

sensoRiä[®]
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REVIEWER GUIDE

A step-by-step Guide

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Introduction

- This guide provides an overview of the initial setup, using the app, and charging operations related to Sensoria Run and the Sensoria Smart Running Shoe
- We hope you have fun trying out our wearable system!
- For questions or issues, please contact:
customerservice@sensoriafitness.com
- You can also submit feedback from within the app or
<https://my.sensoriafitness.com>

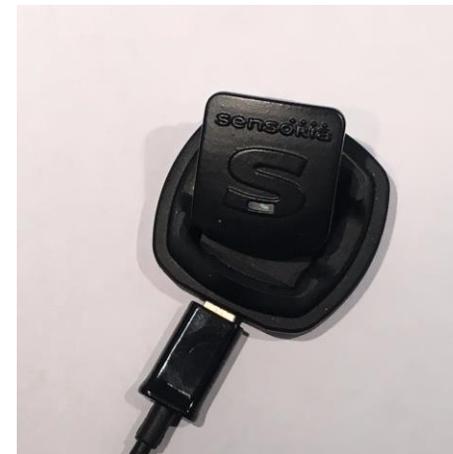
The Package

- The following accessories are included in your package:
 - 1 x Sensoria Core (shoe sensor) + 1 Charger
 - 1 pair of Sensoria Smart Socks
 - 1 x USB charging cable
 - Optional:
 - Sensoria Smart T-Shirt or Sports Bra
 - Sensoria Hear Rate Monitor
 - Access to Sensoria Run app and Web Dashboard



Charging Sensoria Core

- Insert the USB end of the charging cable in a power USB port (computer or outlet USB adapter, not provided)
- Insert the micro-USB end of the charging cable in the provided charging dock
- Insert Sensoria Core in the charging dock, starting from the tabs, and pressing on the lid to complete the insertion
- The sensors will blink red until the charge is completed, and then turn to solid green
- If you don't see red blinking, try to remove the sensor from the charger and insert again (shoe sensor)
- Charging time is about 45-60 minutes



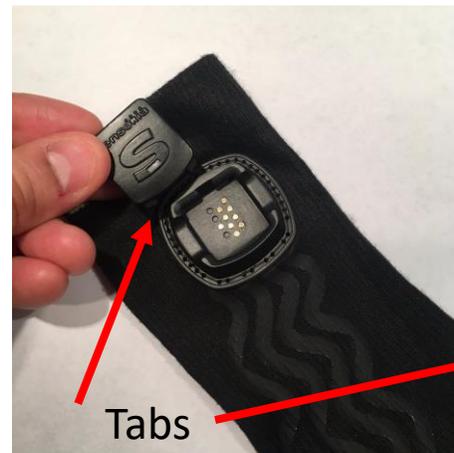
Sensoria Core: LED Color Coding

- 3 white flashes followed by red flash: start/reboot of device
- When NOT connected to a charger/USB cable:
 - 3-seconds green blinking: device ready to connect
 - 3-seconds blue blinking: device connected to the app
 - 3-seconds red blinking: low battery
 - No blinking: device turned off
- When connected to a charger/USB cable:
 - 3-seconds red blinking: charging battery
 - Solid green: battery charger 100%



Connecting Sensoria Core to the socks

- Insert Sensoria Core in the dock on the back of the right sock, starting from the tabs, pressing on the lid to complete the insertion in the dock
- If correctly inserted, Sensoria Core will blink red then green (or blue when connected to the app)
- Remove the Core and repeat the operation if no blinking occurs
- If no blinking appears, put the sensor on charger



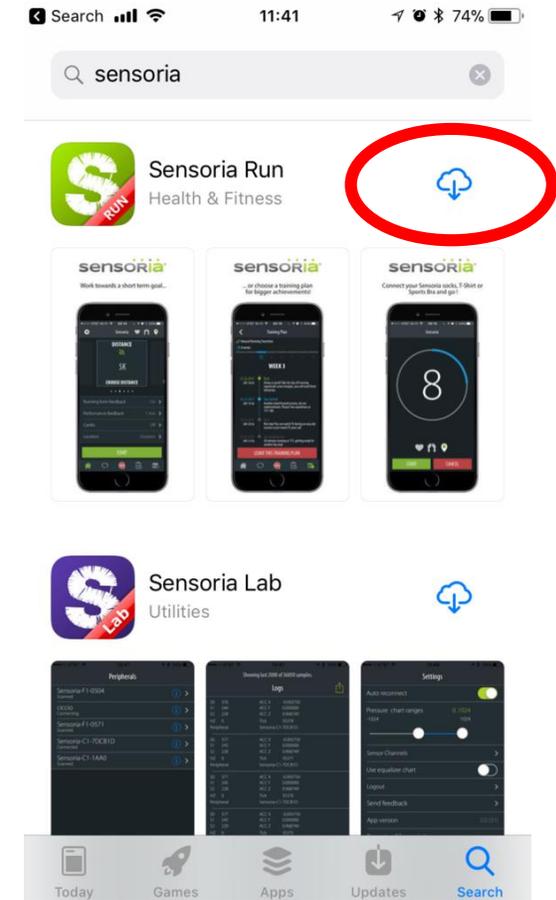
Connecting Sensoria HRM to the T-Shirt or Sports Bra

- Wear your Sensoria Fitness T-Shirt or Sports Bra
- Properly moisten both black polymeric electrodes positioned inside your garment according to the diagram on the hang tag
- Snap your Sensoria Heart Rate Monitor (HRM) to the T-shirt or Sports Bra



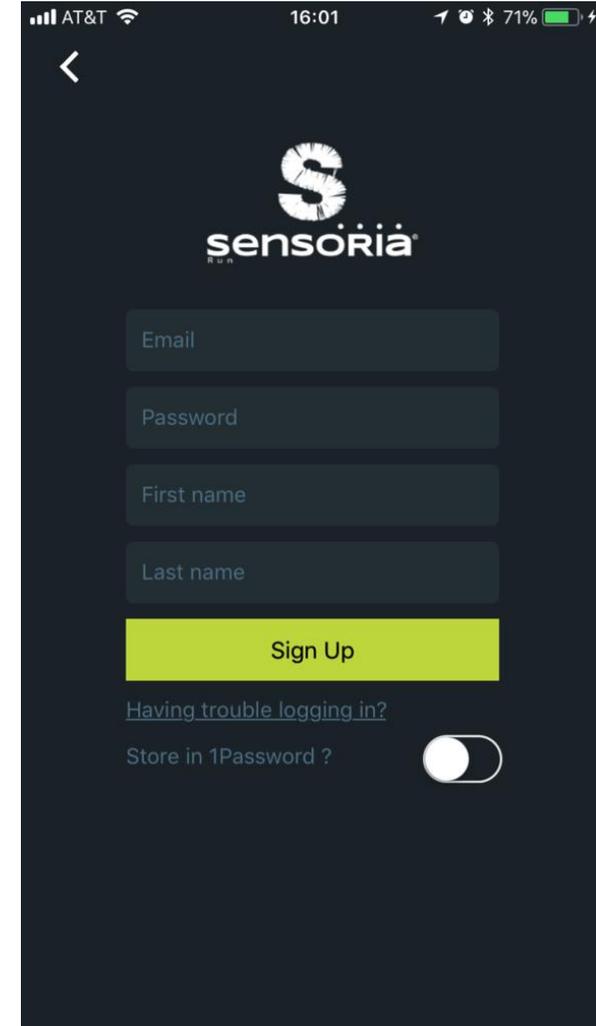
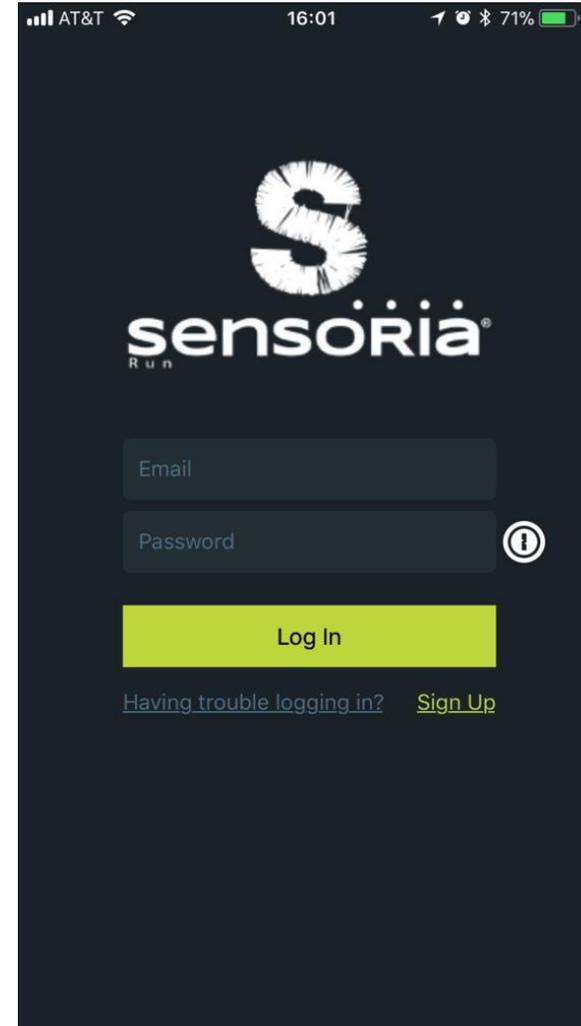
Sensoria Run Setup: Installation

- From iPhone/iPad main screen, tap or search the App Store icon
- From within the App Store, search **Sensoria**
- Look for and install **Sensoria Run**
- **Requirements:**
 - iPhone 5S or above
 - iOS 9 or above



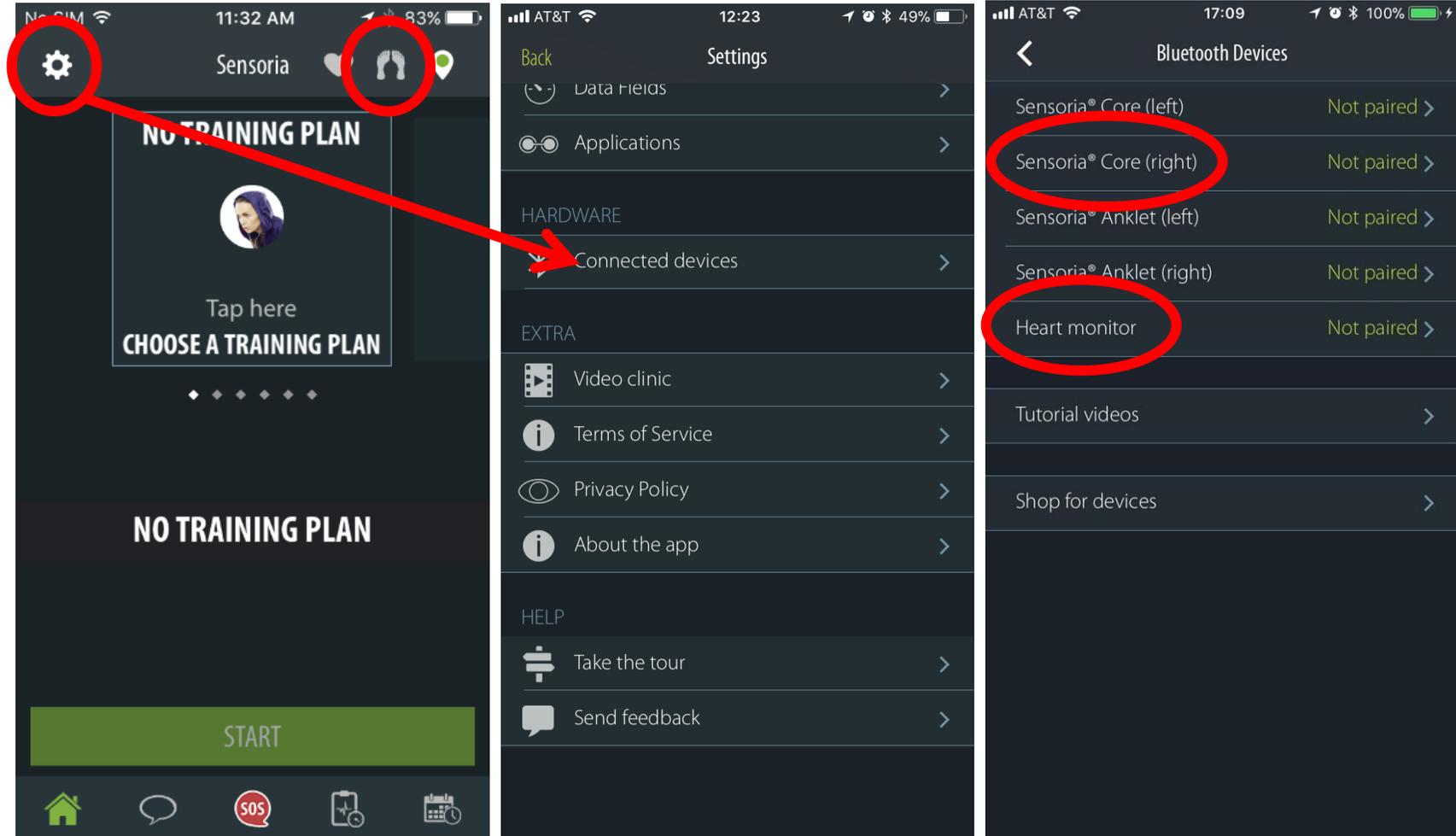
Sensoria Run Setup: First Launch

- Create an account with Sensoria
- You can also create an account via the web at <https://my.sensoriafitness.com> and just log in to the app
- After the account creation, you will be asked a few questions to create your “user profile”



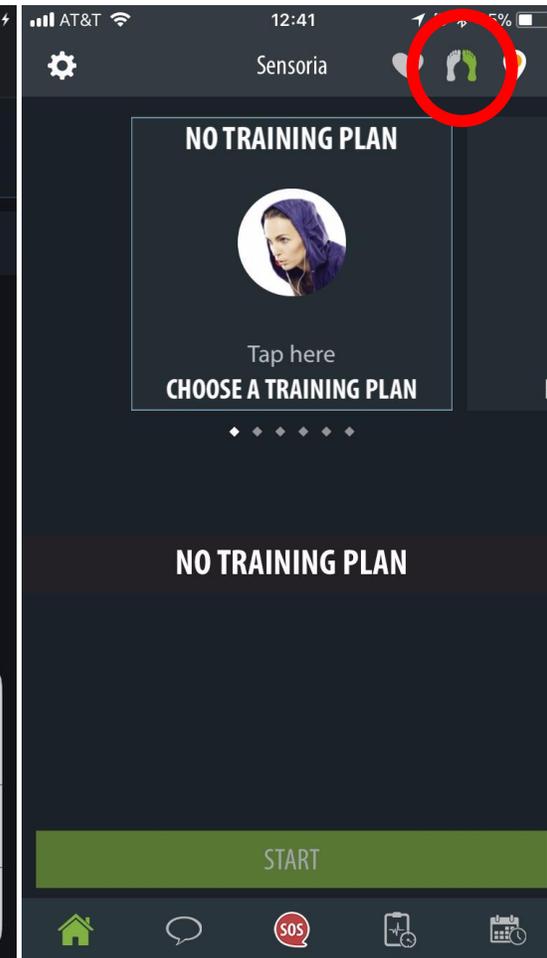
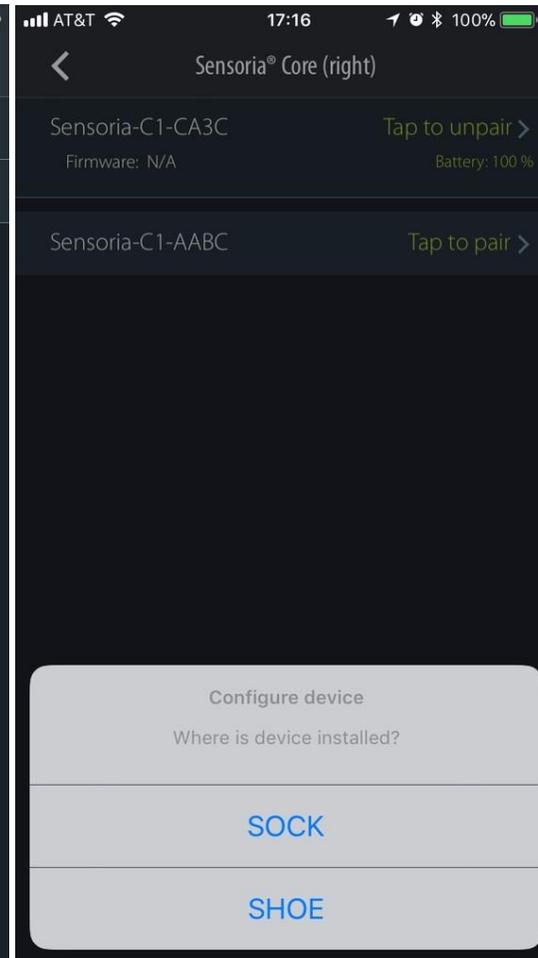
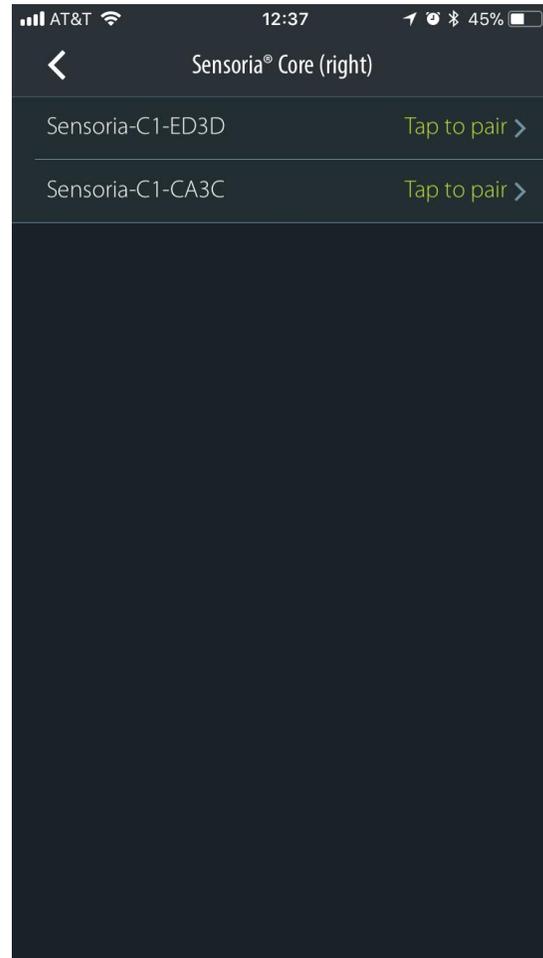
Sensoria Run Setup: Pairing Sensoria Core

- Pair/un-pair devices to Sensoria Run:
 - Via the Settings icon
 - Via the Feet icon
- Tap on **Sensoria Core (right)** to pair the Sensoria Core device
- To Pair a Sensoria HRM, tap on the **Heart Monitor**



Sensoria Run Setup: Pairing Sensoria Core (cont.)

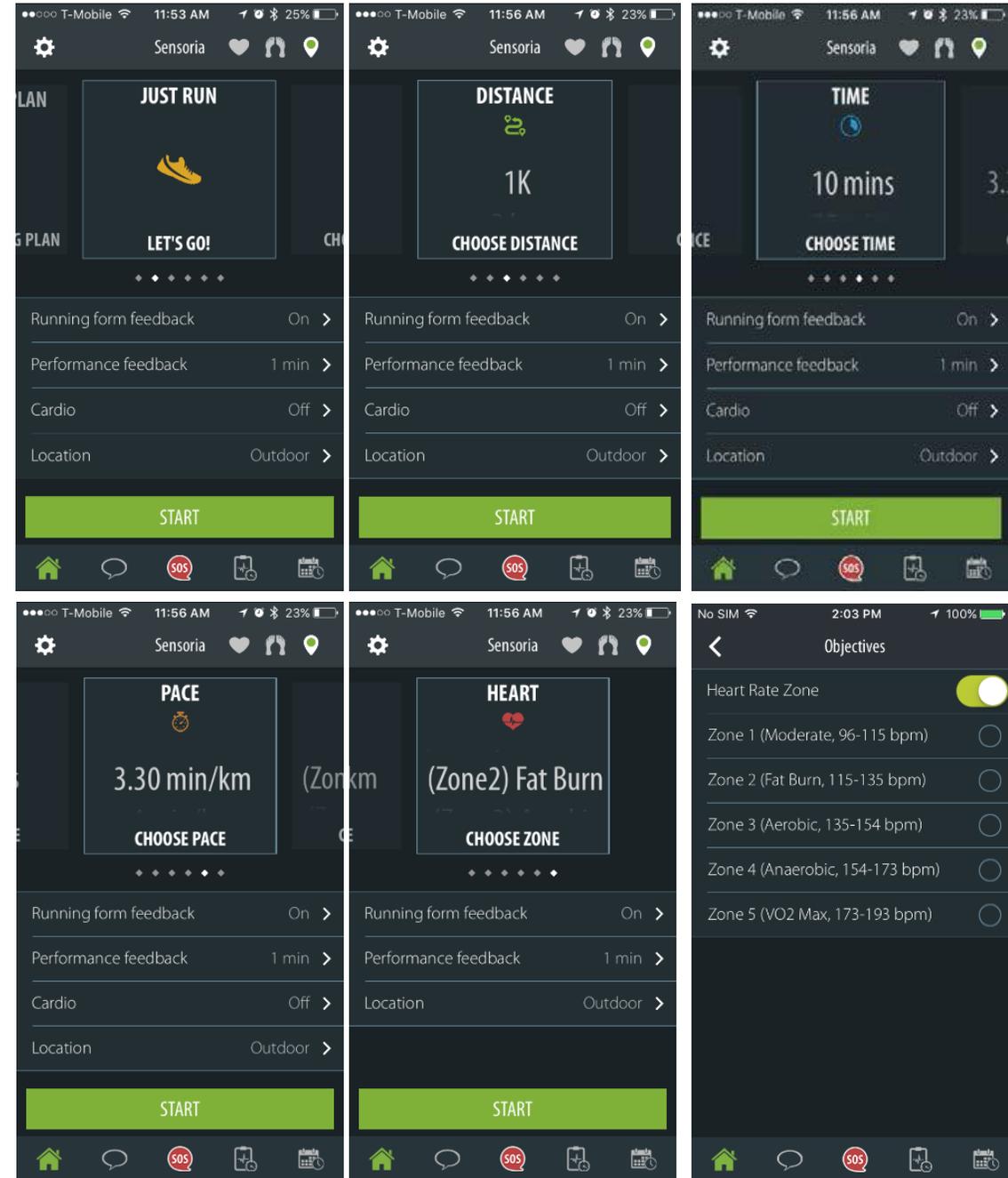
- To pair a Sensoria Core:
 - With the device connected to the shoe, you should see a device named **Sensoria-C1-XXXX** appear in the list
 - Tap on it to pair
 - Select Shoe
 - This operation is only required once
- To pair a Sensoria HRM:
 - With the HRM connected to the T-Shirt or Sports Bra, you should see a device named **Sensoria-HRM** appear in the list
 - Tap on it to pair
 - This operation is only required once
- When the devices are paired and actively connected, the Heart and Feet icons are colored



App Tour

Quick Start Options

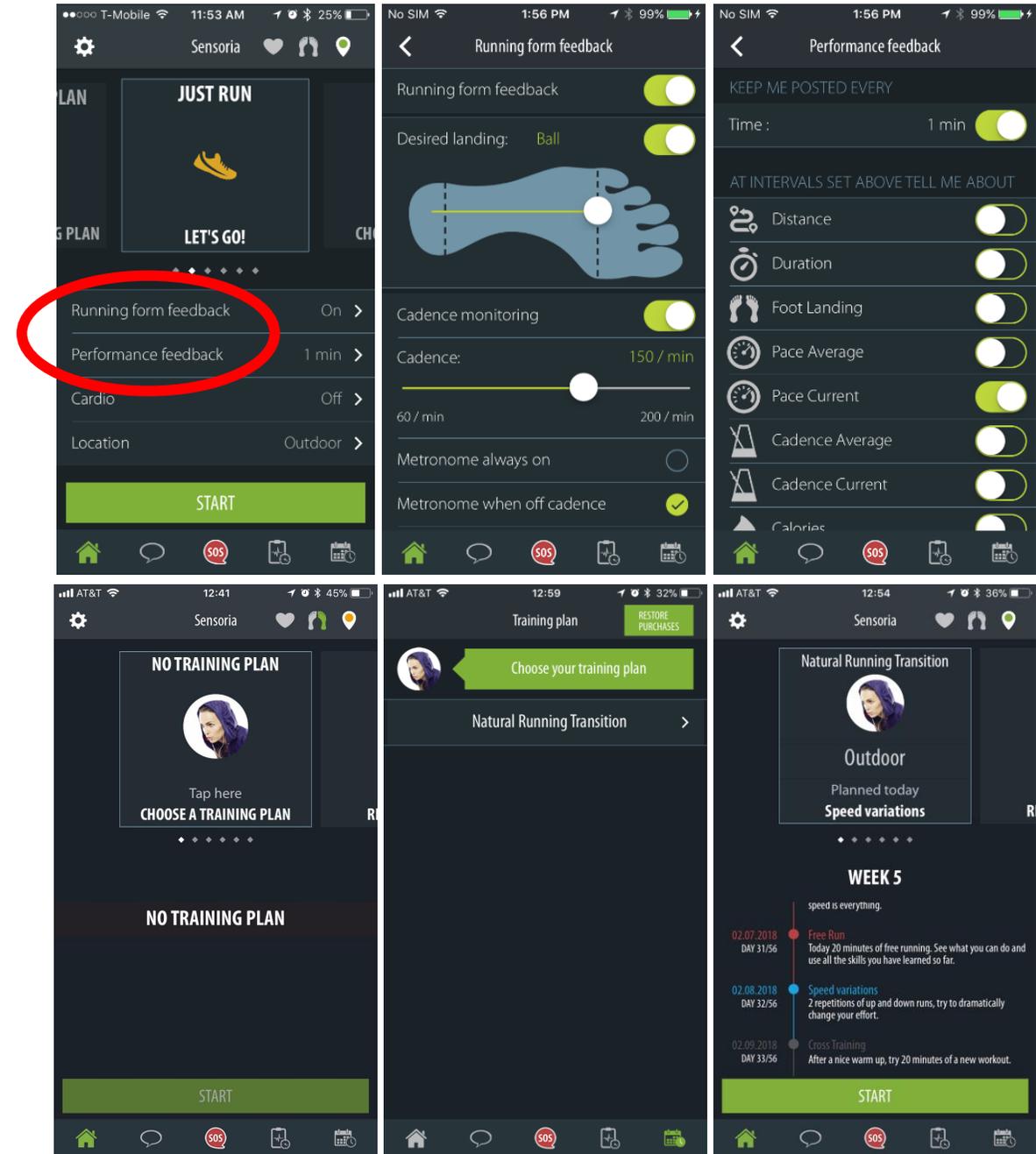
- From the main screen, you can choose one quick start mode and then select your specific goal for the run:
 - Just Run (no particular goal)
 - Distance Goal
 - Time Goal
 - Pace Goal
 - Training Zone Goal
- You can associate a Training Zone goal with one of the other modes
- You can also select specific feedback you want from Mara, your virtual coach



App Tour

Virtual Coach

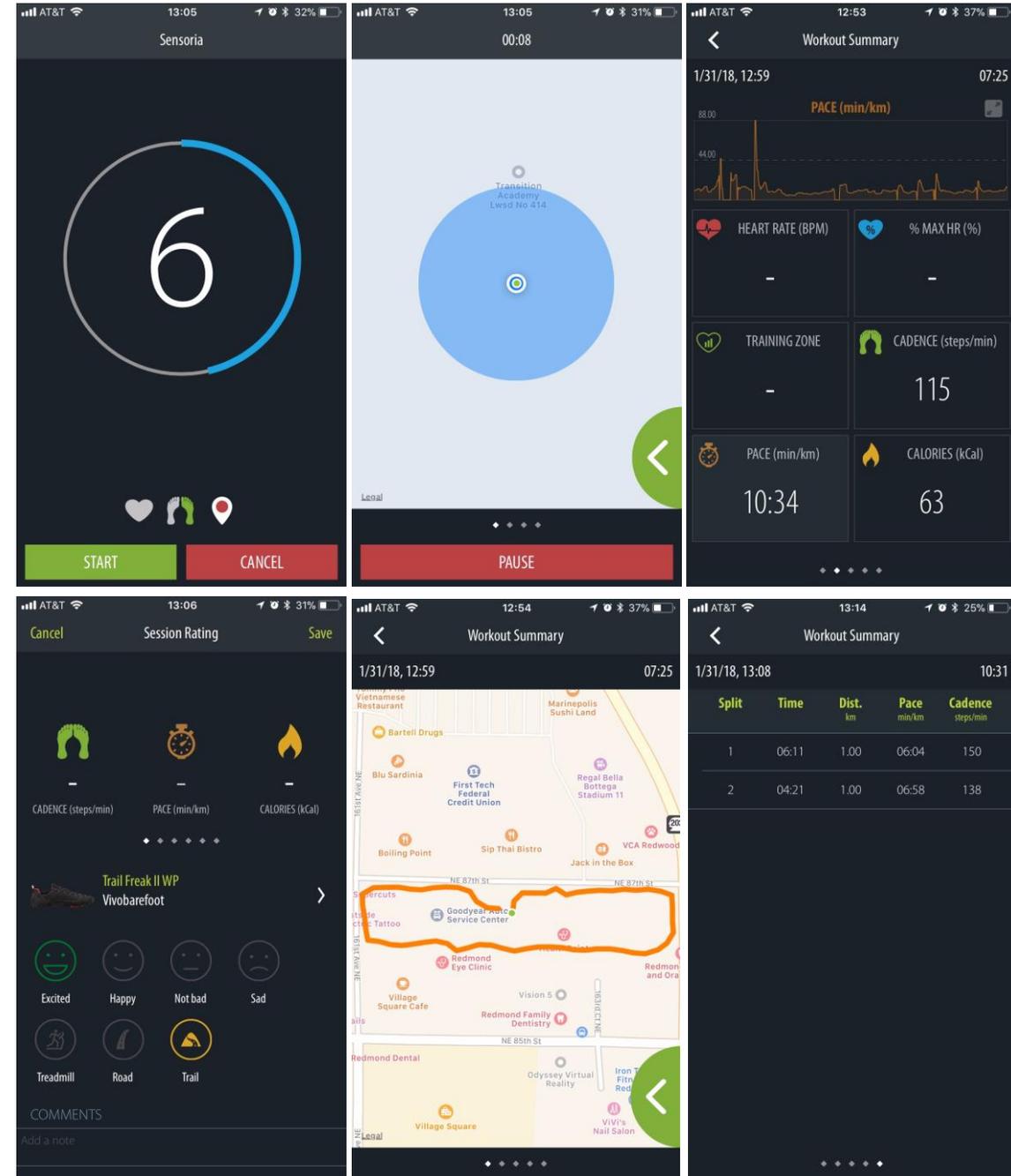
- You can configure how the coach provides feedback on specific aspects of your run, including **performance** (i.e. desired interval time to receive feedback on the metrics you choose) and **landing technique** (i.e. ball vs heel and desired cadence)
- You can also subscribe to a training plan, which will lead you every day to specific workout goals



App Tour

During the Run

- With your devices connected, hit Start to start the run session
- During the countdown you can check the status of the devices and GPS
- Once started, you can access the map or the performance data in real time
- Listen to your music and hear Mara giving you feedback
- After the run, tag your shoes to keep score on the miles run into them
- After the run, check the data in the Activity history, as well as online at <https://my.sensoriafitness.com>



Web Tour

End of Session Email

- For any saved session longer than 15 minutes, you will receive an email with a brief summary of your activity
- If you earned “badges of honor” or break personal records, we will also let you know here

The screenshot shows a personalized email from Sensoria. At the top, it says "Hi Maurizio," followed by a congratulatory message: "Congratulations on completing your session. The more you run, the more your Sensoria Virtual Coach improves the quality of the feedback." It provides session details: "You ran for 7m 25s at 10'39" min/km for 0.7 km." A recommendation follows: "Next time, add a pair of shoes in your shoe closet to track mileage and get recommendations on the best shoes for you." A button labeled "ACCESS YOUR SENSORIA DASHBOARD" is present. Below is the "ACTIVITY DATA" section for "Jan 31, 2018, 12:59:32 PM" in "Redmond, 7°C". It is split into "LEFT FOOT" and "RIGHT FOOT" data. The left foot section states "No device used this time". The right foot section displays various metrics: Impact Score (2), 70% ball foot landing, 529 ms contact time, 0.7 km distance, 115 steps/min cadence, 10'39" min/km pace, 63 kCal, 778 steps step count, and bpm heart rate. A map shows the running route in Redmond, Oregon, with a blue line indicating the path. A "Share on Facebook" button is located below the map. At the bottom of the dashboard, there is a motivational message: "Make it count! Share this session with your friends or coach. Keep up the good work! Your running pals at Sensoria". The footer contains a privacy policy link, a disclaimer about the email being automatic, an unsubscribe link, and copyright information for Sensoria Inc. (2018).

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Hi Maurizio,

Congratulations on completing your session. The more you run, the more your **Sensoria** Virtual Coach improves the quality of the feedback.

You ran for 7m 25s at 10'39" min/km for 0.7 km

Next time, add a pair of shoes in your [shoe closet](#) to track mileage and get recommendations on the best shoes for you.

[ACCESS YOUR SENSORIA DASHBOARD](#)

ACTIVITY DATA

Jan 31, 2018, 12:59:32 PM Redmond, 7°C

LEFT FOOT **RIGHT FOOT**

No device used this time

2 IMPACT SCORE

70% ball FOOT LANDING

529 ms CONTACT TIME

0.7 km DISTANCE

115 steps/min CADENCE

10'39" min/km PACE

63 kCal

778 steps STEP COUNT

bpm HEART RATE

[Share on Facebook](#)

Make it count! Share this session with your friends or coach.

Keep up the good work!

Your running pals at **Sensoria**

[Sensoria](#) respects your right to privacy. To learn more, please review our [Privacy Policy](#).

This is an automatic email from an unmonitored account. If you need to contact us, send an email message to [Customer Service](#).

You are receiving this email because you have registered an account with **Sensoria**. If you don't want to receive these notifications any longer, [click here](#) to unsubscribe.

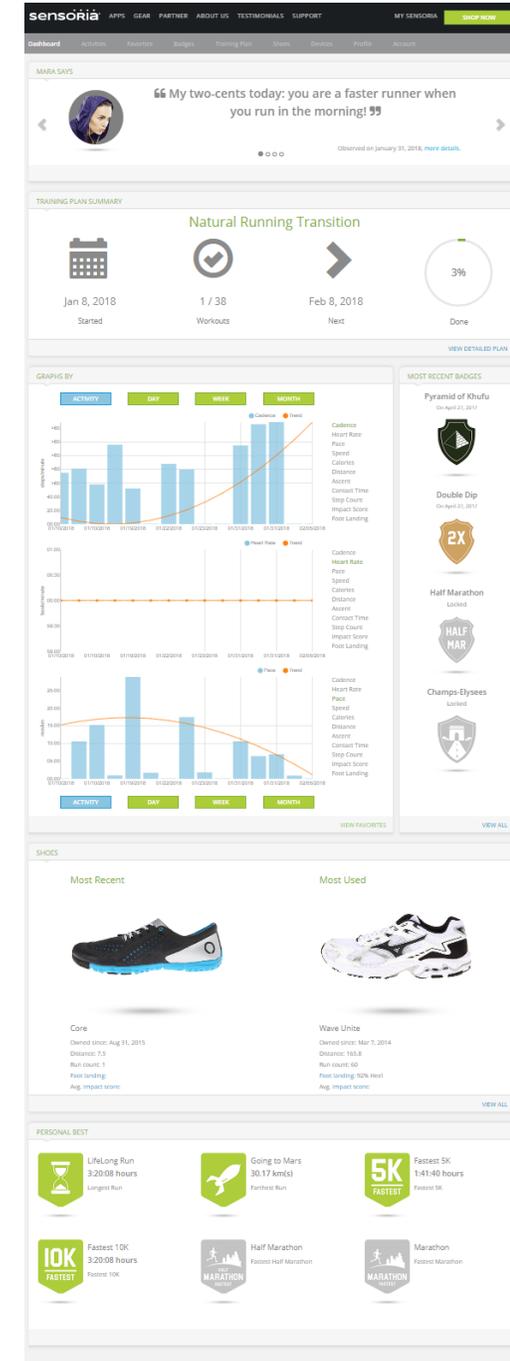
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Web Tour: my.sensoriafitness.com

Dashboard

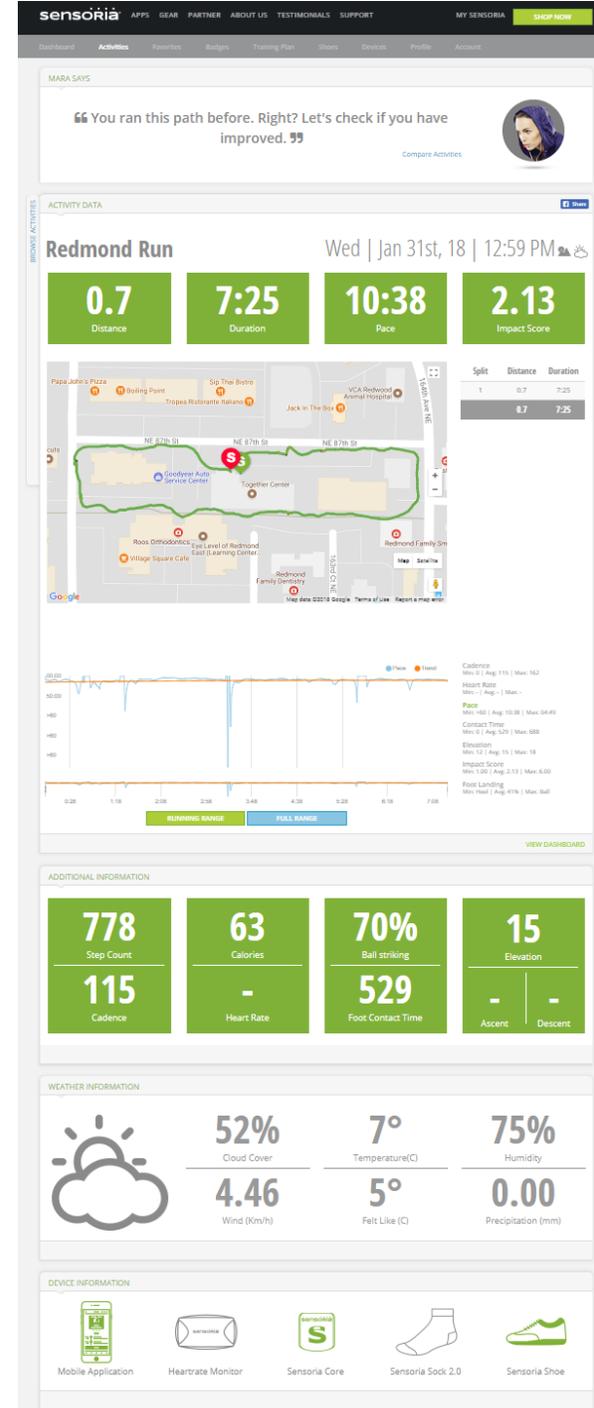
- The dashboard is a summary view of your overall performance, including:
 - Insights from Mara on your general trend
 - Status of your training plan
 - Trend graphs of performance indicators
 - Your most recent badges
 - Shoe comparison from your virtual shoe closet
 - Your personal bests



Web Tour: my.sensoriafitness.com

Activities

- You can access the list of your activities and receive lots of information including:
 - General Stats
 - Map and Data in sync: choose the performance indicator and move over the graph to see where you were during the performance
 - Additional aggregated information (by splits and overall)
 - Weather information
 - Device information
- Mara can detect if you run similar routes repeatedly and let you compare them: think Me Against Myself



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Favorites and Activity Comparison

- You can go to Favorites to find all the “groups” of runs that Mara has identified for you, based on GPS similarity and altimetry profile
- You can see comparison of performance indicators, and how the track/route changed overtime

MARA SAYS “ These are your favorite tracks and preferred distances for your most recent activities ”

MOST FREQUENT TRACKS

Track	Run Count	Pace	Cadence	Impact Score	Duration	Heart Rate
	2	01:29 ↓	-	-	10:17	-
	2	28:15 ↓	107 ↑	1.00	0:45	-
	1	12:43	107	2.13	7:12	-

MOST FREQUENT DISTANCES

Distance	Run Count	Pace	Cadence	Impact Score	Duration	Heart Rate
0.03	1	20:05	122	1.00	0:31	-

Favorite Track - #10294

BEST VALUES (LAST 6 MONTHS)

6.72 Distance	01:18 Pace	- Impact Score
9:25 Duration	- Heart Rate	2 Frequency

TRACK PERFORMANCE (LAST 10)

Session Time	Distance	Pace	Cadence	Impact Score	Duration	Heart Rate
Feb 5th, 18 7:03 PM	5.61	01:18	-	-	9:25	-
Jan 31st, 18 7:16 PM	6.72	01:39	-	-	11:10	-

Current vs Previous Comparison:

Session Time	Distance	Pace	Duration	Heart Rate
Feb 5th, 18 7:03 PM	5.6	01:18	9:25	-
Jan 31st, 18 7:16 PM	6.7	01:39	11:10	612

Foot Contact Time (ms): -

Web Tour: my.sensoriafitness.com

Other Features

- Account and Profile Management
- Badges
- Training Plan Status / Progress
- Virtual Shoe Closet



For additional information:

(425) 533-2928

info@sensoriainc.com

Appendix

The Sensoria[®] Advantage

Key Features:

- **Three textile pressure sensors:** one at the first & fifth metatarsals and one at the calcaneus (heel) for unparalleled accuracy
- **Your Personal Running Coach:** The Sensoria[®] Run app gathers data wirelessly from your Sensoria[®] Fitness garments and syncs automatically with the Sensoria[®] Cloud.
- **Monitor your Running Form:** Thanks to our proprietary e-textile sensors, we can detect where your foot lands on the ground and provide you with audio cues in real-time.
- **All-You-Can-Eat, Actionable Data:** Intuitive analytics and customizable graphs allow you to have a holistic view of your training history, compare yourself with your best self and share with your running buddy or trainer.