

# SWIMSENSE™

## PERFORMANCE MONITOR



### Instruction Manual



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### Important Tips to Keep in Mind

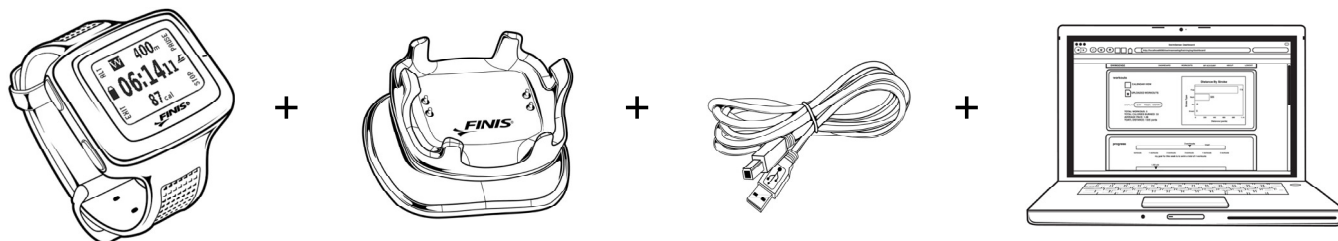
- Remember to Configure and Register your Swimsense™ performance monitor before swimming.
- The **[EXIT]** button always exits the current option and returns to the parent menu.
- Use the Swim Mode on the monitor to log your swim.
- The Swimsense™ captures your performance data when you are swimming one of the four major stroke types (Butterfly, Backstroke, Breaststroke, or Freestyle).
- If you are resting between swim intervals, or if you are doing kick or drill sets, be sure to pause or stop the Swim Mode.

### Need More Help?

Log into your account at [Swimsense.com](http://Swimsense.com). How-to videos, FAQ's, step-by-step walkthroughs, live chat support, and complete instruction manuals are available under the **MY ACCOUNT: Support** Center portal



## Charge & Update



### Charging

Before you can use the Swimsense™ Monitor, you will need to charge it for at least 2 hours

- 1) Fit your Swimsense™ performance monitor in the Swimsense™ dock. Match up the FINIS® logos so that the port and cable are on the right side of the unit.
- 2) Connect the dock to your computer's USB port via the provided USB cable.
- 3) Your Swimsense™ monitor will begin charging as soon as it is connected.

*Tip: When properly connected to USB, the watch will display: "CONNECTED TO USB"*

### Before You Swim

We are constantly looking for ways to improve the Swimsense™ and therefore have designed the device to be fully updatable. It is possible that updates have been made available after your Swimsense™ was assembled and shipped.

Please follow the next steps to register your new Swimsense™ at [Swimsense.com](http://Swimsense.com) and run the Swimsense™ Bridge to check if any updates are available for your device.

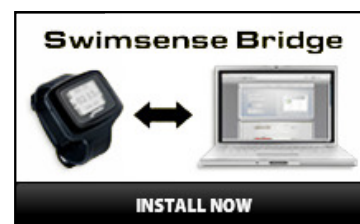
### Register for an Account

With your Swimsense™ connected to the computer:

- 1) Launch your web browser and go to the website: [Swimsense.com](http://Swimsense.com)
- 2) Click **REGISTER** in the top navigation bar to be taken to the registration form.
- 3) Fill in the fields with your personal information and submit.
- 4) Upon completion a confirmation will be sent to the email address you entered.

### Download & Install the Swimsense™ Bridge

- 1) Once you have registered an account, login using the email address and password you created on the Swimsense™ website: [Swimsense.com](http://Swimsense.com)
- 2) Hover over the **MY ACCOUNT** link in the top navigation and select "**Swimsense Bridge**". The Bridge is a piece of software that runs on your computer to transfer your workout files.
- 3) Click on the Swimsense™ Bridge image on the right side of the page to start the install.
  - a. It may take a moment for the install to begin. Be patient!
  - b. Click "Open" when prompted
  - c. Click "Install" if you are installing the Swimsense™ Bridge for the first time
  - d. Click "Continue" to select the default installation location
- 4) When firmware updates are available for your watch, the Swimsense™ Bridge will notify you. Follow the onscreen instructions to keep your watch up-to-date with the latest features.



**Note:** The Swimsense™ Bridge is both PC and MAC compatible.

## Get Ready

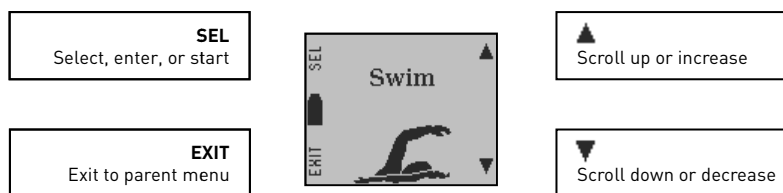
Once you have a full charge and have updated your Swimsense™, un-dock the device and start familiarizing yourself with the unit before getting in the pool.

## Navigation

To navigate, you can simply read the labels that appear on the screen. Labels appear next to each button when an option or action is available.

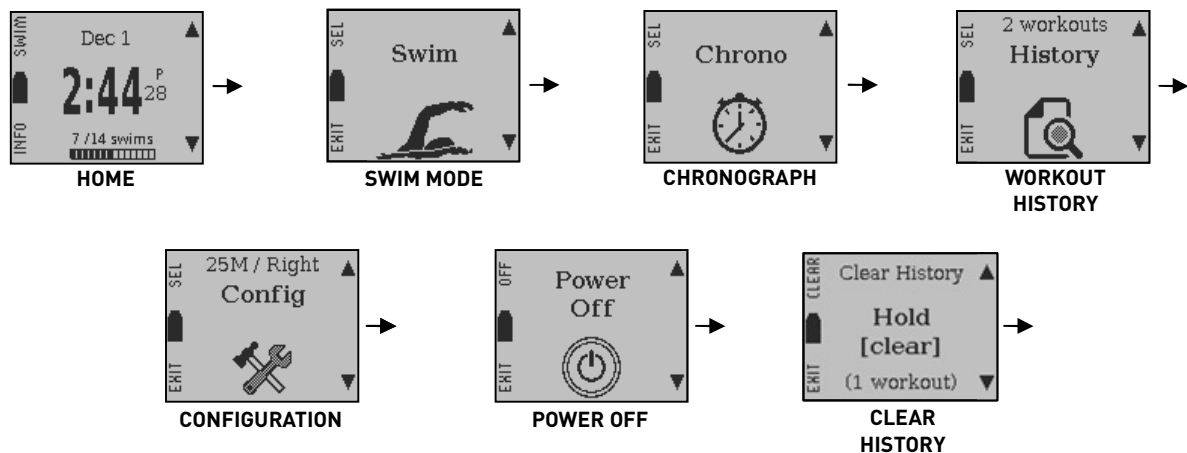
- [▲] - Press to scroll up through options, view previous option, or increase.
- [▼] - Press to scroll down through options, view next option, or decrease.
- [SEL] - Generally used to select, enter or start.
- [EXIT] - Press to exit from your current screen or option, and return to the parent menu for that option.

**Tip:** Keep pressing the [EXIT] button and you will eventually return to the Home screen.



## Main Menus




Pressing [▲ / ▼] from the Home screen lets you scroll through the main menu of options:



- **HOME:** View the date and time of day. Includes a shortcut to jump directly to Swim Mode. The Home screen also shows a count of workouts completed on the watch (max 14 workouts).
- **SWIM MODE:** Record your swim data within this mode. See pages 6-7 to learn more.
- **CHRONOGRAPH:** Use the Swimsense™ as a regular chronograph stopwatch to track times and splits. See page 11 to learn more.
- **WORKOUT HISTORY:** View the details of your swimming workouts that were recorded in Swim Mode. See pages 8-9 to learn more.
- **CONFIGURATION:** Personalize and configure your Swimsense™ settings. See pages 5-6 to learn more.
- **POWER OFF:** Put the device into Sleep Mode. See page 4 to learn more.
- **CLEAR HISTORY:** Completely erase the details of old workouts to make way for new ones. See page 8 to learn more.

**Tip:** Whenever you are navigating, you can see what option or menu you are within by referring to the header.

## Icons

- Battery Icon:  Indicates the current battery charge level
- Swimming Icon:  Appears when the Swim Mode is running
- Stopwatch Icon:  Appears when the Chronograph Mode is running

## Battery Life

The battery charge level is indicated by the Battery Icon on the left side of the screen display. When the battery charge is very low, an alert will pop up on your monitor, showing a countdown to automatic shutdown. The battery consumption will depend upon which mode you are running the monitor. A fully charged battery will run the Swimsense™ all day including a two hour swim.

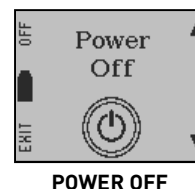
### Approximate Battery Life

- 4 hours of Swimming Use
- 20 hours of Non-Swimming Use
- 300+ hours in Sleep Mode

## Sleep Mode

To conserve battery power and extend the charge of your device, put the Swimsense™ in Sleep Mode when it is not being used.

- 1) Scroll to the **Power Off** menu option on your watch by pressing [▲/▼] through the main menu. Press the top-left button to turn **OFF**
- 2) OR as a shortcut, press and hold the bottom-left and bottom-right buttons simultaneously for at least three seconds
- 3) The Swimsense™ display will go blank and the device is in Sleep Mode.
- 4) To “wake up” the Swimsense™, simply press the top-left button or connect the device to the Swimsense™ dock



**Tip:** If your Swimsense™ should shut down due to a low battery, any workouts on the watch will be saved and accessible in the future.

## Device Information

- From the Home screen, press the lower left button labeled **[INFO]** to view the version number, serial number, and total distance swum specific to your Swimsense™ performance monitor.
- Press **[EXIT]** to return to the Home screen.

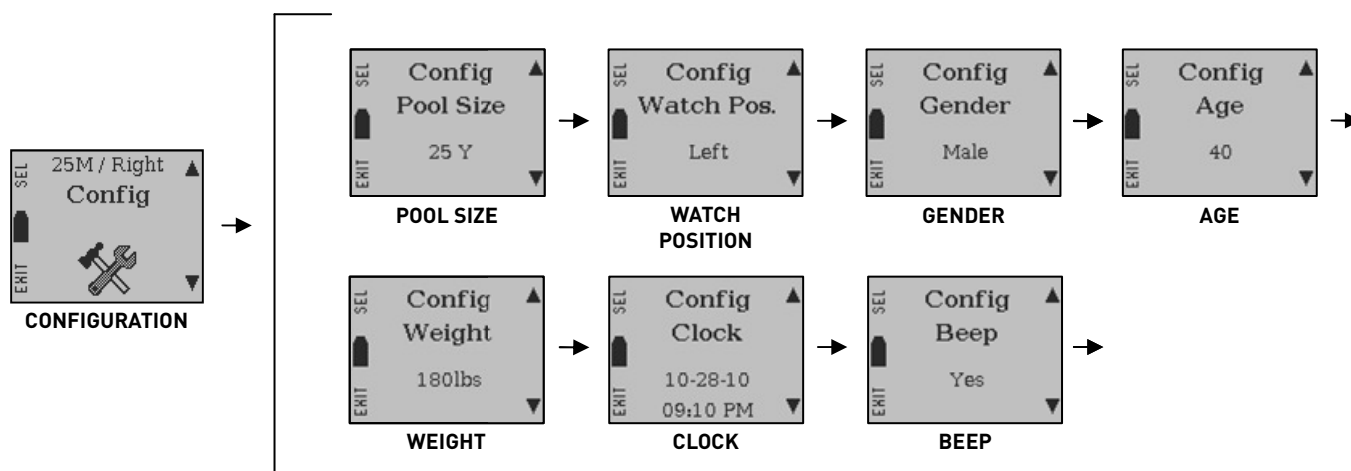
## Get Set

### Configuration

- 1) To ensure the most accurate measurements, configure your personal settings before getting in the pool.
- 2) From the Home screen, press [**▲/▼**] until you reach **Config**, then press [**SEL**] to select.
- 3) Press [**SEL**] to select a setting. Use [**▲/▼**] to adjust each setting, [**NEXT**] to toggle to the next highlighted option on the screen, then [**SAVE**] to confirm and exit.

**Tip:** Watch Position (Left or Right wrist) and Pool Size **must** be set correctly for each workout. It is also highly recommended to set the proper Date and Time so your workouts will be organized correctly when you upload.

Configuration Settings Menu:



- **POOL SIZE:**  
The display shows a number indicating distance, and a letter indicating the unit of measurement (M = meters, Y = yards). Press [**NEXT**] to toggle the selection between distance and the unit of measurement. Once the number or unit is highlighted, use [**▲/▼**] to increase or decrease the distance or to change between M and Y. Press [**SAVE**] to save and exit back to the main configuration menu.
- **WATCH POSITION:**  
Select LEFT if you are going to wear the Swimsense™ on your left wrist while you swim, or RIGHT if you will be wearing the device on your right wrist. Use [**▲/▼**] to toggle between the two options. Press [**SAVE**] to save and exit back to the main configuration menu.
- **GENDER:**  
For a more accurate calculation of calories burnt during your swim, specify your gender: FEMALE or MALE. Use [**▲/▼**] to toggle between the two options. Press [**SAVE**] to save and exit back to the main configuration menu.
- **AGE:**  
For a more accurate calculation of calories burnt during your swim, enter your age. Use [**▲/▼**] to increase or decrease the number of years. Age is entered in increments of 5, so you only need to get close to your relative age. Press [**SAVE**] to save and exit back to the main configuration menu.

- **WEIGHT:**  
For a more accurate calculation of calories burnt during your swim, enter your weight. The display shows a number indicating weight, and letters indicating the unit of measurement (LBS = pounds, KG = kilograms). Press **[NEXT]** to toggle between the weight number and the unit of measurement. Once the number or unit is highlighted, use **[▲/▼]** to increase or decrease the weight, or to change between LBS and KG. Weight is entered in increments of 10, so you only need to get close to your relative weight. Press **[SAVE]** to save and exit back to the main configuration menu.
- **CLOCK:**  
Adjust the date and time that appear on the Home screen. The clock will also be used to organize your workouts when you upload. Press **[NEXT]** to toggle the selection of each field (month, day, year, hours, minutes, am/pm). Then use **[▲/▼]** to change to the desired value. Press **[SAVE]** to save and exit back to the main configuration menu.
- **BEEP:**  
You can specify whether you want a beep sound to accompany each button press. Using **[▲/▼]**, choose YES or NO to configure the beep sound. Press **[SAVE]** to save and exit back to the main configuration menu.

#### **Tips:**

- *You must configure the POOL SIZE and WRIST POSITION settings on the performance monitor before swimming to get accurate data. If you are using the same pool and same wrist every day, then you will only need to configure the monitor once.*
- *Swimsense™ does not need to be calibrated.*
- *All your configurations will be stored and saved automatically for future use.*

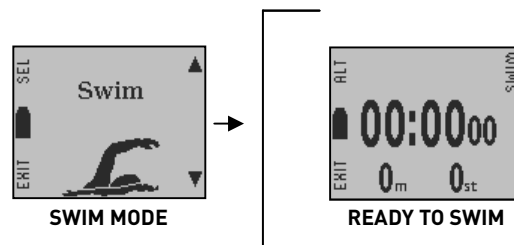
## **Go Swim**

Now that you have configured your Swimsense™, you are ready to swim!

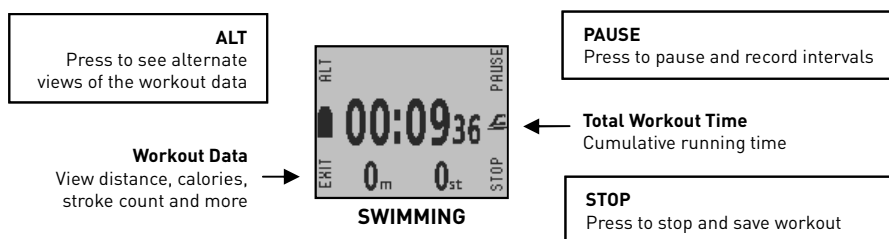
### **Swim Mode**

Record your swim data within this mode. Make sure your watch has been configured to the correct wrist and pool size before swimming.

- 1) Go to the Swim Mode directly by pressing the **[SWIM]** shortcut from the Home screen, or by scrolling **[▲/▼]** through the main menu until you reach **Swim**



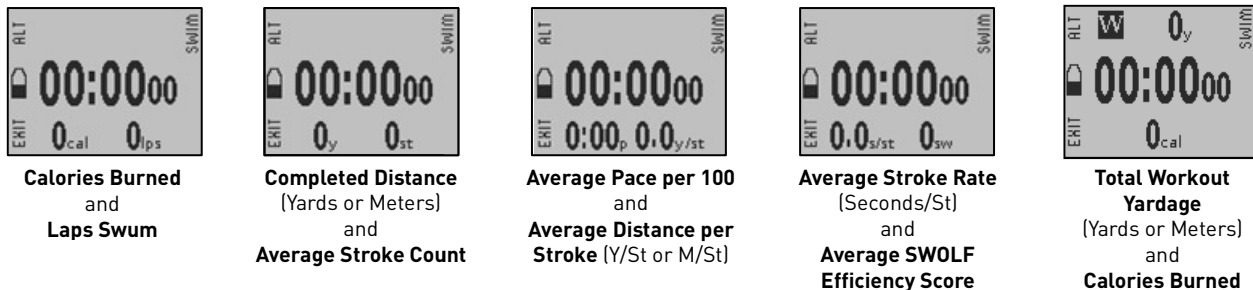
- 2) Press **[SWIM]** to begin recording your workout. The time will begin to run and the Swimming Icon will appear, letting you know to start swimming!



- 3) If you want to record intervals during your workout, press **[PAUSE]** when you have completed an interval or set. The screen will inverse, so that the background is black. This means you are now resting at the end of the pool and not swimming. When you are ready to start swimming again, press **[SWIM]** to designate the end of your rest and the beginning of your next interval.
  - a. Always press **[PAUSE]** when you are resting between intervals, or if you are drilling or kicking.
  - b. Immediately after pressing **[PAUSE]** the data for your last swim interval will be displayed for 10 seconds.
  - c. The Total Workout Time continues to accumulate in the middle of the screen.
  - d. The Rest Time will start to accumulate at the top of the screen.



- 4) You can view different Swim Metric data values during your workout by pressing the **[ALT]** button:



- 5) When taking long breaks, or if you are at the end of your workout, press **[STOP]**.
  - a. The workout and all your swim data will automatically be stored.
  - b. If you want to swim further press **[SWIM]** again.
  - c. Note that pressing **[STOP]** does not create an interval.
- 6) If you are completely done with your workout, press and hold **[RESET]** for 3 seconds. The screen will zero out and you are ready to start logging a new workout.

#### Tips:

- An "interval" is a period of time that you are swimming. Swim intervals occur between rest periods. Use **[PAUSE]** to capture intervals. A "workout" is your entire workout session.
- Whenever you are not swimming, your Swimsense™ should either be paused or stopped.
- Swimsense™ supports the four major strokes (Butterfly, Backstroke, Breaststroke and Freestyle).
- **Remember to pause or stop the Swimsense™ if you are doing any kind of drills or kicking sets.**
- For a better understanding of your Swim Metrics, see page 12

## Deleting Workouts

You do not need to delete workouts from the Swimsense™. Once the maximum number of workouts (14) has been stored on your Swimsense™ performance monitor, any new workout recorded will automatically overwrite the oldest workout.

However if you want to completely erase ALL the workouts stored on your device, follow the steps below:

- 1) From the Home screen, press [**▲**/**▼**] until you reach **Clear History**. At the bottom of the screen you can see the total number of stored workouts.
- 2) Hold down the upper left button labeled [**CLEAR**] for 3 seconds to completely delete your workout history.
- 3) A countdown on the screen will prompt you to hold. Thus if you unintentionally press [**CLEAR**], you will not immediately erase your workout history.
- 4) A "Clear Complete" screen will display. Press [**EXIT**] to return to the Home screen.



**CLEAR  
HISTORY**



**CLEAR  
COMPLETE**

***Tip:** Do not clear your workouts while the Swim Mode is running. Doing so will automatically delete any workouts you are actively doing.*

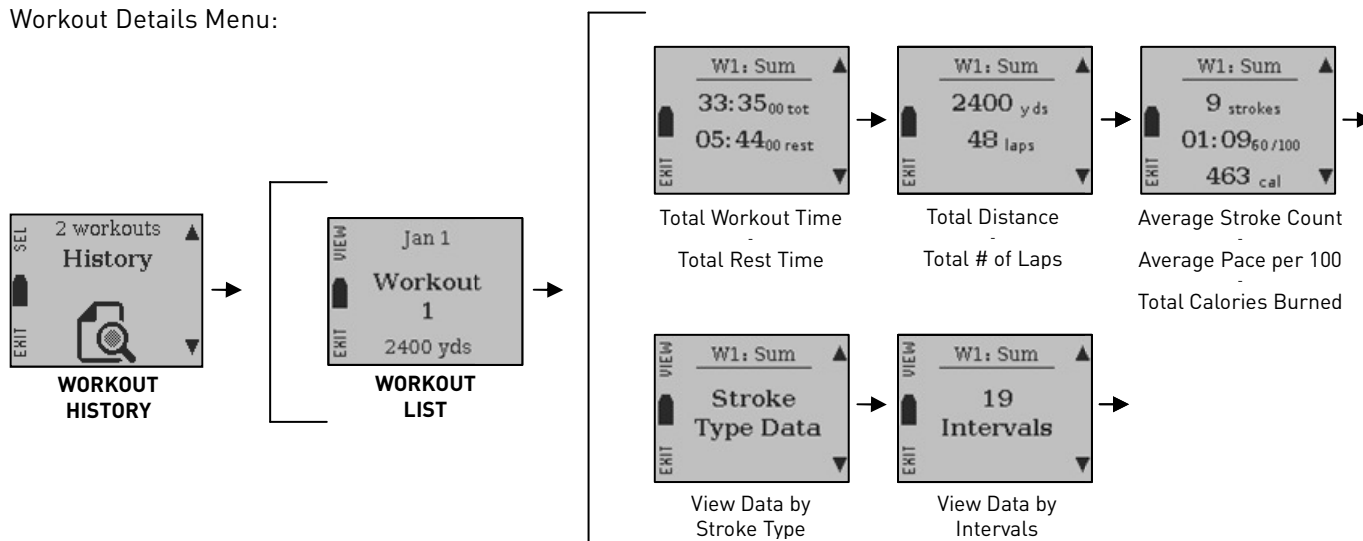
## Make Sense

There are two ways to view your workout details; you can see the results directly on your Swimsense™ device, or you can use the Swimsense™ Online Training Log for a more complete review of your metrics.

### Workout History on the Device

- 1) From the Home screen, press [**▲**/**▼**] until you reach **History**. At the top of the screen you can see the total number of workouts you have logged. Press [**SEL**] to enter.
- 2) Once you are in the Workout History menu, use [**▲**/**▼**] to scroll through the list of workouts you have recorded on the device. The first workout displayed is the most recent workout you completed. The date of the workout and the total yards/meters swum is shown.
- 3) Press [**VIEW**] to view the details of a particular workout.

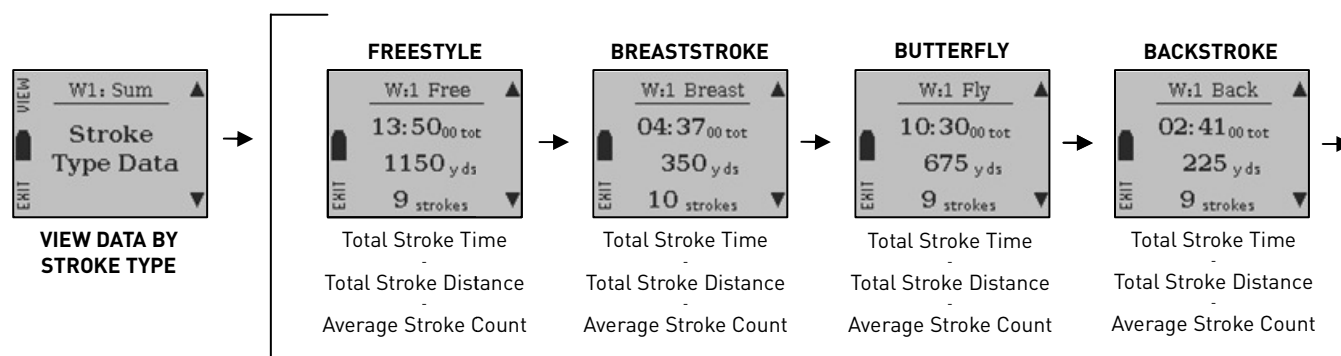
Workout Details Menu:





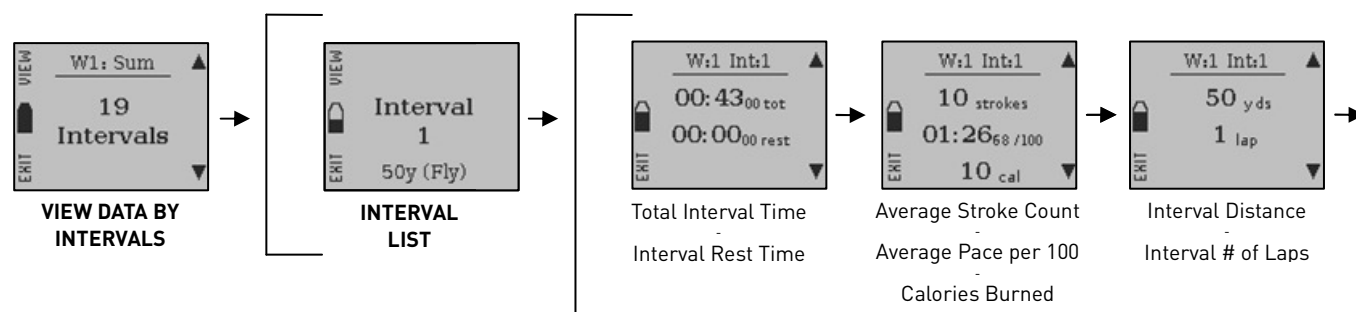
- 4) Use the [**▲/▼**] buttons to scroll through the summary details of a particular workout.
  - a. 1<sup>st</sup> screen shows the total workout time and total rest time for the workout.
  - b. 2<sup>nd</sup> screen shows the total distance and total number of laps swum during the workout.
  - c. 3<sup>rd</sup> screen shows the average stroke count per length, average pace per 100, and total number of calories burned for the entire workout.
  - d. 4<sup>th</sup> screen lets you view the workout data by stroke type. Press [**VIEW**] to see more details.
  - e. 5<sup>th</sup> screen displays the total number of intervals within that workout. Press [**VIEW**] to see more details of each interval.

#### Stroke Type Details Menu:



- Use [**▲/▼**] to scroll through the summaries for each stroke within a workout.
- Press [**EXIT**] at any time to return to the workout summary details.

#### Interval Details Menu:



- Use [**▲/▼**] to scroll through the list of intervals recorded for that workout. Intervals are listed in order of completion. The total distance and stroke swum for that interval are listed.
- Press [**VIEW**] to see more details about a certain interval.
- Press [**EXIT**] at any time to return to the list of completed intervals, and [**EXIT**] again to return to the workout summary details.

#### Tips:

- Not sure what all the numbers mean in the Workout History? See page 12 for a better explanation of each swim metric that is being recorded and displayed.
- Press [**EXIT**] at any time to return to the parent menu above. Continue to press [**EXIT**] and you will eventually return to the Home screen
- Stroke Count represents the number of strokes taken by the arm wearing the Swimsense™ device.

## Uploading your Workouts

Once you have completed your swim workout, dock the Swimsense™ and connect it to your computer. You will upload all your workout data through the Swimsense™ Bridge.

- 1) After installing the Swimsense™ Bridge software (see page 2 for installation instructions), open and run the application:
  - a. From your desktop or program list, double-click the swimmer icon to launch the Swimsense™ Bridge
  - b. OR click on the Swimsense™ Bridge image on the right side of the webpage from which you installed the software. When prompted, select "Run Now".
- 2) The Swimsense™ Bridge window will load and you will be prompted to enter your user name (email) and password.
- 3) Make sure that you have a live internet connection, and the Swimsense™ device is correctly plugged into your computer's USB port.
- 4) Enter your user name (email) and password you created during registration and click **AUTHENTICATE**.
- 5) Once authenticated and connected, a list of your completed workouts on the watch will appear. These are now ready for upload.
- 6) Click the **UPLOAD** button. A notification will appear to let you know that the workouts were uploaded successfully.

## Review Workouts on the Swimsense™ Website

Once you have swum and uploaded workouts through the Swimsense™ Bridge, they will automatically appear on the online Swimsense™ Training Log account you created.

- 1) Go to [Swimsense.com](http://Swimsense.com) and login using your email address and password.
- 2) After logging in, you will be taken to your **DASHBOARD** overview page where you can view cumulative stats or progress goals.
- 3) Click on **WORKOUTS: Uploaded Workouts** to view a list of the most recent workouts you have uploaded to your Training Log.
- 4) Click on **WORKOUTS: Calendar View** to see your workouts laid out on a calendar.
- 5) Clicking on the Details of a workout will take you to the **Workout Details** page where you can view more detailed stats about your workout.

## Understanding the Workout Details Page

- Grab and slide the workout timeline at the top of the page to view more of your workout.
- The dark blue horizontal bar represents your entire swim workout.
- Each interval and length of the pool is color-coded by stroke type.
- Clicking on the workout, interval, or length bars in the timeline will refresh all the charts and data below.
- Are there any peaks or valleys in your workout detail charts? What do you think these represent?



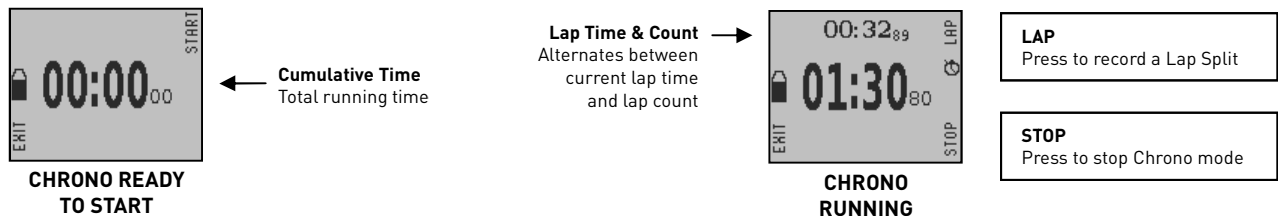
**Tip:** Online tutorials and videos are available under the **MY ACCOUNT: Support Center** portal, where you can walk through how to upload, navigate, and analyze all your workouts.

## Chronograph

### Using the Stopwatch

The Swimsense™ has a chronograph function that can be used like a regular stopwatch. Note this mode is not linked to the Swim Mode and will not automatically provide split times. You will need to manually press the button in order for times to be registered.

- 1) From the Home screen, press [**▲ / ▼**] until you reach **Chrono**. Press [**SEL**] to select
- 2) Press [**START**] to begin. The time will begin to run and the Stopwatch Icon will appear.



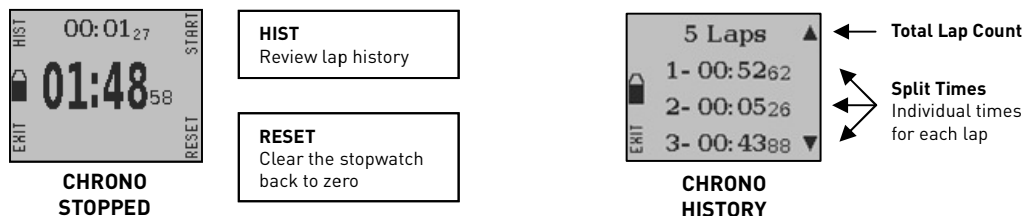
- 3) Press [**LAP**] to record a lap split.
  - a. The Cumulative Time in the middle of the screen will freeze, but the time will continue to run in the background. After 10 seconds, the Cumulative Time returns to the proper running time.
  - b. The alternating Lap Count and Lap Time at the top of the screen will also freeze. Allowing you to record any live lap splits. After 10 seconds the device will show the current lap count and time.
  - c. The device will hold up to 999 split times.
- 4) Press [**STOP**] at any point to stop the running time. If you want to continue timing, press [**START**] again.
- 5) Press and hold [**RESET**] for 3 seconds to clear the stopwatch back to zeros. All cumulative and split times will be deleted.
- 6) Press [**EXIT**] to return to the main menu.

**Tip:** If you exit the Chronograph Mode without stopping, the small Stopwatch Icon will continue to appear on the screen, indicating that the Chronograph Mode is still running in the background. You can go back to the running Chronograph at any time.

### Viewing Splits

If you have recorded lap splits in the Chronograph Mode, you can view the most recent split history.

- 1) After you have taken a few lap splits and stopped the Chronograph Mode, the [**HIST**] button will appear in the top left-hand corner of the display. Do NOT press [**RESET**] yet, or else your splits will be deleted. Instead, press [**HIST**] to view your splits.
- 2) The total number of splits is shown at the top of the screen, and individual splits are listed 3 at a time. Use [**▲ / ▼**] to scroll through the complete list of splits. Press [**EXIT**] to return to the Chrono display.



**Tip:** Unlike data collected in the Swim Mode, lap split times that are recorded in the Chronograph Mode are not stored on the device. Once you press [**RESET**], the Chronograph deletes any split times and clears the stopwatch.

## Support Information

### Helpful Definitions

- **INTERVAL:** One or more lengths of the pool swum continuously without including rest time
- **LAP:** One full circle in the pool, down and back (2 lengths)
- **REST TIME:** Time spent resting between intervals during your workout with the device is paused.
- **WORKOUT:** Your entire swim session including all intervals and rest periods.

### Swim Metrics

The metric data that the Swimsense™ records while swimming and what it means to you:

- **DISTANCE:** How far did you go? Records the total workout or interval distance in meters or yards.
- **LAP COUNT:** Number of laps you completed within a workout or an interval.
- **CALORIES BURNED:** Tracks how many total calories you worked off while swimming.
- **STROKE COUNT:** The average number of stroke cycles you take per length. Can be viewed by interval, stroke type, or workout. Note a stroke cycle is one complete revolution of both the left and right arm.
- **STROKE TYPE:** Swimsense™ not only knows that you are swimming, but it knows what you are swimming. This metric lets you see the details of Backstroke, Breaststroke, Butterfly, or Freestyle disciplines.
- **PACE:** A measure of average time per 100. For example, if you want to do a 500 in 6:00, then your pace time per 100 will be 1:12. Track your pace by interval, stroke type, or workout.
- **STROKE RATE:** The average time in seconds it takes for you to complete a full stroke cycle. Measured in Seconds/Stroke. Try maintaining the same stroke rate while getting faster in the water. You will be happy with the results!
- **DISTANCE PER STROKE:** How far you travel with each stroke cycle. Measured in meters or yards, this metric lets you understand how long or short your stroke may be.
- **SWOLF SCORE:** A measurement of efficiency, SWOLF adds both the stroke count per length and the time per length. Similar to golf, the lower the score the better! Try taking fewer strokes per length while staying at the same time. Or try going a faster time while maintaining the same stroke count. This metric helps you find the inefficiencies within your stroke.

### Contact Us

If you have any questions about the Swimsense™ device or Online Training Log, please log into your Swimsense™ account at [Swimsense.com](https://swimsense.com). Help is available under the **MY ACCOUNT: Support Center** portal.

Or call our tech support department toll free at **888-333-4647**



## Safety and Care

- Rinse the Swimsense™ in fresh water after use. Wipe the front and back dry and store indoors in a dry environment.
- Wipe clean the back of the Swimsense™ watch and top of the docking station before connecting. Remove any excess debris.
- The Swimsense™ device is water resistant and can be used safely in swimming pools, lakes, oceans, or any fresh or salt water.
- All users of this product assume risk resulting from its use. Whether proximate or remote, there may be a risk of injury. Neither manufacturer nor seller of this product assumes any liability.

## System Requirements

- Microsoft® Internet Explorer® 8, Firefox® 3.6, Safari® 5.0, or Google Chrome™ 6.0
- USB 2.0 Port required for charging and syncing
- At least 512MB of RAM

### Windows®

- Intel® Pentium® III or faster processor
- Microsoft® Windows® XP, Windows Server® 2003, Windows Vista® (including 64-bit editions) or Windows 7

### Macintosh®

- Intel® Core™ Duo or faster processor
- Mac OS® X 10.4, 10.5 or 10.6

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