Swimmo
User's Manual

80-130 bpm

115
bpm

↔ 750 yd

swimmo

Table of content

Maintaining your Swimmo

Warranty and Regulations

Quick start

1. Getting started

Measure. Compare. Improve.

Swimmo watch and app. Swim smarter and achieve your goals faster.

Improving your performance and staying motivated in the pool has never been easier!

In the Box

- Swimmo smart swimming watch
- Charger with USB cable
- Mobile apps for ![App Store] ![Google Play]
- Quick start manual & warranty

Get the Swimmo app

- www.swimmo.com/m/ios
- www.swimmo.com/m/android
- Search for the 'Swimmo' app and download it. Open your Swimmo
  app. Sign in. Use iPhone 4S+ or a modern Android phone with
  Bluetooth Low Energy.

Create Swimmo Account

First screen you'll see after launching Swimmo app is where you can log into Swimmo account that is required to save your workout results. To create the account, you can use Facebook login or create it from scratch.

After creating your account add your personal info (age, weight, height) that are used to produce more accurate measurements.

Wake up & Charge

Wake Swimmo up by charging it for the first time. Place your watch into the USB charger that can be found in the box. Plug the charger into any USB port. When battery power falls below 20%, the battery indicator will turn red so you know your watch need charging.

Charging takes approx. 1.5-2 hours. When charging is complete, the green battery indicator will be full. The charger clamps should fit tightly around the watch.

www.swimmo.com/how/charge

Put it on

Open the buckle (clasp) and place the band around your wrist

1. Secure the band with the pin, as shown on the right.
2. Once the pin is in place, press the buckle to close it.
3. Make sure the band and the end of the strap properly fit your wrist.
   To measure your heart rate accurately, Swimmo should fit tightly around your wrist.

www.swimmo.com/how/wear

Quick start

Navigate via Rotate&Tap™

- This is not a touch screen.
- Tap the screen harder than on a smartphone to wake up the display or select an option.
- Rotate (flick) your wrist away or toward you to change options when the arrows appear.
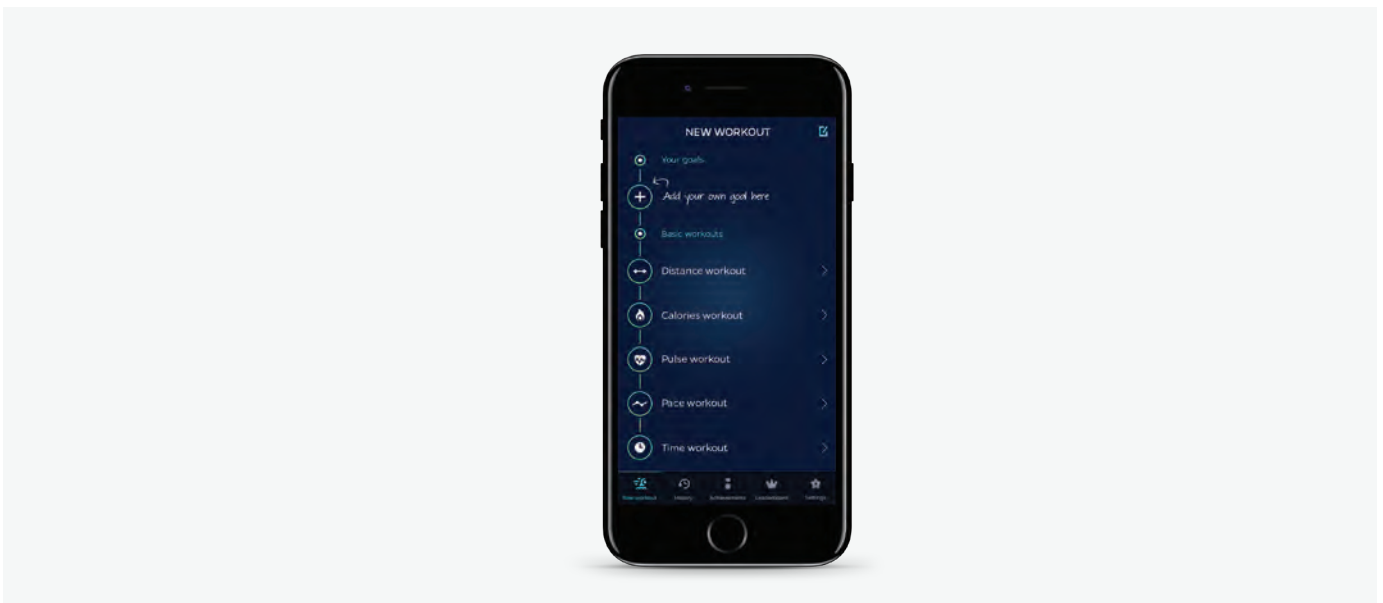- www.swimmo.com/how/navigate

Connect Swimmo watch to the app

- Once you have signed in, the app will connect to the nearest Swimmo watch.
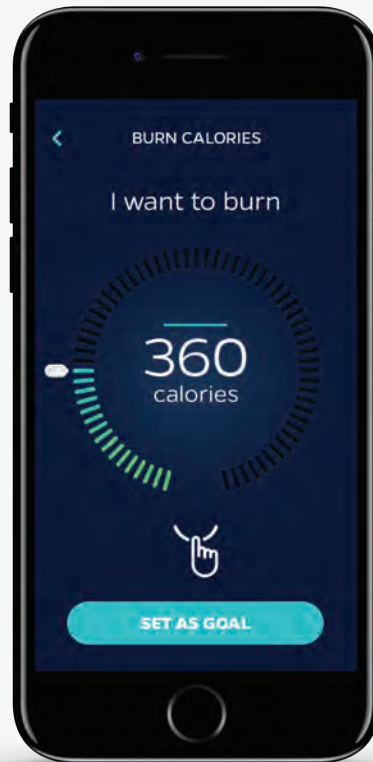- Make sure that Bluetooth is turned on.

Set your goals

1. Tap 'Add your own goal' to set custom goals (or use the watch's basic tracking options).

Quick start

2. Select the type of goal you want to achieve, e.g., 'Burn calories.'

3. Choose the value of your goal and set it.

Go for a swim

1. When you sync your watch with the app, your goals will be saved in the watch. You can leave your phone behind.
2. In the watch go to the 'Start swimming' option to view all your goals and basic tracking options.
3. When you are ready to start swimming, choose your goal by tapping it!
- www.swimmo.com/how/swim

After your swim

Your watch will wirelessly sync with the app when in range. Use the app to analyze your results and achievements in detail.

- Review your stats over time or swim log
- Tap to analyze detailed training session data with simple charts
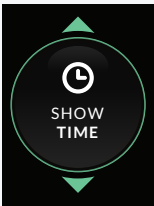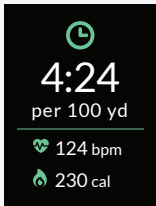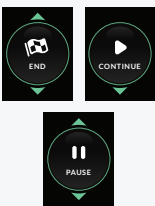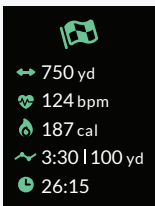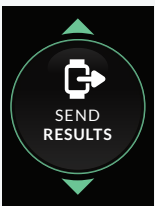- History tab
- Achievements tab

Swimmo features

Swimmo Training Watch and App provide you with 35+ swimming features that will help you reach your goals faster and stay motivated and excited about swimming. In the next few chapters we'll present Swimmo watch features and how to use them.
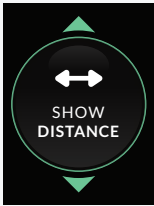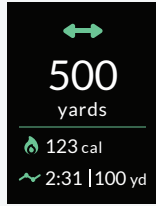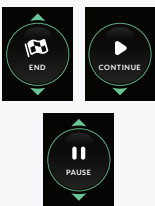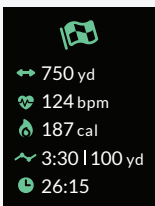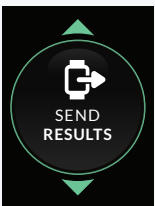
1. Basic Tracking

Thanks to our mobile application you can set a custom goal but if you don't have it installed you can still use just Swimmo watch to track metrics. Please remember you will only be able to see the results right after you end your workout as the results won't be saved to watch's memory - this is only possible if you've previously paired the watch with Swimmo mobile application.
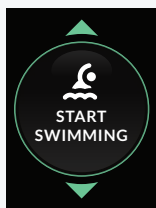
Time Tracking

START SWIMMING	**SHOW TIME**	4:24 per 100 yd / 124 bpm / 230 cal	END / CONTINUE / PAUSE	↔ 750 yd / ♥ 124 bpm / 🔥 187 cal / 〜 3:30 ∣ 100 yd / ⏱ 26:15	**SEND RESULTS**
Tap the screen.	Flick the wrist until you see this screen, get into the pool and tap to start tracking.	Here's an example of the screen during time tracking workout. On the bottom of the screen you see other metrics (two at the time for 10 seconds).	When you double tap the workout screen you will have three options available when you flick your wrist. Continue, pause or end the workout.	After ending the workout you'll see this screen with the results for this workout.	If you've previously paired the watch with Swimmo mobile application you'll be able to send the results to the Swimmo application.

Distance Tracking

START SWIMMING	**SHOW DISTANCE**	500 yards / 🔥 123 cal / 〜 2:31 ∣ 100 yd	END / CONTINUE / PAUSE	↔ 750 yd / ♥ 124 bpm / 🔥 187 cal / 〜 3:30 ∣ 100 yd / ⏱ 26:15	**SEND RESULTS**
Tap the screen.	Flick the wrist until you see this screen, get into the pool and tap to start tracking.	Here's an example of the screen during distance tracking workout. On the bottom of the screen you see other metrics (two at the time for 10 seconds).	When you double tap the workout screen you will have three options available when you flick your wrist. Continue, pause or end the workout.	After ending the workout you'll see this screen with the results for this workout.	If you've previously paired the watch with Swimmo mobile application, you'll be able to send the results to the Swimmo application.

Swimmo features

Calorie Tracking

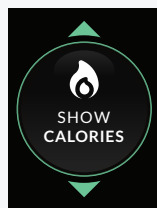| START SWIMMING	SHOW CALORIES	69 calories ↔ 300 yd ⏱ 11:23	END / CONTINUE / PAUSE	↔ 750 yd ❤ 124 bpm 🔥 187 cal 〜 3:30 | 100 yd ⏱ 26:15	SEND RESULTS
Tap the screen.	Flick the wrist until you see this screen, get into the pool and tap to start tracking.	Here's an example of the screen during calories tracking workout. On the bottom of the screen you see other metrics (two at the time for 10 seconds).	When you double tap the workout screen you will have three options available when you flick your wrist. Continue, pause or end the workout.	After ending the workout you'll see this screen with the results for this workout.	If you've previously paired the watch with Swimmo mobile application, you'll be able to send the results to the Swimmo application.

Pulse Tracking

START SWIMMING	TRACK PULSE	61% of max pulse 🔥 23 cal 〜 3:20 | 100 yd	END / CONTINUE / PAUSE	↔ 750 yd ❤ 124 bpm 🔥 187 cal 〜 3:30 | 100 yd ⏱ 26:15	SEND RESULTS
Tap the screen.	Flick the wrist until you see this screen, get into the pool and tap to start trackin.	Here's an example of the screen during pulse tracking workout. On the bottom of the screen you see other metrics (two at the time for 10 seconds).	When you double tap the workout screen you will have three options available when you flick your wrist. Continue, pause or end the workout.	After ending the workout you'll see this screen with the results for this workout.	If you've previously paired the watch with Swimmo mobile application, you'll be able to send the results to the Swimmo application.

Pace Tracking

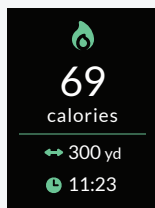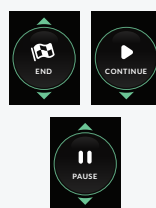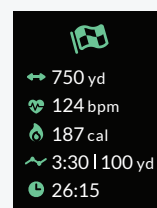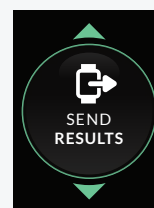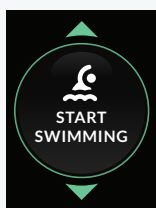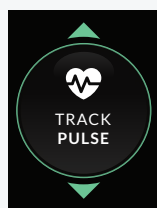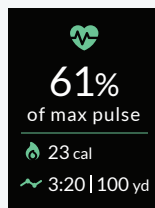| START SWIMMING	SHOW PACE	4:24 per 100 yd ↔ 750 yd ⏱ 33:36	END / CONTINUE / PAUSE	↔ 750 yd ❤ 124 bpm 🔥 187 cal 〜 3:30 | 100 yd ⏱ 26:15	SEND RESULTS
Tap the screen.	Flick the wrist until you see this screen, get into the pool and tap to start tracking.	Here's an example of the screen during pace tracking workout. On the bottom of the screen you see other metrics (two at the time for 10 seconds).	When you double tap the workout screen you will have three options available when you flick your wrist. Continue, pause or end the workout.	After ending the workout you'll see this screen with the results for this workout.	If you've previously paired the watch with Swimmo mobile application you'll be able to send the results to the Swimmo application.

Swimmo features
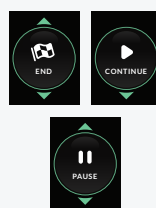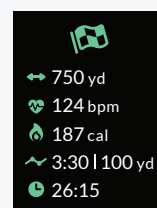
SEND RESULTS

This is the main screen with date, time, low battery indicator and send result indicator.

11:35
Monday

This is the main screen with date, time, low battery indicator and send result indicator.

START SWIMMING

Tap this screen to choose your workout before jumping into the pool

TRACK PULSE

Tap this screen to start measuring your heart rate in activities other than swimming

96 bpm

Real time heart rate in activities other than swimming

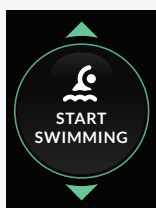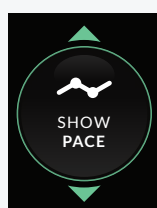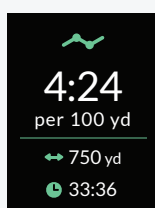**ADJUST SWIMMO**

Reminder how to sync your workouts with Swimmo App

TURN OFF

Tap to turn off Swimmo screen

SHOW DISTANCE

Distance Tracking

SHOW CALORIES

Calories Tracking

SHOW PACE

Pace Tracking

SHOW TIME

Time Tracking

GO BACK

Go back to the Start Swimming Screen

500 yards
124 bpm
12:36

Example of training screen (differs depending on the type of workout)

Double tap to pause your workout

750 yd
124 bpm
187 cal
3:30 | 100 yd
26:15

Pause screen with the current results of the workout

CONTINUE

Tap to continue your workout

500 yards
0 cal
3:20 | 100 yd

Example of training screen with Kicks & Drill mode turned on

KICK & DRILL TRACKING

Tap to turn on the Kick & Drill mode

END

Tap to end workout

750 yd
124 bpm
187 cal
3:30 | 100 yd
26:15

Totals screen with your workout results

Swimmo features

2. Custom Workouts

Custom workouts are specific goals you can create. While swimming with Swimmo with custom goal, you see your progress and also you get feedback via real time feedback via vibrations. Custom workouts require Swimmo mobile app where you create them and then sync to you Swimmo watch. After opening the app, you tap on 'New Goal' and are presented with the types of custom workouts you can create.

Swim a distance

Here you can choose a distance you want to swim during this workout. Depending on what you've chosen in the settings you'll choose in meters, yards or laps. You can set the minimum of 100 meters/yards or 4 laps. You can type the distance in using keyboard after taping on the center of the screen or by using a dial (the more to the right the longer the distance). After setting your goal the app will connect to the watch and save the goal to the Swimmo watch.

Swimmo features

Burn Calories

When you choose this type of workout you can set how much calories you want to burn. You can choose the minimum of 80 calories and change it in the 40 calories intervals. You can type the number of calories in using keyboard after taping on the center of the screen or by using a dial (the more to the right the bigger the value). After setting your goal the app will connect to the watch and save the goal to the Swimmo watch.

Keep my heart rate / intensity

When you choose this type of workout you are presented with a list of heart rate zones. Every zone is described and explained so you can choose the right one without any experience with cardio workout. Just pick one is right for your type of training and save it. It'll be synced with Swimmo watch and ready to use when you are at the pool.

During the workout, you will see on the screen and feel as a distinct vibration when you need to speed up or slow down to stay in chosen heart rate zone.

Swimmo features

Keep a pace

When you choose this type of workout you can set what pace you want to keep. On the right, you choose the distance and on the left you choose the time you want to swim this distance in. Using these two metrics we calculate at what pace you need to swim to achieve the goal. You can choose the minimum of 100 meters/yards or 4 laps. You can set the minimum of 10 minutes on the second dial. Distance can be typed in to the upper center field or using the right dial. Time can be typed in using the lower center field or using the left dial. After setting your goal the app will connect to the watch and save the goal to the Swimmo watch.

During the workout, you will see on the screen and feel as a distinct vibration when you need to speed up or slow down to keep chosen pace.

Swim for a given time

When you choose this type of workout you can set for how long you want to swim. You can type the number of calories in using keyboard after taping on the center of the screen or by using a dial (the more to the right the bigger the value). After setting your goal the app will connect to the watch and save the goal to the Swimmo watch.

Swimmo features

3. Kicks and Drill mode
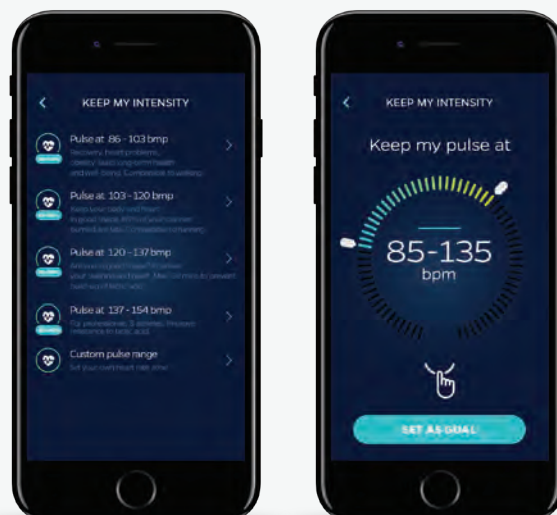
When you are doing your kick sets and drills you should use a special mode of Swimmo to ensure high accuracy. To enter this mode during any workout, pause the workout and flick your wrist to get to the new option in the menu - 'Track kicks or drill'. To end this mode and go back to normal training pause the workout and choose 'Continue' on the watch. You can always see if you're in the drill mode by checking if there's a swimming board icon visible on the watch.

4. Heart Rate Monitoring (Other Activities)

 Swimmo currently delivers the most value in swimming. That's our focus. You can completely track everything while you swim including your swim distance, pace, time, calories you've burned as well as heart rate. Swimmo comes with the mobile app which allows you to see your results over time, compete with your friends, track your personal bests.

In the other sports, we are focused on bringing exceptional value as well. That missing value for running or cycling is your heart rate. This is the missed piece of information if you consider using sport/fitness apps dedicated to running or cycling. Swimmo doesn't measure on its own your off-the-water workouts (e.g. run/bike)t, but by connecting it with Endomondo/Strava you are able to track your other activities with heart rate information from Swimmo. Swimmo also track your swimming without any mobile app. This way you can have all your workout information in one place.

To turn on heart rate for other activities just tap Swimmo's screen and flick your wrist until you see the screen 'Track Pulse'. Tap on it and your pulse will be tracked.

Swimmo features

5. Daily Watch Features

Swimmo works as a regular watch. You can see details like date, hours, minutes, as well as monitoring of heart rate. To turn that feature on, open your Swimmo App go to 'Settings' and choose the first option on top 'Set Swimmo to work as a daily watch'.

Send Results indicator – appears when there are results on the watch ready to sync with Swimmo app

Low Battery indicator – appears when battery life is below 20%

Day of Weekv

Date

Mobile Application

Swimmo mobile applications is available for iOS and Android devices at these links:

Depending on the platform, menu buttons will be placed on top or the bottom of the screen. All the examples in this chapter use screens from the iOS application but the differences are minimal if any.

REMEMBER: To see your synced goals and Settings sections you need to connect the app to you Swimmo Watch.

1. Logging screen

First screen you'll see is where you can log into Swimmo account that is required to save your workout results. To create the account, you can use Facebook login or create it from scratch.

REMEMBER: If you have created your account using Facebook login always using the Facebook button.

After creating your account add your personal info (age, weight, height) that are used to produce more accurate measurements.

Mobile Application

2. Setting your goals

First screen you see after logging in is a list of all your goals (basic and custom). Here you can edit your goals using a button in top right corner or create new ones. To learn how to do that see 'Set your Goals' chapter.

3. History

This section provides a complete timeline of workouts you performed using Swimmo. Every section is one workout and you can quickly see the main result of the workout depending on its type. You can swipe up to see older workouts.

Mobile Application

Clicking on the top right corner icon you can go to a detailed view. Here on top you choose the timeframe for the report. Below you see a chart with a name of the type of workout that you can tap to select different workout type.

Below this you see a summary with easy to read metrics and under the summary you have your history displayed workout by workout.

When you tap on any workout in timeline view or in the bottom of detailed view you'll see a single workout view with a chart, summary and lap-by-lap view of the workout. In lap-by-lap report you can check all your metrics as they progress throughout the training session.

Mobile Application

4. Achievements

This section presents your achievements going back to the very first workout Swimmo recorded. On top you see a summary, then you best times and finally your personal record for every type of workout.

You can see more information on every workout by clicking on it. You'll be notified about new personal best by a red plaque on the achievements tab.

Mobile Application

5. Leaderboard

Leaderboard is the place where you can race your friends and people nearby using a virtual ranking inside Swimmo App.

Leaderboard is based on people you follow but they do not have to follow you back for you to start comparing results.

We compare your overall workout intensity and distance and convert it into SwimFlow Points – standardized metric inside Swimmo App.

You can add other Swimmo users from your Facebook friends list or from your address book. You can also see Swimmo users nearby and follow them.

Mobile Application

If you want to follow new user you can use the plus sign in the top right corner. You will be notified when you'll receive new information from your follower.

You can see last 6 weeks and 3/6/9 months. You can watch the changes in the leaderboard thanks to arrows next to your follower's names. Green arrows mean a follower improved their rank and the red arrow would mean his or her rank declined.

Your data is securely kept on our servers and are only visible to people that follow you.

6. Settings

Here's where you can set you watch settings, provide information on your pool size, set your vibration and troubleshoot the watch.

Mobile Application

About Me

Here you can provide additional information about yourself to ensure higher accuracy of many Swimmo measurements.

Swimmo Watch

- 'Swimmo works as a daily watch' toggle allows you to use Swimmo as a regular watch. After turning it on and syncing Swimmo watch will show you time and date.
- 'I swim in...' section is where you provide information on the size of the pool you're using for your workouts.
- If you choose 'Various pools/unknown' option Swimmo will show you laps instead of meters/yards.
- The minimum size for the 'custom pool size' option is 10 meters.
- 'Vibrate when...' let's you choose when Swimmo is communicating with you via vibrations.

Connect & Publish

Here you'll find all services that you can connect to. In case of Facebook and Twitter this allows you to share your results on these social sites. The rest of the available options are sport tracking sites Swimmo is integrated with to send the result to.

Mobile Application

Troubleshooting

- 'Connected?' – this toggle lets you connect or disconnect your Swimmo Watch from the mobile application.
- 'Battery Level' – indicates the charge of your Swimmo Watch battery.
- 'Mobile App' – shows the version of your mobile application software
- 'Firmware' – shows the version of your Swimmo Watch software
- 'Last Updated' – shows the date of the last update you successfully performed
- 'Update Now' – tap this button to check for Swimmo Watch updates
- 'Open Manual' – will redirect you to this manual
- 'Reset the watch' – will reset your Swimmo Watch and delete all the data from it.

Maintaining your Swimmo

Before starting any exercise, you should consult your physician. In case of implanted pacemaker or another electronic device, you should consult your physician before using any electronic device. Swimmo watch equipped with pulse sensors is the consumer device – not the medical one. The disruptions coming from outside electronic sources can occur. Pulse readings are used only to inform and this reading can be imprecise for which Swimmo shall have no liability or obligation.

The device contains magnets. The American Heart Association (US) and the Medicines and Healthcare Products Regulatory Agency (UK) both warm that magnets can affect the operation of implanted pacemakers, cardioverters, defibrillators, insulin pumps or other electro medical devices within the range of 15 cm (6 inches). If you are a user of any of these
Medical Devices, do not use this device unless you have consulted with your physician. The USB charger, battery and other accessories approved by the manufacturer shall only be used.

1. How to care

The device should be best used in the temperature of surrounding within -10°C to 40°C. They can be kept in the temperature of surrounding within -20°C do 50°C. Using the device or storing it in the temperature exceeding this scope can lead to shortening the period of battery exploitation. Using Swimmo watch is not recommended in sauna.

Before starting to clean the outside part of watch cover and its elements, switch o Swimmo and unplug the charger. Always wipe the device dry after cleaning or use, and store it in a cool, dry place. Avoid chemical cleaners and solvents that can damage plastic components. Do not use sharp device to clean the device.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, pest repellent, cosmetics, alcohol, or the harsh chemicals. Prolonged exposure to these substances can damage the case.

2. Technical Specification

Display

1.3-inch full color OLED display

Physical dimensions

The length of the Swimmo's band is 5,9" - 8,3" (150-210 mm) The width of the Swimmo band is 15/16" (24 mm). Swimmo for the time being will come in one size but with adjustable band and a clip that fits comfortably on any wrist.

Wrist size	Screen size	Weight
5.9" - 8.3" (150-210 mm)	1.3 inch	approx. 1.94 oz (55 grams)

5.9" - 8.3" (150-210 mm)

1.3 inch

Maintaining your Swimmo

Used materials

Hypoallergic, soft plastics resistant to chlorine and salt water

Weight

approx. 1.94 oz (55 grams)

Application Requirements

Modern phones with Bluetooth Low Energy: Android 4.4 and above and iPhone 4S and above

Battery Type:

Lithium Ion Battery

Battery Life:

5 to 7 days of normal use between charges. The expected life span of the battery is 1,000 charges. The battery should last for several years.

Charge Time:

1,5-2 hours

Connectivity:

Bluetooth Low Energy

Water Resistance

3 ATM (30 meters)

Warranty

1 year warranty. See Terms & Conditions.

Supported units

Yards and meters

Supported pool lengths

25m, 50m and any custom length greater than 10m

3. Set your language

Swimmo automatically switches to the language set on your smartphone. If this language is unavailable, Swimmo will default to the English version.

Warranty and Regulations

1. Warranty & Service

For warranty rules please go to: www.swimmo.com/legal/warranty/

2. Disclaimer

We will use reasonable efforts to correct any discovered defects in the App or Services. However, your access to and use of our App and Services is at your own risk. We are not responsible for the content provided by, or the conduct of, any user and you bear the entire risk of using the App and Services and any interactions with other users. Our App and Services are provided on an "AS IS" and "AS AVAILABLE" basis and we do not represent, warrant, or guarantee that the App and Services will be provided uninterrupted, error-free, virus-free, or that defects will be corrected. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, WE DISCLAIM ALL WARRANTIES REGARDING THE APP AND SERVICES, WHETHER EXPRESS, IMPLIED, OR STATUTORY, INCLUDING THE WARRANTIES OF TITLE, MERCHANTABILITY, FITNESS FOR ANY PARTICULAR PURPOSE, OR NON-INFRINGEMENT. If applicable law requires any warranties with respect to our App or Services, all such warranties are limited in duration to thirty (30) days from the date of your first use or the minimum duration allowed by law.

3. Copyright and Trademarks

It is our policy to remove, or disable access to, material that infringes any copyright on our Services after we have been notified by the copyright owner or the copyright owner's legal agent. If you believe that your work has been copied and posted on through our Services in a way that constitutes copyright infringement, please provide our copyright agent with the following information:

- an electronic or physical signature of the person authorized to act on behalf of the owner of the copyright interest;
- an identification of the copyrighted work that you claim has been infringed;
- a description of where the material that you claim is infringing is located on our Services;
- your address, telephone number, and e-mail address;
- a written statement by you that you have a good faith belief that the disputed use is not authorized by the copyright owner, its agent, or law;
- a statement by you, made under penalty of perjury, that the above information in your notice is accurate and that you are the copyright owner or authorized to act on the copyright owner's behalf.

Notice of claims of copyright infringement should be sent to our Copyright Agent via email at hi@swimmo.com.

4. Regulations and Conformity

Hereby Swimmo declares that Swimmo watch is in compliance with the essential requirements and other relevant positions of Directive: 2006/95/EC, 2004/108/WE, 1999/5/WE. This device meets the requirements of Chapter 15 of the Federal Communications Commission (FCC). Working of device is based on the following conditions: (1) the device shall not produce any harmful disruption and (2) the device shall accept the outside disruption, including disruption causing unintended activity. In case of the possibility of radial or television disruptions, follow the instructions. This device was tested and

Warranty and Regulations

meets all requirements for the digital devices of B class in accordance to the specification included in Chapter 15 of regulations by the Federal Communications Commission (FCC). The statement of compliance with the regulations of Canada: "This device complies with Industry Canada's license exempt RSSs. 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"

Ce dispositif est conforme à la norme CNR-210 d'Industrie Canada applicable aux appareils radio exempts de licence. Son fonctionnement est sujet aux deux conditions suivantes: (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

5. Contact us

In case of any further questions, please contact us via email: orders@swimmo.com