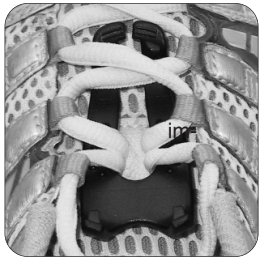
MAXrun FOOT POD

You can combine this food pod sensor with the MIXpro watch. For more information visit the o-synce web site.
The foot pod is on standby and ready to send data. As soon as you install the foot pod and start moving, the foot pod sends data to the watch.

1 Press the tabs on the lace clip. Lift and separate the foot pod from the lace clip.
2 Loosen your shoe laces slightly.
3 Thread the lace clip through 2–3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces as usual.
4 Tie your shoelaces securely to keep the foot pod in place during your workout.
5 Snap the foot pod into the lace clip. The foot pod must be pointed toward the front of your shoe.

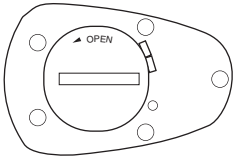




6 Take a few steps to activate the foot pod. The LED blinks three times.
7 Bring the MIXpro watch within range (3 m) of the foot pod.
8 Press C to access SPORT mode. The foot pod icon appears on the SPORT page.
9 Press B to access the DIST, LAP, or SPEED/PACE data pages.
10 If the foot pod data does not appear, you may have to pair the foot pod and the watch again.

BATTERY LIFETIME

When there is approximately five hours of foot pod battery life remaining, the LED blinks six times when activated (instead of three). Also, the Lo BATT warning appears in Sport mode on the watch display when a workout starts or stops.After 30 minutes of inactivity, the foot pod automatically powers off to conserve the battery (LED blinks twice



TO REPLACE THE BATTERY:

1 Locate the circular battery cover on the back of the foot pod.
2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove.
3 Remove the cover and replace the battery with the positive side facing up.

NOTE: Be careful not to damage or lose the o-ring gasket on the cover.

4 Use a coin to twist the cover back into place.

NOTE: You do not need to repeat pairing or calbration following replace–ment. Calibrating your foot pod is optional and can prove accuracy. If you want to improve use the instruction manual of the MIXpro and follow the instruction. There are two ways to adjust the calibration: auto/manual.

SENSOR PCBA SPECIFICATIONS:

PCB size: 42 mm x 10 mm
PCB weight: ~ 3 g
Power: Single user-replaceable coin cell battery (CR2032)
Battery life: >200 hrs run time (at room temp)
Storage temp: -40°C to +70°C
Operating temp: -20°C to +60°C
Sensor Accuracy Range: 0°C to +40°C
Speed-distance computation: Dynastream patented single accelero-meter technology
Available data: Speed, distance, cadence
Speed range: 1.0-5.5 m/s (3.6-19.8 km/hr)
Calibrated speed/dist accuracy:



Walk 97%, Jog 98%, Run 97%, median accuracy
Uncalibr. speed/dist accuracy: Walk 95%, Jog 95%, Run 95%, median accuracy
Instantaneous cadence accuracy: +/- 1 stride/min
User-interface: auto on/off
LED Operation: blinking when initially activated, non-blinking afterward

RF SPECIFICATIONS:

Transmission Protocol: 2.4 GHz using ANT+SPORT™
Peak transmitter power: 0.0 dBm ±4.0 dBm
Average Transmitter Power: -4.0 dBm ±4.0 dBm
Message Rate: 4 Hz
Typical communication range: > 3 m (dependent on watch receiver)
Regulatory compliance: FCC, IC, ETSI
Mechanical Specifications: Foot Pod Size: 57 (L) x 38 (W) x 13.5 (H) mm
Foot Pod Weight: 27g (including battery)
Attachment Method: Securely attaches to laces using one-piece clip
Materials: BS (case), PA-12 + GF (battery door), PC (clip)
Water resistance: -0.5 ATM to +1.0 ATM

FEATURES:

ANT™ RF Technology, using 2.4 GHz Global ISM band. Compatible with o-synce MIXpro proven Speed and Distance Monitor watch technology for running