'll have to wait until both sensors have acquired their signals before the workout can begin.*

### 5. Workout metrics



You can view the metrics during a workout based on how they're set up in the app. There are only three metrics for Strength & Flex workouts — time, heart rate, and calories.

During a workout, the light pipe displays your current heart rate zone.

To pause or end your workout, see section 3.2.9.  
To sync your workout data, see section 3.2.10.

## 5. Your miCoach FIT SMART settings

To configure the settings of your miCoach FIT SMART, go to the Devices menu in the miCoach train & run app, select your FIT SMART, go to Settings, and tap "Display." Here you can set (A) how many metrics you want to see, how you want to see them (single or double metrics view), whether or not you want to see metric names and (B) if and how you want to configure your Auto Laps. You can read more on how Auto Laps are displayed on your FIT SMART in the succeeding section.

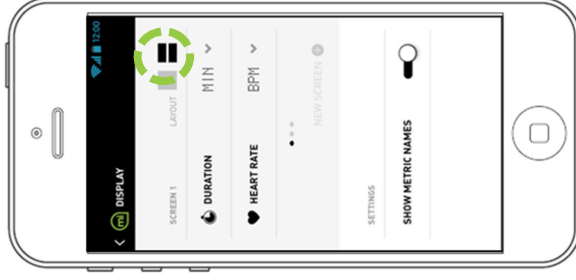
- (A) To set up your Stats screen on your FIT SMART, you can choose either the single or double metrics view. This specifies how many metrics you see on each screen on your device. Next, you can choose the metrics you want to see on your device in the order you want to see them by swiping through the different screens. To change the unit of your metric, tap on the drop-down menu and choose your unit preference.
- (B) To configure Auto Laps, you have to tap "Auto Laps" when you're under Settings on your miCoach FIT SMART. Enable Auto Laps by switching it on, and then toggle between time and distance. Hit the control to specify your metrics.

### Single metrics



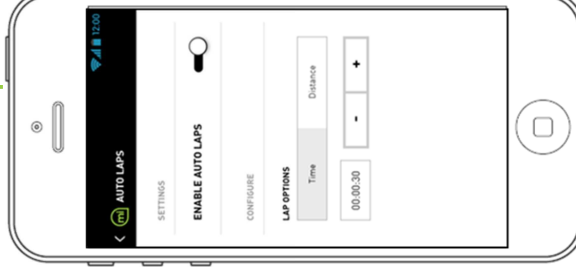
Choose the metrics that you want to see in the single metrics view.

### Double metrics



Choose sets of two metrics that you want to see in the double metrics view.

### Auto Laps

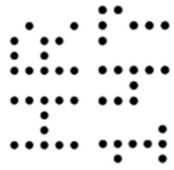


Enable Auto Laps based on time or distance.

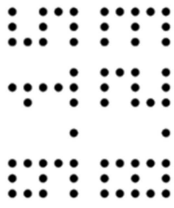
## 5.1 Auto Laps

Auto Laps can be set based on time or distance. They need to be configured from the miCoach train & run app. Auto Laps and manual splits are two separate functions. For information on setting manual splits, see section 3.2.8. When recording both manual splits and Auto Laps, Auto Laps will be tracked in the background and uploaded after a workout with the workout file to your mobile device for review. Distance is the metric used to measure time-based laps/splits, and time is used to measure distance-based laps/splits. All lap data needs to be synced to the app for review.

### 1. Workout screen



### 2a. Lap view – time-based: distance



#### Current lap distance

Shows distance for the most recent split. Units are based on type set on Settings.

#### Last lap distance

Shows distance for the previous split. Units are based on type set on Settings.

#### Vibration

Duration: 0.2s

Repeats 1 time

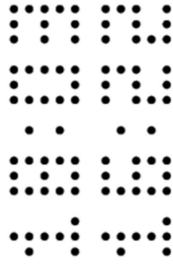


### 2b. First lap view – Time-based: distance



When you make a split for the first time, the split metric is placed on the top line

### 2c. Lap view – distance-based: time



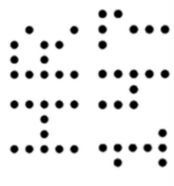
#### Current split time

Shows time for the most recent split.

#### Last split time

Shows time for the previous split.

### 3. Workout screen



After 4 seconds, the view goes back to workout metrics.

#### NOTE:

If a lap is taken during a coaching prompt, the coaching prompt isn't interrupted, and the lap data is shown after the coaching prompt has ended. In case a lap collides with a low battery warning, the lap is shown first and low battery right after.



## 5.2 Viewing metrics during a workout

During a workout, you can toggle through your current workout metrics. In the miCoach train & run app, you can define which metrics you want to see, in which order they're shown, and whether you want to see one or two metrics at a time.

### 1. Time

1:03

### 2. Heart rate

147

### 3. Calories

0:00

After 100,000 calories, only one decimal place is shown.

### 4. Distance

13.47

After 100 km, only one decimal place is shown.

### 5. Pace

2:05

### 6. Stride rate

1:33

### 7. Speed

2.43

### 8. Clock

8:34

### 9. Run Score

2:00

### 10. Average pace

2:05

### 11. Average speed

2:05

### 60+ minute workout

2:05

If the workout is longer than 60 minutes, the hour and minutes (HH:MM) are shown on the first line and seconds on the bottom line (:SS).

## 5.3 Viewing double metrics during a workout

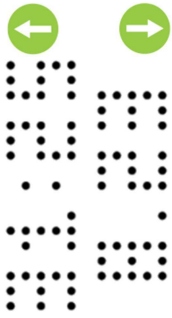
Toggle to switch between the displayed metrics. Set up the order of the metrics and their configuration (one or two per screen) from the app.

### 1. Heart rate + calories



Users need to toggle up or down with side buttons to view next/previous metric screen.

### 2. Time + distance



Users need to toggle up or down with side buttons to view next/previous metric screen.

### Clock

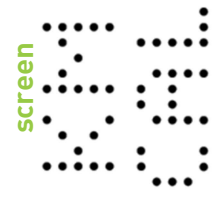
The clock can be combined in the same fashion as all other metrics.

### Odd number of metrics



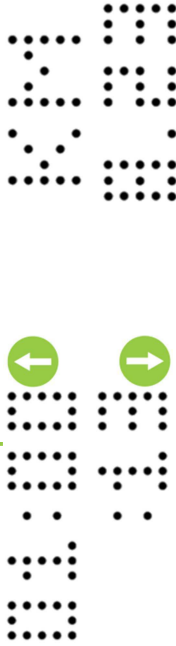
In case there's an odd number of metrics, the last screen has a single metric with the metric name.

### Optional metric name screen



You can turn on a description screen from the miCoach train & run app when using double metrics. The screen with the two metric names is shown for 2 seconds before the metrics.

### Elapsed time over 60 minutes



If a workout lasts longer than 60 minutes, the hour and minutes (HH:MM) are shown on the first line and seconds are shown on the bottom line (:SS).

In the double metric view, both the time and the previously paired metric are moved to individual screens.

### NOTE

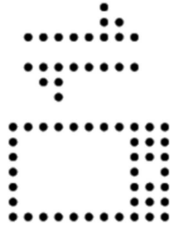
You can freely configure combinations of double and single metric screen layouts. See section 5 for more details

## 6. Additional information

### 6.1 Software update

One important feature of the miCoach FIT SMART is that you can update the software via the miCoach train & run app. Software updates ensure that you always have the latest functions and features in order to get the most out of your miCoach FIT SMART.

#### 1. Software notification



A notification will appear on the miCoach train & run app to guide you through the software update.

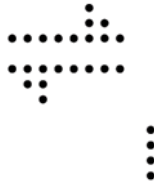


**Vibration**  
Duration: 0.2s  
Repeats 1 time



Color: red  
Repeats 3 times

#### 2. Software download



The syncing animation is shown during software download.



Color: Solid light

#### 3. Software download completed

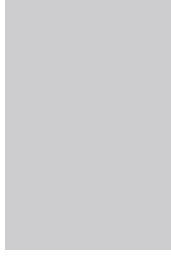


**Vibration**  
Duration: 0.2s  
Repeats 1 time



Color: green  
Repeats 3 times  
(blinking)

#### 4. Automatic power off



After successfully syncing, the miCoach FIT SMART powers off automatically.

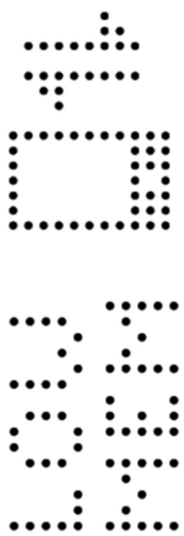
#### 5. Automatic start



Once the software is updated, your miCoach FIT SMART will restart and show the time screen.

## 6.2 Memory low

Your miCoach FIT SMART will tell you when there is less than 20% of data memory (or 2 hours of data storage capacity) left to store workouts. Overall, your miCoach FIT SMART can hold up to 10 hours of workouts.



### Vibration

Duration: 0.2s

Repeats 3 times



When there's less than 2 hours of data storage capacity left, the above warning sequence is shown. This animation repeats three times.

Afterwards, the view returns to the last screen that you were looking at.



### Color: red

Repeats: blinking

## Note

This warning is displayed if there are less than 2 hours of storage and:

1. It's a new day, and you "wake up" your miCoach FIT SMART.
2. Upon finishing a workout, immediately after the summary.
3. Before a workout, if you're viewing the Coached Workout list screen.

If there isn't enough memory during your workout, the current workout data will overwrite the oldest existing data on the device. Please make sure you sync regularly to avoid losing any data\*.

\*When the low memory warning comes on, we recommend you sync your FIT SMART to avoid losing any data. The FIT SMART holds 10 hours of workout data. If you record a long workout (6 hours) and do not sync afterwards, recording another 6 hour workout will cause the original data to be overwritten as the 10 hour internal memory limit will be exceeded.

## 6.3 Rebooting

If your miCoach FIT SMART stops working, you can reboot it by pressing and holding the center button and the up button at the same time for 7.5 seconds. Rebooting can be performed in time or workout mode. If you reboot during a workout, your miCoach FIT SMART will attempt to save all existing data before rebooting. After the reboot, all your workout and user settings and the correct time should be retained and do not need to be reset.

### 1. Reboot



Press and hold the center and upper side button for 7.5 seconds to initiate a reboot.



### 2. Automatic start



Vibration  
Duration: 0.2s  
Repeats 1 time



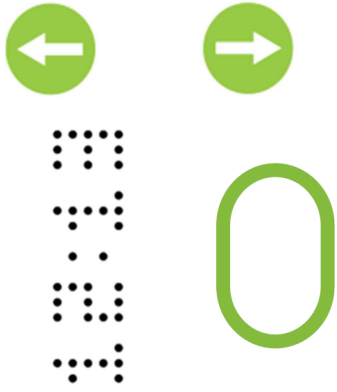
Color: green  
Repeats 1 time

After your miCoach FIT SMART has been rebooted, it will power off and then turn on again automatically. Upon reboot, it will be unlocked and will display the time menu.

## 6.4 Factory reset

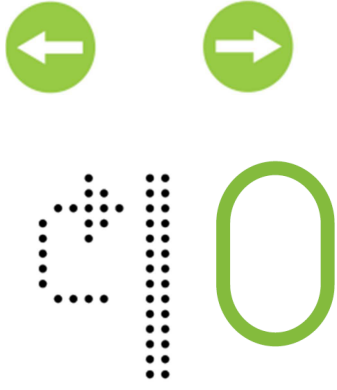
Your miCoach FIT SMART can be reset to its factory settings (out of box) by pressing all three buttons simultaneously for 5 seconds. This action can be performed if you want to have all your settings, workouts and data removed from your device to give it to a friend or a family member, for example, or if your device is frozen up and can't be operated otherwise anymore.

### 1. Initiate factory reset



Long press all three buttons for 5 seconds to initiate a factory reset.

### 2. Factory resetting



During the 5 seconds, the progress animation and icon shown above are displayed.

### 3. Factory reset confirmation



After the 5 second countdown, you'll be asked to confirm if you want to reset your miCoach FIT SMART to factory defaults. "N" for no is selected by default and you can select "Y" for yes by using the side buttons and selecting this option via center button press.

### 4a. After the factory reset



After the factory reset has been completed, your miCoach FIT SMART should be in a first time use state and should power on immediately after the reset. (See "Getting Started 2.3.4.")

### 4b. You select "N"



If you select "N", the time screen will be displayed immediately.

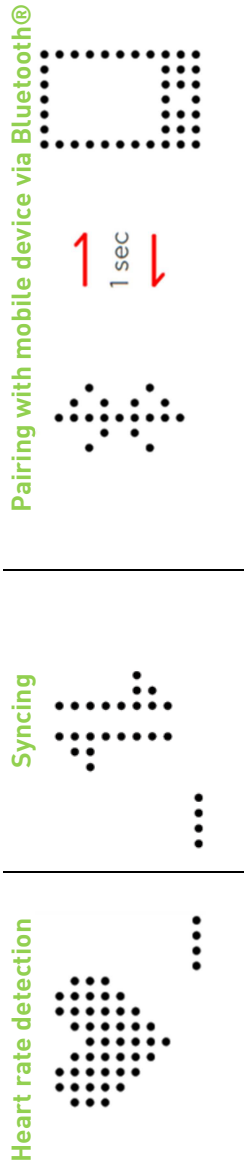
## 6.5 Visual language

### Animated progress bar

When your miCoach FIT SMART is waiting for a process to complete, an animation starts by displaying one dot, building to four dots which then move to the right and disappear. Then the dots appear again moving from right to left. This animation continues until the process is complete.



This animation is displayed for the following processes:



## 7. Care and Maintenance

- Clean the sensor area and connection pads with mild soap and water as needed. If you use your miCoach FIT SMART regularly, weekly cleaning is recommended.
- Don't scratch the sensor area. Protect it from damage.
- Wipe your miCoach FIT SMART with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Don't expose your device to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage your miCoach FIT SMART's seal, case, and finish.
- Don't attempt to disassemble or service your miCoach FIT SMART.
- Protect your miCoach FIT SMART from impact shocks, extreme heat, and extended exposure to direct sunlight.

miCoach FIT SMART is water resistant (following 3 ATM standard). It resists normal usage scenarios like heavy sweat, outdoor use during heavy rain as well as cleaning the FIT SMART under running tap water. We recommend taking off the miCoach FIT SMART before showering or bathing.



## 8. Specifications

<b>Materials</b>	Soft-touch silicone (main part)
<b>Power Supply</b>	200 mAh lithium-ion rechargeable battery (charging with 100mA current)
<b>Display</b>	17x11 LED matrix display
<b>Battery Life</b>	up to 5 days (as per defined use cases)* <i>*option to show "time of day" continuously reduces battery time to daily charging</i>
<b>Charging Time</b>	approximately 3 hours
<b>Sensors</b>	Optical heart rate sensor, accelerometer
<b>Power ON/OFF</b>	Mechanical button
<b>Weight</b>	Large: 49.4393g Small: 45.4875g
<b>RF Protocol</b>	Bluetooth 4.0
<b>Size (Small or Large)</b>	Width 34.00mm Height 12.17mm  Length (Small): 184mm Length (Large): 207mm

## 9. Customer service information

### 9.2 Support

Check out our Guides and Tutorials on [micoach.com/support](https://micoach.com/support). If you can't find an answer to your question, check the Discussions area or contact the Customer Support team. Contact information is available in the Contact Us section on [micoach.com/support](https://micoach.com/support)

### 9.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 ("one") year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms & Conditions of the adidas miCoach warranty available at [www.adidas.com/miCoach](https://www.adidas.com/miCoach).

The warranty is void unless the following conditions are met:

1. Your receipt containing the purchase details must be presented when warranty service is required.
2. The adidas miCoach warranty extends only to products originally purchased from an authorized adidas retailer or from adidas' own retail.
3. The warranty is void in case of any exclusions or limitations indicated in section 3 of the adidas miCoach warranty.
4. With regard to section 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Note: The warranty card is in addition to and does not imply any loss of statutory rights. Please read section 5 of the adidas miCoach warranty for additional information.

## 10 Legal notes and disclaimer

### 10.1 Trademark and copyright

© 2013 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group

### 10.2 Regulatory compliance

This product is compliant with Directives 2004 / 108 / EC on Electromagnetic Compatibility 2006 / 95 / EC on Low Voltage Directive.

The relevant Declaration of Conformity is available at [www.adidas.com/miCoach](http://www.adidas.com/miCoach) Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design, and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives, and guidelines a core element of our sustainability principles.

Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection, and recycling.



**Note:** If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

### 10.3 Medical disclaimer

Important information on your workouts with miCoach: The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice. Before you start working out, you should get a medical checkup. Please be aware that any communication with miCoach occurs exclusively over the internet and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health. It is therefore important that you warm up and stretch before each workout, and that you use common sense while running do not go over the top when exercising. If you experience any pain, feel weak, dizzy, or exhausted, or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

The optical heart rate component build into the miCoach FIT SMART provides very accurate heart rate measurements. However, it is not a medical device.

### 10.4 Precautions

Individuals who have a pacemaker, defibrillator, or other implanted electronic devices shouldn't use the miCoach devices.

#### Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately.

A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

Don't expose to high temperatures.

Don't disassemble.

Don't allow metal objects to contact or short-circuit the battery terminals.

Don't incinerate or expose to fire.

**Caution:** Risk of explosion if battery is replaced by an incorrect type.

## 10.5 Trademark footnote – Bluetooth®

The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by the adidas AG is under license. Other trademarks and trade names are those of their respective owners.

## 10.6 FCC/IC regulatory notice

### Modification Statement

adidas AG has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

adidas AG n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

### Interference Statement

This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s) following two conditions:

(1) This device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### Radiation Exposure Statement

This device complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines in Supplement C to OET65 and RSS-102 of the IC radio frequency (RF) Exposure rules. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le présent appareil est conforme à l'exposition aux radiations FCC / IC définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) dans le Supplément C à OET65 et RSS-102 de la fréquence radio (RF) IC règles d'exposition. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

### FCC Class B Peripheral Device Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### CAN ICES-3 (B) / NMB-3 (B)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conforme à la norme canadienne ICES-003.

## 10.7 1999/5/EC Directive regulatory notices

This device has been evaluated against the essential requirements of the 1999/5/EC Directive.

Bulgarian	С настоящето adidas AG декларира, че IOL90отговаря на съществениите изисквания и другите приложими изисквания на Директива 1999/5/EC.
Croatian	Ovom izjavom adidas AG potvrđuje da je model IOL90 u skladu s osnovnim zahtjevima i drugim relevantnim odredbama Direktive 1999/5/EC.
Czech	adidas AG tímto prohlašuje, že tento IOL90 je ve shodě se základními požadavky a dalšími příslušnými ustanoveními směrnice 1999/5/ES.
Danish	Undertegnede adidas AG erklærer herved, at følgende udstyr IOL90 overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.
Dutch	Hierbij verklaart Adidas AG dat het toestel IOL90 in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.
English	Hereby, Adidas AG declares that this IOL90 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
Estonian	Käesolevaga kinnitab Adidas AG seadme IOL90 vastavust direktiivi 1999/5/ EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.
German	Hiermit erklärt Adidas AG, dass sich das Gerät IOL90 in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.
Greek	ΜΕ ΤΗΝ ΠΑΡΟΥΣΑ adidas AG ΔΗΛΩΝΕΙ ΟΤΙ IOL90 ΣΥΜΜΟΡΦΩΝΕΤΑΙ ΠΡΟΣ ΤΙΣ ΟΥΣΙΩΔΕΙΣ ΑΠΑΙΤΗΣΕΙΣ ΚΑΙ ΤΙΣ ΛΟΙΠΕΣ ΣΧΕΤΙΚΕΣ ΔΙΑΤΑΞΕΙΣ ΤΗΣ ΟΔΗΓΙΑΣ 1999/5/ ΕΚ.
Hungarian	Alulírott, adidas AG nyilatkozik, hogy a IOL90 megfelel a vonatkozó alapvető követelményeknek és az 1999/5/EC irányelv egyéb előírásainak.
Finnish	adidas AG vakuuttaa täten että IOL90 tyyppinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.

French	Par la présente adidas AG déclare que l'appareil IOL90 est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.
Icelandic	Hér með lýsir adidas AG yfir því að IOL90 er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC.
Italian	Con la presente adidas AG dichiara che questo IOL90 è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.
Latvian	Ar šo adidas AG deklarē, ka IOL90 atbilst Direktīvas 1999/5/EK būtiskajām prasībām un citiem ar to saistītajiem noteikumiem.
Lithuanian	Šiuo adidas AG deklaruoja, kad šis IOL90 atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.
Maltese	Hawnhekk, adidas AG, jiddikjara li dan IOL90 jikkonforma mal-htigijiet essenzzjali u ma provvedimenti oħrajn relevanti li hemm fid-Dirrettiva 1999/5/EC.
Norwegian	adidas AG erklærer herved at utstyret IOL90 er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.
Polish	Niniejszym adidas AG oświadcza, że IOL90 jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC.
Portuguese	adidas AG declara que este IOL90 está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.
Slovak	adidas AG týmto vyhlasuje, že IOL90 spĺňa základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.
Slovenian	adidas AG izjavlja, da je ta IOL90 v skladu z bistvenimi zahtevami in ostalimi relevantnimi določili direktive 1999/5/ES.
Spanish	Por medio de la presente adidas AG declara que el IOL90 cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.
Swedish	Härmed intygar adidas AG att denna IOL90 står i överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/EG.

## 10.8 Open source software notice

The Software included in the miCoach FIT SMART product contains Open Source software as identified below.

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In order to satisfy the essential requirements of 1999/5/ EC Directive, the product is compliant with the following standards:

RF spectrum use	(R&TTE art. 3.2) EN 300 328 v1.8.1
EMC (R&TTE art. 3.1b)	EN 301 489-1 V1.9.2 EN 301 489-17 V2.2.1
Health & Safety (R&TTE art. 3.1a)	EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011 EN 62479:2010

The conformity assessment procedure referred to in Article 10 and detailed in Annex IV of Directive 1999/5/EC has been followed with the involvement of the following Notified Body:

AT4 wireless, S.A.  
Parque Tecnológico de Andalucía  
C/ Severo Ochoa 2  
29590 Campanillas – Málaga  
SPAIN  
Notified Body No: 1909

Thus, the following marking is included in the product:

# CE1909

Full declaration of conformity can be found at:  
<http://www.adidas.com/micoach>  
There is no restriction for the commercialization of this device in all the countries of the European Union.