

**miCoach X\_CELL**

**User Manual**

**mi**coach

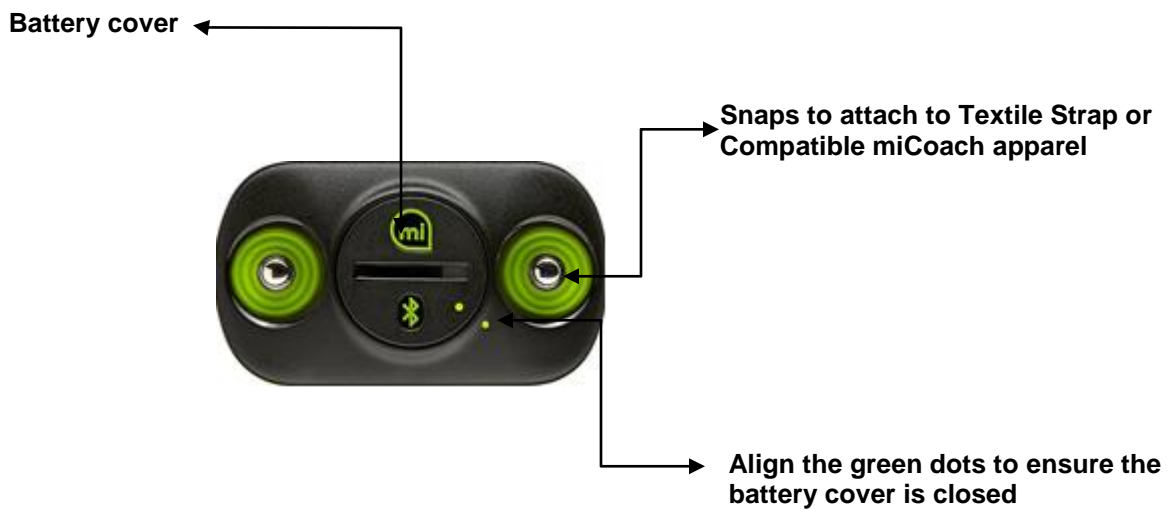
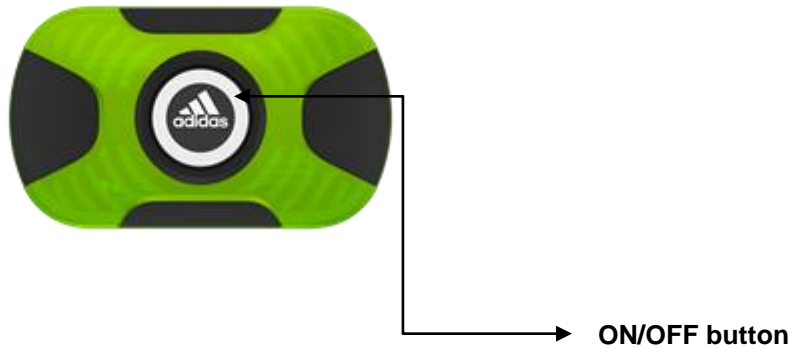
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## 1. Welcome to miCoach

Thank you for your interest in miCoach and congratulations on purchasing the miCoach X\_CELL. This user manual provides you with everything you need to know to use the miCoach X\_CELL

### 1.1 miCoach X\_CELL Overview



## 1.2 miCoach X\_CELL

The miCoach X\_CELL can be used in the following scenarios:

- On-pitch usage (e.g. Basketball, Football/Soccer, Tennis, Handball, American Football, etc.); miCoach X\_CELL will log detailed data which will be used by the miCoach Sports App to provide an assessment of the player's performance after the game or practice session. A minimum of 7 hours of activity data is logged by miCoach X\_CELL.
- As a regular Heart Rate Monitor during your training/exercise (e.g. Running, Fitness, etc.) by using the miCoach App.

## 1.3 Product Features

### Measures :

- Sprint Force (acceleration - forward/backward movement)
- Cut Force (right / left cuts / changes in direction)
- Jump Force
- Heart Rate
- Workout Time

### Wireless data transfer:

Workout data/performance is transferred wirelessly to your Bluetooth Smart Ready® (works with miCoach Sports app).



### On-Board Memory

#### stores all measurements:

A minimum of 7 hours of activity data is logged by miCoach X\_CELL, with oldest or already downloaded data automatically being overwritten by new data.

### Compare, share, compete

View results on the miCoach Sports App using your smartphone. Compare and share with Facebook and Twitter.

## 1.4 Product Compatibility

The miCoach X\_CELL works in combination with the following products:

**Smartphones with Bluetooth Smart Ready® technology and Heart Rate compatible Garments**



## 2. Using miCoach X\_CELL with your smartphone

### 2.1 miCoach Sports App

The miCoach Sports App is the key to communicating to X\_CELL. You can load your latest data, manage results and get feedback on your performance. The app will tell you how you can improve as an athlete.

**Most important for users with miCoach X\_Cell for smartphones:** You must download the miCoach Sports App from the App Store before getting started.

For additional product information, [please visit micoach.com/setup](http://micoach.com/setup)



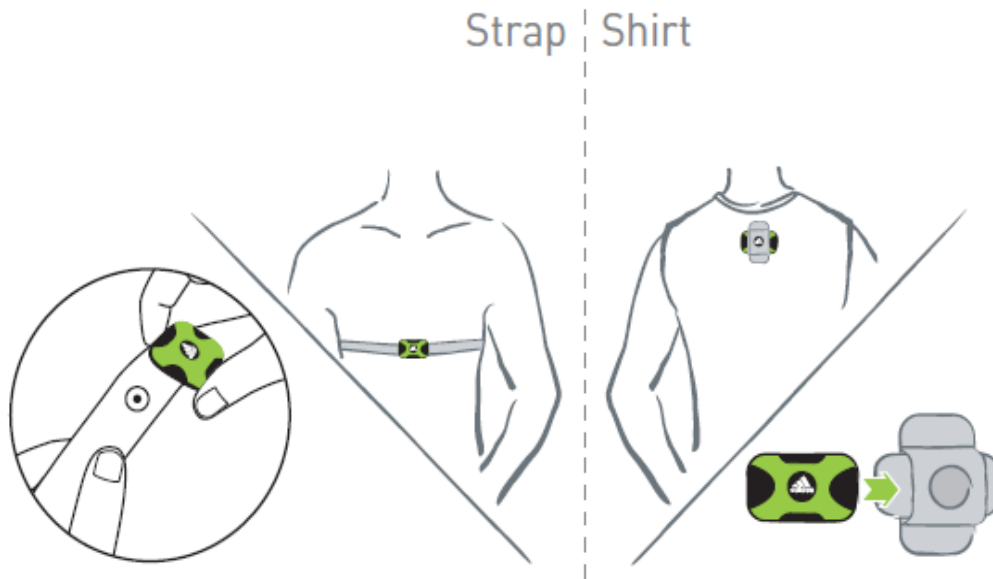
## 2.2 Wearing miCoach X\_CELL

There are two ways of wearing miCoach X\_CELL:

1. With the Textile Strap (X\_CELL on your chest)
2. With miCoach compatible apparel, such as a Techfit shirt (X\_CELL on the back of your neck)

Follow these steps to wear the miCoach X\_CELL correctly:

1. Clip miCoach X\_CELL to the two snaps on the Textile Transmitter Strap or heart rate-sensing garment, as shown in the image below:



#### For Textile Strap usage:

2. The electrodes on the strap should be centered on your chest with the adidas logo on the front of the module positioned right side up (i.e. facing upwards). This is the same for the adidas sensing apparel.

3. Adjust the Textile Transmitter Strap to fit tightly just below your pectoral muscles or breasts on your torso, against the skin. The strap should not dangle or move during activity.

#### 4. For heart rate use:

The Textile Transmitter Strap must be snugly fitted and the sensor fabrics must be properly moistened in order to pick up the heart rate (if applicable) (see point 2).

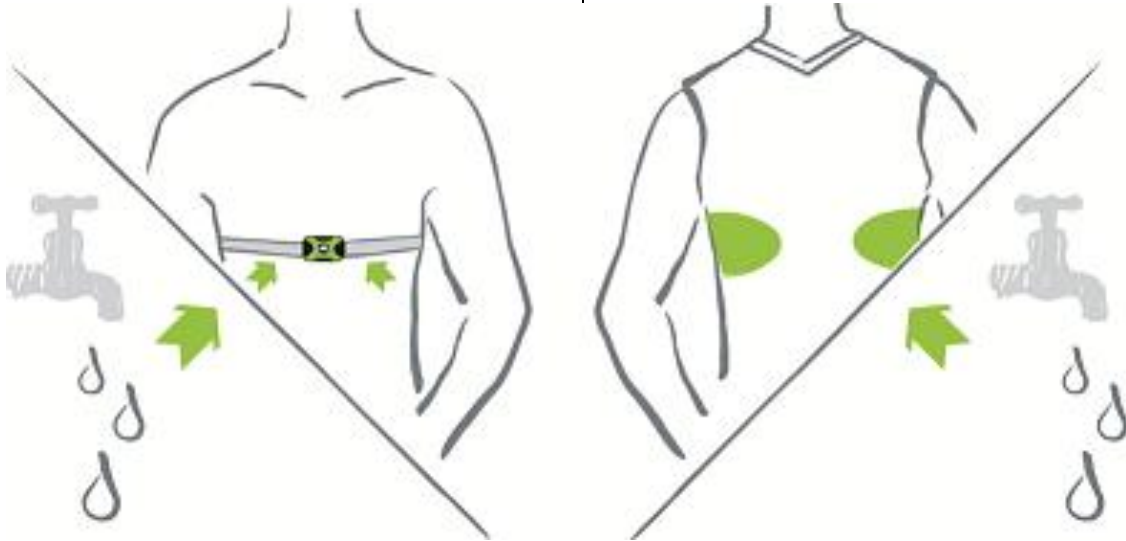
#### For Techfit Shirt usage:

2. The shirt should be fit tightly with no folds around your upper body (pull the shirt completely down while wearing it).

3. The X\_CELL device on your neck should be centered in between your shoulder in the center of your upper body.

#### 4. For heart rate use:

Make sure the heart rate sensors on the front of the Techfit shirt lie flat on the rib cage and don't shift around as you move. The electrodes should be moistened in order to pick up your heart rate before working out.



5. Wear the X\_CELL strapped to your body for a few minutes prior to your workout.

#### Trouble-Shooting:

- Lotions or oil between the skin and the strap/shirt may interfere with conductivity, so you may need to gently cleanse the skin to remove any residue.
- Check that sizing instructions have been followed. Does the strap/shirt fit snugly? Is the heart rate sensor of the shirt flat on the rib cage?
- Is the harness still well attached to the shirt? No peeling of the edges?

### 2.3 Pairing miCoach X\_CELL with your smartphone

Before pairing your miCoach X\_CELL, make sure Bluetooth® is enabled in your smartphone's settings.

Once you have enabled Bluetooth® on your smartphone, pair your miCoach X\_CELL with your smartphone. To do this:

- Make sure you're wearing the miCoach X\_CELL correctly (see section 2.2 for details).
- Activate Bluetooth® connection in miCoach X\_CELL by a "quick press" of the ON/OFF button (see 1.1 for diagram).



2. Open the miCoach Sports App, go to Settings, select "Sensors" and add miCoach X\_CELL.

**Note1:** The miCoach Sports App searches for all X\_CELLs (all Bluetooth® Smart devices) within range (2,5 meters). Make sure to select your miCoach X\_CELL.

**Note2:** In heart rate mode the miCoach X\_CELL will automatically return to ultra-low power sleep mode when the device is no longer stimulated by your heartbeat.

#### Trouble-shooting:

If pairing fails, try the following:

1. Make sure you're wearing the miCoach X\_CELL correctly (see section 2.2 for details).
2. Ensure that your miCoach X\_CELL is in range and there is no other miCoach X\_CELL in the same range (<2.5 meters).
3. In the case that your X\_CELL device is close to other X\_CELL devices, check once you have connected the device, that the serial number in the App matches the serial number in the back cover of the device.
4. If the miCoach X\_CELL is still not detected, you may need to replace the battery (see section 4 for instructions)

### 2.4 Working out with miCoach X\_CELL and your Smartphone

miCoach X\_CELL can be used in two modes:



## 1. X\_CELL mode

In X\_CELL mode you can use the device for (1a) tracking in game activity or (1b) for training by leveraging Augmented Feedback.

### 1a. Tracking in game activity

A “long press” of the dedicated ON/OFF button on the front side of the device (see section 1.1) enables full data logging and advanced movement recording of the X\_CELL.

The X\_CELL logs your movements automatically. **In this mode, you do not need your phone during your activity; simply leave it at the sideline.**

If your device is on, you can set markers to record moments for post analysis of your game. To do this, quickly press the button (for less than 1 second) and this will be accompanied by an acoustic and visual feedback on the device.

You will also get this feedback when you make a long press on the ON/OFF button, making you aware of the “ON” and “OFF” state.



### 1b. Training by Augmented feedback

To access augmented feedback, select the corresponding menu item within the app. This mode will detect your previously paired device automatically (for pairing see 2.3); this can take up to a minute. No action on the device’s button is required.

Now you can work out in real time mode where you will receive immediate feedback via the app on performance from miCoach X\_CELL. Data will be logged directly by the miCoach Sports App. **Make sure you place your phone near to you** in order to guarantee continuous connectivity (<2.5 meters).

Note: Augmented Feedback engages you in your training and increases you in your performance, making you better- faster!

## 2. Heart Rate Mode

The miCoach X\_CELL can be used as a standard Heart Rate Monitor. It gets automatically powered on when your Heart Rate is detected (it is not required to press the button).

The miCoach X\_CELL in heart rate mode is compatible with all Bluetooth Smart Ready devices, especially smartphones.

. If you want to use the X\_CELL in the heart rate mode, make sure to carry your Smartphone with you to record your heart rate.

X\_CELL turns off automatically after a period of inactivity (less than 30 min).

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Now, play your game, train and get better by collecting your data and improving your performance.



### 3 Synchronizing your miCoach X\_CELL using your smartphone



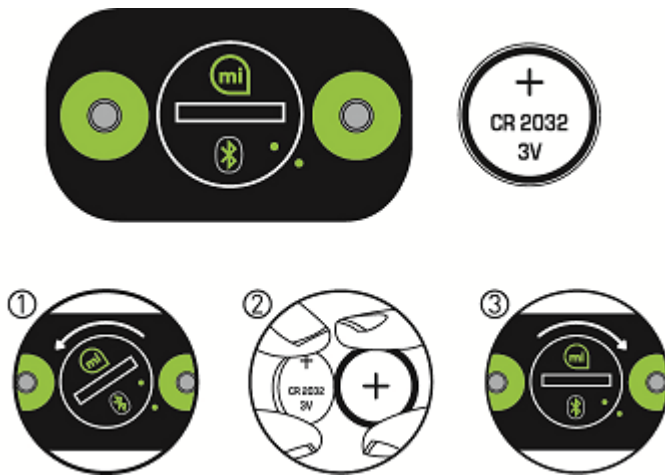
After completing your workout you can transfer the collected data onto your miCoach Sports App via syncing:

1. Open the app
2. From the main menu select "sync device"  
Note: make sure your X\_CELL is in range (2,5 meters and that is no other device in range) and the Bluetooth is on.
3. Select the device by clicking on Sync to transfer the data from the X\_CELL onto your miCoach Sports App.
4. The data will be displayed in the next screen, where you will be able to crop, select and delete your activity

#### 4. Replacing the X\_CELL Battery

The miCoach X\_CELL battery should last for over 5 months in active mode and 18 months in inactive mode. This is equal to 150 hours of active life (5 months of one hour per day usage at 20°C). The X\_CELL uses a CR2032 coin cell battery that is commonly used for cameras and watches. It can be purchased at most electronic stores.

1. Place the X\_CELL on a clean, flat surface.
2. Turn the back cover to the left, and use a coin to help remove the battery door.
3. Remove the old battery
4. Insert the new CR2032 battery, ensuring the + sign on the battery is facing toward you.
5. Close the back cover by turning it to the right and aligning the two green dots.



#### 5. Care and Maintenance

Un-snap the miCoach X\_CELL from the Textile Transmitter Strap. Make sure to take care when removing the miCoach X\_CELL, pulling it straight off is recommended. Failure to remove the device from the strap may result in corrosion of the connectors and deteriorated performance of the X\_CELL.



1. Store the miCoach X\_CELL and Textile Transmitter Strap in a dry place. If the miCoach X\_CELL or the Textile Transmitter Strap comes into contact with a damp surface, such as a towel, it may remain activated and run down the battery.
2. Rinse the strap under clean water to prolong the life of the strap and ensure the best performance. Hang to dry.
3. The Textile Transmitter Strap is hand wash only. Do not iron, wring, dry clean, or tumble dry.
4. The miCoach X\_CELL is water resistant up to 10 m (33 ft). We do not encourage you to submerge the device in water. Swim use is not supported.
5. The ON/OFF button of the miCoach X\_CELL should be pushed with a finger and not with a hard object such as a pen or wire.

## **6. Specifications**

### **6.1 Technical data**

#### **miCoach X\_CELL**

SIZE:	66 mm x 38 mm x 14 mm
WEIGHT:	~ 22g (no strap)
POWER:	User-replaceable CR2032 lithium battery
BATTERY LIFE:	> 5 months (at 1 hour usage per day at 20°C)
COMMUNICATION LINK:	Bluetooth Low Energy (BTLE)
COMMUNICATION RANGE:	<2.5 meters (dependent on receiver unit)
RF PROTOCOL:	Bluetooth® Low Energy (BTLE)
DATA MEMORY:	store >7 hours of workout data for later upload to a receiver unit
STORAGE TEMPERATURE:	-20°C to +60°C
OPERATING TEMPERATURE:	-10°C to +50°C
WATER RESISTENCE:	Water resistance for swim use up to 1ATM water immersion

### **6.2 Trademark & Copyright**

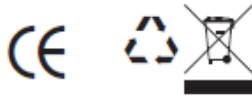
© 2013 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group.

### **6.3 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.



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

### **IC Regulatory Information**

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the 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.

Cet appareil s'accorde avec Industrie Canada licence-exempte RSS standard. (1) cet appareil ne peut pas causer l'intervention, et (2) cet appareil doit accepter de l'intervention, y compris l'intervention qui peut causer l'opération non désirée de.

This Class 【B】 digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

#### **6.4 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.

#### **6.5 Precautions**

Individuals who have a pacemaker, defibrillator or other implanted electronic devices should not 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.

Do not expose to high temperatures.

Do not disassemble.

Do not allow metal objects to contact or short-circuit the battery terminals.

Do not incinerate or expose to fire.

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

#### **6.6 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.

### **7. Customer Service Information**

#### **7.1 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 and Conditions of the adidas miCoach warranty available at [www.adidas.com/miCoach](http://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 § 3 of the adidas miCoach warranty.

4 With regard to § 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Please note:

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

## **7.2 Support**

Please check the FAQ online, in the Help section. If you can’t find an answer to your question there, please check the support forum or contact the Customer Support Team. Contact information is available within the Customer Service section, in the Help section online at [micoach.com/support](http://micoach.com/support).