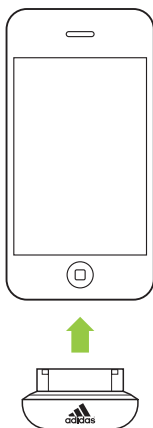




# micoach

connect for iPod/iPhone quick-start guide

## 1 Insert miCoach Connect



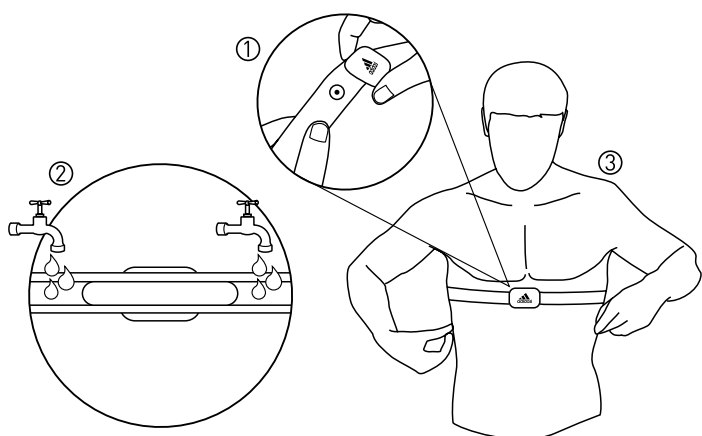
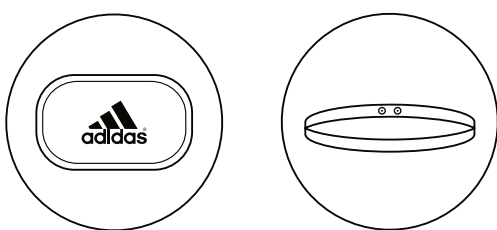
## 2 Download / launch miCoach Mobile App

- Visit the App Store to download the app



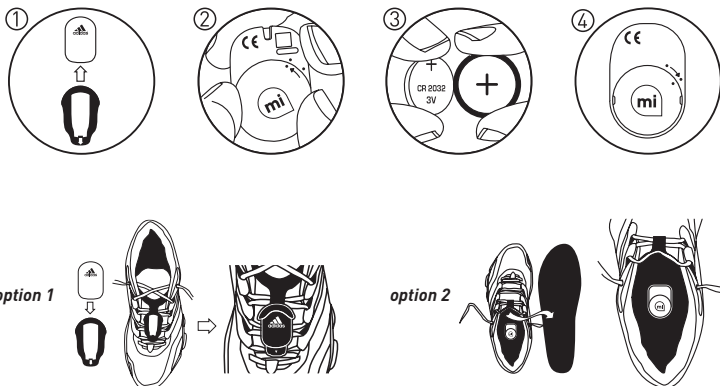
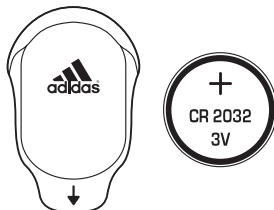
## 3 GEAR ON: Heart Rate Monitor

- Optional



## 4 GEAR ON: Stride Sensor







- Optional
- Initial setup: Insert battery



## 5 Manage your gear in Settings



-  miCoach Connect pour l'iPod / l'iPhone – Guide de démarrage rapide
-  miCoach Connect para iPod / iPhone – Guía rápida
-  miCoach Connect für iPod / iPhone – Schnellanleitung
-  miCoach Connect per iPod/Phone Guida di Avvio Rapido
-  miCoach Connect para iPod/iPhone Guia de início rápido
-  iPod/iPhone 전용 miCoach Connect 빠른 시작 설명서
-  miCoach Connect для iPod/iPhone Краткое руководство
-  iPod/iPhone 專用 miCoach Connect 快速入門指南
-  iPod/iPhone 专用 miCoach Connect 快速入门指南
-  iPod/iPhone 用 miCoach Connect クイックスタートガイド

- 1**
-  Insérez miCoach Connect
  -  Colocar miCoach Connect
  -  miCoach Connect anschließen
  -  Inserire miCoach Connect
  -  inserir miCoach Connect
  -  miCoach Connect 삽입
  -  Вставьте miCoach Connect
  -  插入 miCoach Connect
  -  插入 miCoach Connect
  -  miCoach Connect を取り付ける

- 2**
-  Téléchargez ou lancez l'application miCoach Mobile. Connectez-vous sur l'app store pour télécharger l'application
  -  Descarga/iniciar aplicación miCoach móvil. Visita el app store para descargar la aplicación
  -  miCoach App herunterladen und starten. Im App Store können Sie die App herunterladen
  -  Scarica/avvia miCoach Mobile app. Visita l'app Store per scaricare la App
  -  Download/iniciar aplicativo miCoach Mobile. Visite a app store para baixar o aplicativo
  -  miCoach 모바일 앱 다운로드/실행. 애플리케이션을 다운로드하는 응용 프로그램 저장소를 방문
  -  Скачайте/ обновите мобильное приложение miCoach. Посетите app store чтобы скачать приложение.
  -  下載/啓動 miCoach Mobile app。訪問 app store 下載相關app
  -  下载/启动 miCoach Mobile app。访问 app store 下载相关app
  -  miCoach モバイルアプリをダウンロード / 起動。App Storeでアプリをダウンロード

- 3**
-  Mettre le moniteur de fréquence cardiaque (Option)
  -  Ponte el monitor de pulsaciones (Opcional)
  -  Den Herzfrequenzmesser anlegen (Wahlweise)
  -  Indossare il Sensore di Frequenza Cardiaca (Opzionale)
  -  Vista o Monitor de frequência cardíaca (Opcional)
  -  기어 착용: 심박수 모니터 (선택 사항)
  -  Экипировка: монитор частоты пульса (по выбору)
  -  戴上裝備: 心率測量器 (自由選項)
  -  戴上装备: 心率监测仪 (自由选项)
  -  装着: 心拍数モニター (オプション)

- 4**
-  Mettre le capteur de cadence (Option). Insérer la pile avant la première utilisation
  -  Activa el sensor de velocidad (Opcional). Para empezar: inserta la pila
  -  Den Schrittsensor anlegen (Wahlweise). Die Batterie vor dem ersten Benutzen einsetzen
  -  Indossare il Sensore Andatura (Opzionale). Configurazione iniziale: inserire la batteria
  -  Ative o sensor de passos (Opcional). Para começar: inserir a bateria
  -  기어 착용: 보폭 센서 (선택 사항). 초기 설치: 배터리 장착
  -  Экипировка: датчик шага (по выбору). Ввод в эксплуатацию: вставьте элемент питания
  -  戴上裝備: 跑速感應器 (自由選項)。初次設置: 安裝電池
  -  戴上装备: 步幅传感器 (自由选项)。初次设置: 安装电池
  -  装着: ストライドセンサー (オプション)。最初のセットアップ: 電池を挿入

- 5**
-  Choisissez les options dans paramètres
  -  Maneja tu equipo bajo Configuración
  -  Wählen Sie verschiedene Optionen unter Einstellungen
  -  Gestisci la tua attrezzatura nelle Impostazioni
  -  Gerencie seu equipamento em Configurações
  -  설정에서의 제품관리
  -  Управляйте Вашей экипировкой в Настройках
  -  在設置欄裏管理裝備
  -  在设置栏里管理装备
  -  設定でギアを管理する

### 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 are 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.



### European Commission (CE) Statement

This product has been tested and is compliance with the following directives:

- \* EMC Directive: 2004/108/EC
- \* R&TTE Directive: 1999/5/EC
- \* Safety Directive: 2006/95/EC



### FCC Regulatory Information

**NOTE:** 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 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

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.

**CAUTION:** Unauthorized repair or modification may result in permanent damage to the equipment and / or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.

Please refer to [www.adidas.com/micoach](http://www.adidas.com/micoach) for the DoC.

### Canadian Conformity

Industry Canada (IC) regulatory information

This Category II radio-communication device complies with Industry Canada Standard RSS-210.

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.

Avis de conformité à la réglementation d'Industrie Canada.

Cet appareil est conforme à la norme RSS-210 de l'Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes: (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.





Complies  
with IDA  
Standards  
DA105762

Complies  
with IDA  
Standards  
DA104290

Heart Rate Monitor  
adidas HRM2A  
Dynastream Innovations, Inc - Canada  
00223/2009/WRLO

 **ANATEL**  
HRM2A  
2775-09-5733

  
1AD-HRM2A

FCC ID: ZLGIPHDONGLE  
V42037

IC ID: 9772A-IPHD  
V42037

IC ID: 3797A-HRM2  
HRM2A

台灣國際航電股份有限公司  
HRM2A  
CMIIT ID: 2009DJ4751

COMISSION NACIONAL DE  
TELECOMUNICACIONESARG  
CNC 09-8111



 TA-2009/813  
**ICASA**  
APPROVED

Heart Rate Monitor



N136



**NTC**

Type Approved  
No.: ESD-0904399C

Monitor de Pulso Cardiaco  
Marca: adidas  
Modelo: HRM2A  
COFETEL: RCPADHR09-1027

13802/POSTEL/2010  
PLG. ID: 3160

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specially to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

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