

# 3BaysGSA - User Manual

MX-G101



3BaysGSA - Golf Swing Analyzer  
10,000\* DATA POINTS CAPTURED PER SWING

## PREFACE

Congratulations on purchasing the **3BaysGSA ( MX-G101 )**. The unique combination of features and ease of use of your new swing analysis device will allow you to record your swing motions and parameters. Through **GSA LITE** app, you are able to review your swing information and playback your swing arc on Android smart phones and tablets

### **WARNING:**

**The signals used by this monitor may interfere with a pacemaker or other implanted devices.**

**Consult the manufacturer of the implant device and your physician before using this monitor.**

## SAFETY PRECAUTION

**Please read all safety information prior to using the 3BaysGSA. Failure to do so may result in unnecessary injury.**

1. Please read all the information in this manual or any other literature included in the box before using the device. Please keep this manual for future reference.
2. Do not make judgments yourself regarding the measurement results or self-treat yourself. Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
3. Consult your physician before using this device when pregnant.
4. Operate the device only as intended. Do not use for any other purpose.
5. Do not place heavy objects on the device and keep the device away from humid, dusty and smoky environments.
6. Do not use water, chemicals or detergent to clean the device. Clean the surface with a soft cloth.
7. Do not use excessive force on the buttons.
8. Keep out of extreme heat or cold. The device is only operable between 0°C and 40°C.
9. To avoid damage, make sure you do not drop, smash, bend or crash the device.
10. Keep the device away from strong magnetic fields.
11. Do not disassemble or modify the device yourself.
12. Use only Perception Digital authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
13. When you upload or download files using a USB cable, do not disconnect the USB cable during data transfer or turn the device off.
14. Data can be damaged because of physical impact, lightning and power failure.

# DISCLAIMER

## Accuracy of Collected Information

Perception Digital will on its own initiative, corrects or erases any personal data which is incomplete, inaccurate or outdated for the purposes for which it is used. You always have the right to access and correct the personal information you have provided, and you are encouraged to ensure that your contact information and any other information you have provided is accurate, complete and up-to-date by visiting 3BaysGSA website: [www.3bayslife.com/gsa](http://www.3bayslife.com/gsa).

## Disclaimer

3BaysGSA is providing this manual and its contents on an "as is" and "as available" basis and makes no representations or warranties of any kind, whether express or implied, with respect to the availability, accuracy, reliability or content of the manual or any website. To the fullest extent permissible pursuant to applicable law, 3BaysGSA disclaims all such representations and warranties, express or implied, including, but not limited to, warranties of title or non-infringement or implied warranties of merchantability and fitness for a particular purpose. In addition, 3BaysGSA does not represent or warrant that this manual or 3BaysGSA website will be uninterrupted or error-free, that the defects will be corrected, or that the 3BaysGSA website or the server that makes the website available are free of viruses or other harmful components. Applicable law may not allow the exclusion of certain warranties, so the above exclusion may not apply to you.

Please note that the information, exercise/training programs and/or guides in [www.3bayslife.com/gsa](http://www.3bayslife.com/gsa) cannot replace the services of health professionals or physicians.

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## 1. Introduction

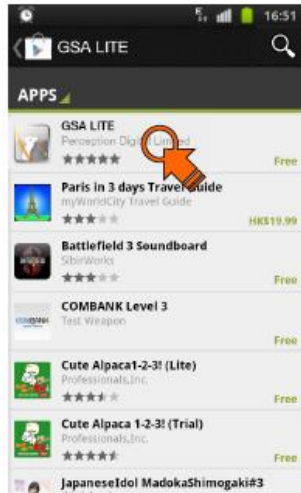
3BaysGSA is a patent pending innovation in golf swing technology. It records your swing motion and sends the information straight to your mobile phone through its unique GSA LITE app, which compares each swing against your own or your instructor's best swing for greater accuracy.

The following table lists out the definition of some specific names using in this manual.

Item	Description
Club Head	The head of the golf club which strikes the ball.
Grip	Grip is how you hold the club. Your hands should be fixed on the club; they don't move. Their only job is to hold, like clamps. They don't manipulate it by snapping the wrist or forcing the club.
Club Face	The surface on the head of a golf club used to strike the ball directly.
Consistency	This compares each swing with your defined best swing and shows you how close (in %) each swing is to being repeated.
Club Head Speed	This gives you how fast the club heads is travelling as it hits the ball.
Face Angle	This gives you where your clubface is at impact relative to the target line, OPEN, SQUARE, CLOSED.
Swing Path	This gives you what path your club is just before impact, INSIDE, SQUARE, OUTSIDE
Swing Tempo	This gives you the rhythm of your swing speed during the backswing and downswing ( in ratio )
Back Swing Time	This gives you the time taken to swing from set up to the top of the backswing in seconds.
Down Swing Time	This gives you the time taken to swing from the top of the backswing down to the impact, in seconds.
Impact Force	This gives you the amount of pressure in lbs/kg that you have hit the ball at impact, the higher the number the more solid you have impacted the ball.
Attainable ball speed	This gives you the speed that the golf ball leaves the club head at impact, a very useful tool for custom fitting new golf clubs for you, i.e. setting the correct stiffness in the golf shaft.
Attainable shot distance	This gives you the attainable distance in the golf shot, from start to landing area.

## 2. Installation

### 2.1 Search & Install **GSA LITE** app from Google Play



### 2.2 How to pair your device with GSA LITE app

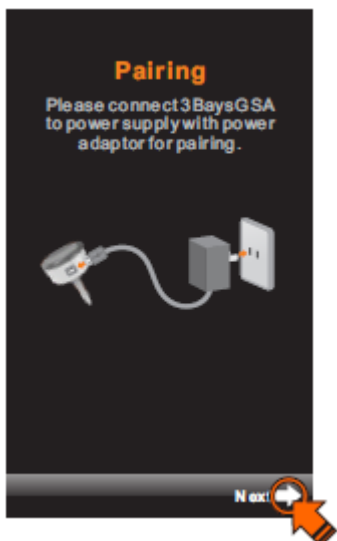
2.2.1 Open GSA LITE app from your mobile device.

2.2.2 Enable the Bluetooth connection on your mobile device.



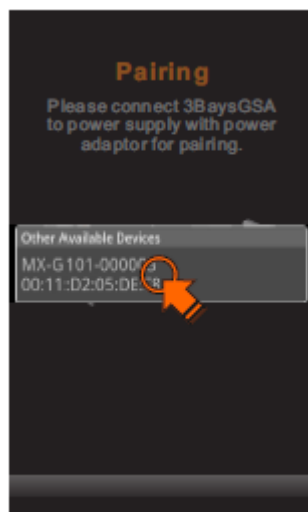
2.2.3 Connect 3BaysGSA device to power supply with the included USB cable and adaptor. ( Red LED lights up and blue LED is flashing )

2.2.4 Press “Next” to scan 3BaysGSA device.

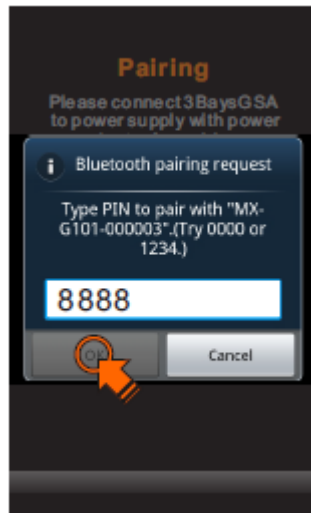


2.2.5 Find the serial number at the back of your 3BaysGSA device.

2.2.6 Select the same serial number from the scan list of GSA LITE app.



2.2.7 Enter password “8888” and press “OK” button.



2.2.8 After the device is paired, please disconnect the USB cable from 3BaysGSA and press Next button

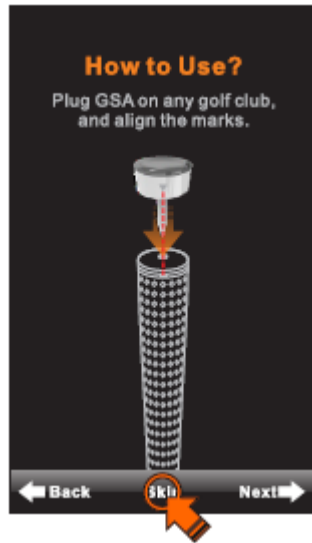




## 2.3 How to install the device on your golf club ( *You may go through the on-screen instructions or press skip* )

2.3.1 Plug 3BaysGSA into the hole of the grip.

2.3.2 Adjust the arrow of 3BaysGSA to align with the mark on your club.



### 3. How to record your swing motions

#### Important:

Please charge your 3BaysGSA via the USB adaptor before use.

Charging: Red LED lights up and blue LED flashes slowly

Fully Charged: Both red and blue LED light up

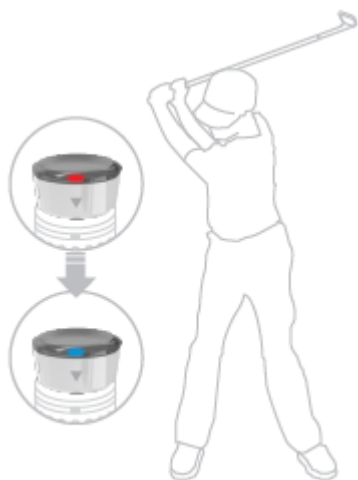
#### 3.1 Record your swing

3.1.1 Keep your GSA LITE app running

3.1.2 Set up and keep the club still for 2 sec, red LED lights up once and blue LED lights up. .



3.1.3 Start your swing when the blue light is on.



### 3.2 Swing records transmission

3.2.1 After your swing, blue light is flashing quickly when swing data is transmitting to mobile phone



3.2.2 Press “View it now” to view your new swing record when data is received.



#### 4. How to use GSA LITE app

4.1 You can press “Help” button to overview all the functions on GSA LITE app.



#### 4.2 Function keys on main screen.

1) GSA battery and connection indication

Green: Full battery; Red: Low battery; NG: No connection between mobile and 3BaysGSA device

2) Number of swings of last swing day

3) Swing data and time

4) Club selection

5) Share your swing result

6) Best swing setting

7) View swing history

8) Settings

9) Front view and side view selection

10) Playback of swing simulation

11) Comparison in between the best swing and current swing arc

12) Go to the first swing record of the day

13) Go to the latest swing record of the day

14) Tap to go to specific number of swing record

15) Swipe to go to next/previous swing record

16) Press to get the statistical data of related parameter

17) Current swing result

18) Best swing result

19) Slide up the info bar to read all swing parameters



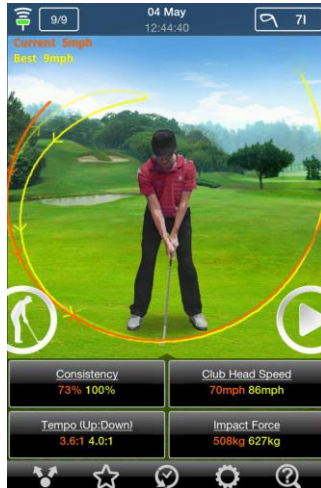
#### 4.3 Club selection

Choose club before starting to record your swing.

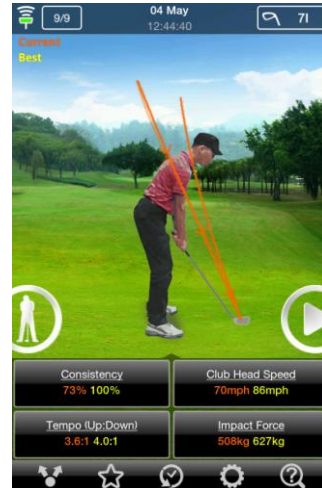


#### 4.4 Front view and side view selection of your swing arc

You can select front view and side view to review your swing arc.



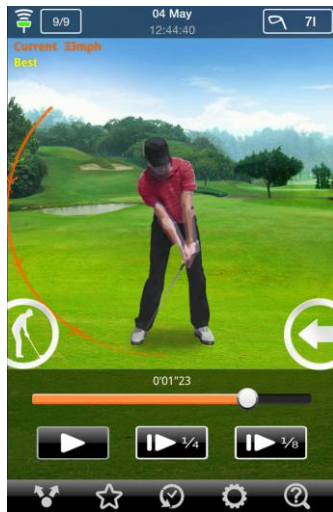
Front view



Side view

#### 4.5 Playback of your swing arc

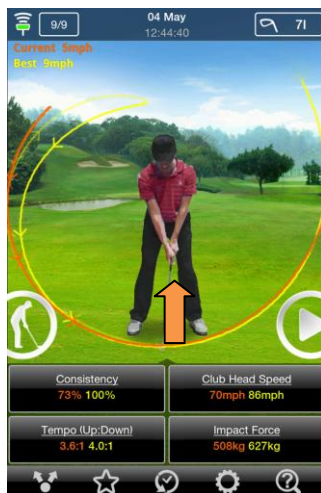
You can review your swing in normal speed or slow motion (1/4 speed or 1/8 speed ).



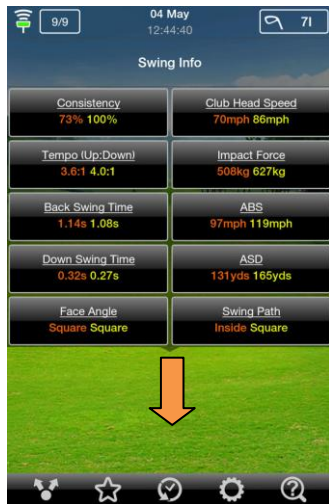
You can press the left arrow button to go back to home screen.

#### 4.6 Review all your golf parameters

Slide up at the arrow to check all the parameters.



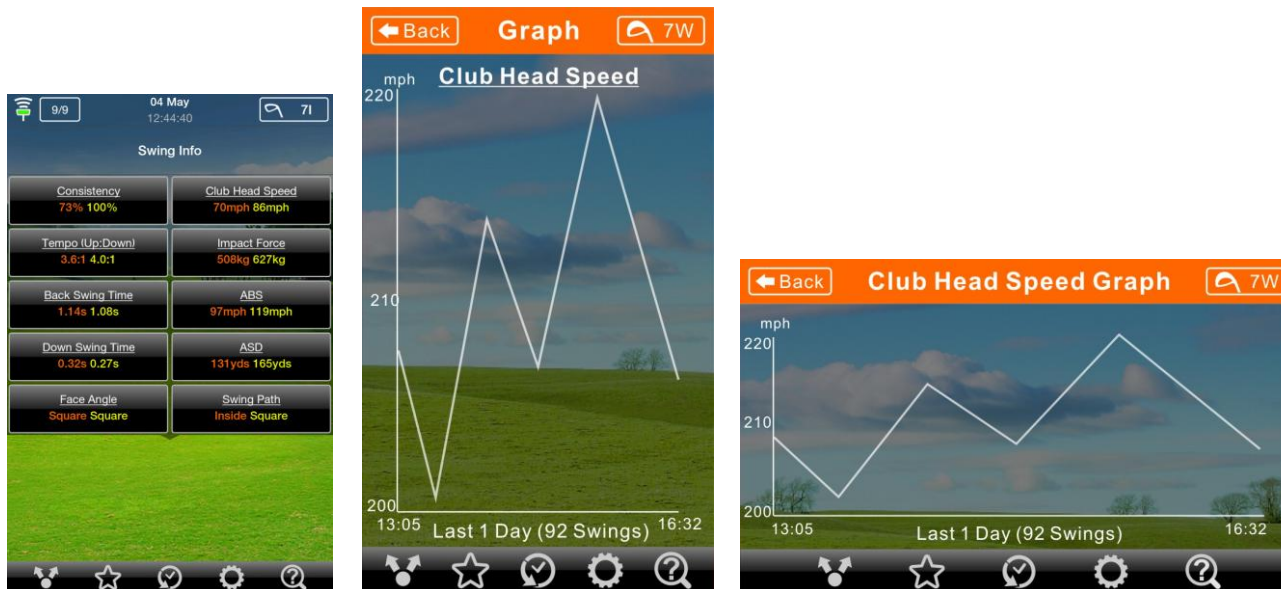
Slide down at the arrow to go back to the home screen.



#### 4.7 Check your statistical records

You can see your performance of your swing histories.

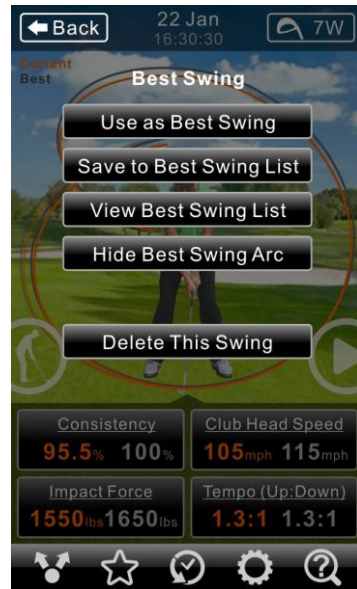
Press the parameters to review the history in graphical format





#### 4.8 Best swing setup

You can choose your best swing in each club to compare with your current swing by clicking “Use as Best Swing “



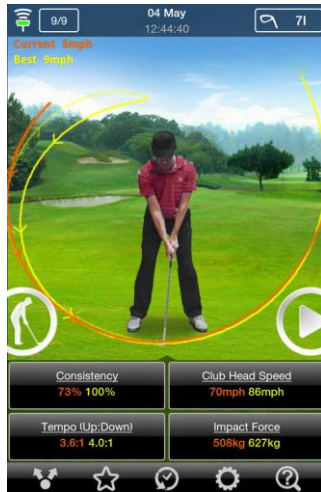
You can save more than one swing to the Best Swing List for record and review by clicking “ Save to Best Swing List ”

You can hide the Best Swing Arc during the playback by clicking “ Hide Best Swing Arc “

You can delete the current swing record by clicking “ Delete This Swing “

#### 4.9 Compare your current swing with your best swing

You can review your swing performance when comparing your current swing with your best swing.

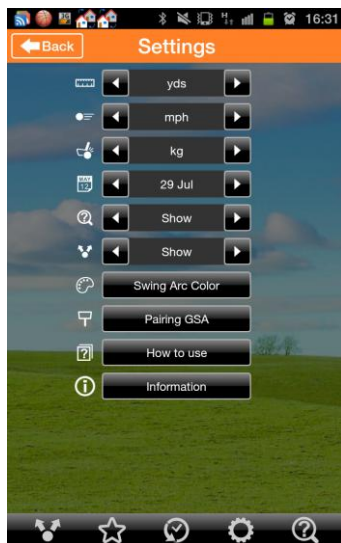


For example, the yellow color swing arc is “best swing” which we have selected. The orange color swing arc is “current swing” or the swing from your past records. You can playback the swing to review the differences between the best swing and current swing

#### 4.10 Settings

You can customize the following items to select your favorite screen.

- i. Unit of ball distance (yard or meter)
- ii. Unit of speed (mph or km/h) – Club Head Speed and Attainable Ball Speed
- iii. Unit of impact force (lbs or kg)
- iv. Date format (mm dd or dd-mm-yyyy or dd/mm/yyyy)
- v. Enable or disable the Help button
- vi. Enable or disable the Share button
- vii. Change the Swing arc color and transparency (Best Swing and Current Swing)
- viii. Pairing 3BaysGSA device
- ix. Learn how to use 3BaysGSA



**5. LED indication on 3BaysGSA**

Charging:

- Red LED lights up and blue LED flashes slowly – Bluetooth pairing available
- After 3 mins, only red LED lights - Bluetooth pairing mode is off

Full Charged: Red LED and blue LED light up

Low battery: Red LED flashes slowly

Read to Swing: Red LED lights up once and then blue LED lights up

Connecting mobile: Blue LED flashes slowly

Sending data to mobile: Blue LED flashes quickly

**6. Product Specification**

Size (W x H):	29.3 x 41 mm (with pin)
	29.3 x 16 mm (without pin)
Weight:	9.7g
Operation time:	up to 4 hours
Standby time:	7 days
Connectivity:	Bluetooth ver 2.1 + EDR
USB port:	micro USB 2.0 for charging purpose
Device memory:	10 records can be stored when Bluetooth is not available
Compatible device:	Android smart phones and tablets
Dedicated mobile app:	GSA LITE

## 7. Customer Service

If you have any questions about this product, please email your question to:

[wow@3bayslife.com](mailto:wow@3bayslife.com)

or you can visit our website to see more product details.

[www.3bayslife.com/gsa](http://www.3bayslife.com/gsa)

## 8. LIABILITY EXEMPTION STATEMENT

1. All the information included in this manual was produced with our great caution, but there may still be some errors and mistakes. Perception Digital Limited will not be held responsible for those errors and mistakes.
2. As we can't control users' understanding of this manual, Perception Digital Limited will not be held responsible for any accident or other loss caused by misunderstanding of this manual. We shall not be held responsible either for any loss caused by using this product or for any claim by any third party.
3. Perception Digital Limited will be held responsible only for the inherent problem of the device itself, but not for data loss, modification of the device or other indirect loss resulting from mal-operation of software, maintenance or other accidents. Perception Digital Limited will not be held responsible for restoration of any personal data lost.
4. Perception Digital Limited reserves the right to modify software, hardware and user manual of this device without prior notice.
5. To make copies, publish, transfer, store in a traceable system, or translate to any other language without written authorization from Perception Digital Limited is strictly prohibited.

## 9. TRADEMARKS

3BaysGSA™ is the registered trademarks of Perception Digital Limited.

## 10. REGULATORY INFORMATION

Declaration of Conformity

Trade Name: Perception Digital Limited

### For customers in USA or Canada

This device complies with part 15 of FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

### FCC 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 and 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 the 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.

### For customers in Europe

- 1) This product conforms to the following European Directives: 89/ 336/ EEC (EMC Directive)
- 2) This product complies with EN55022/ A1: 2000 and EN 55024/ A1: 2001 for use in the following areas: residential, commercial and light industrial.

## 11. DISPOSAL OF YOUR OLD PRODUCT

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused.

When this crossed-out wheeled bin symbol is attached to a product, it means the product is covered by the European Directive 2002/96/EC.



To prevent any potential negative consequences for the environment and human health, please act according to your local rules regarding the disposal of this device.