

sensoRiä[®]
R u n

REVIEWER GUIDE

A step-by-step Guide

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- Connecting Sensoria Core to the Socks
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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



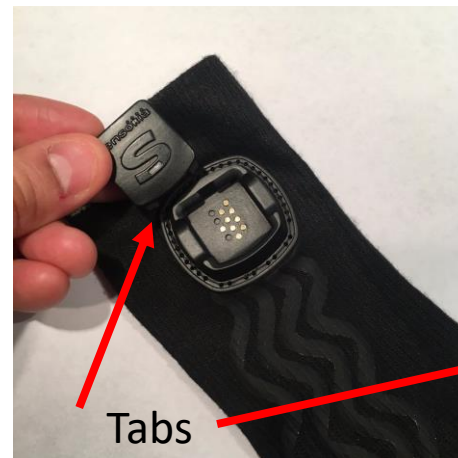
Sensoria Core: LED Color Coding

- 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



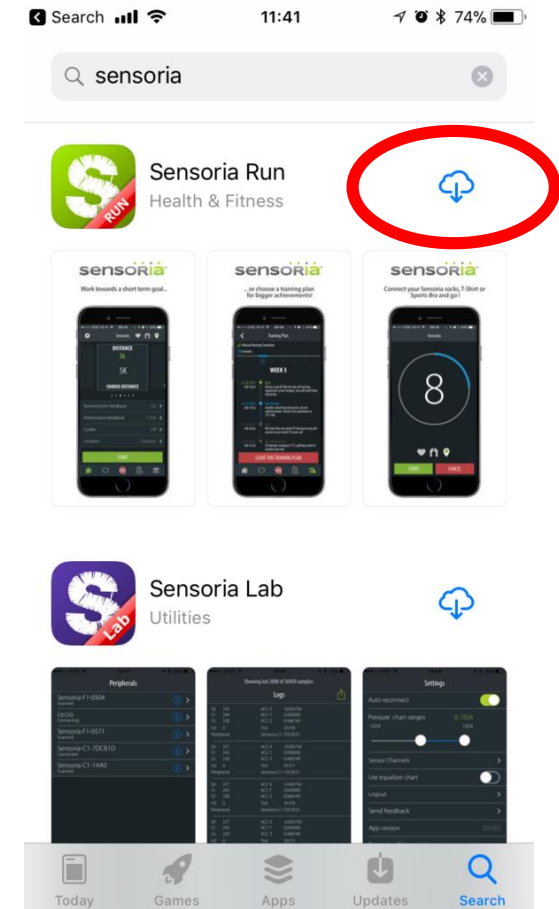
Connecting Sensoria HRM to the T-Shirt or Sports Bra

- 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



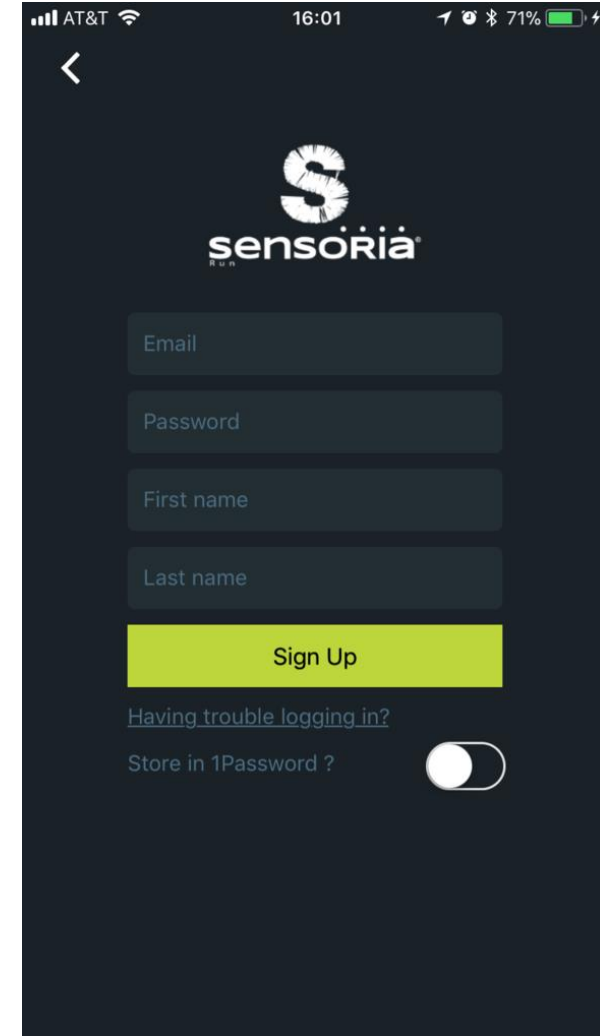
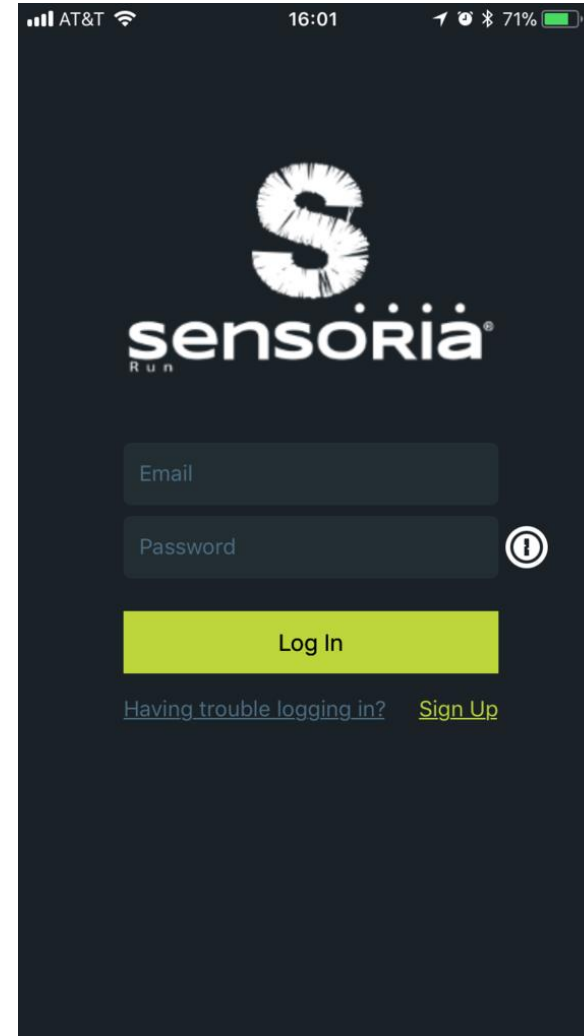
Sensoria Run Setup: Installation

- 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



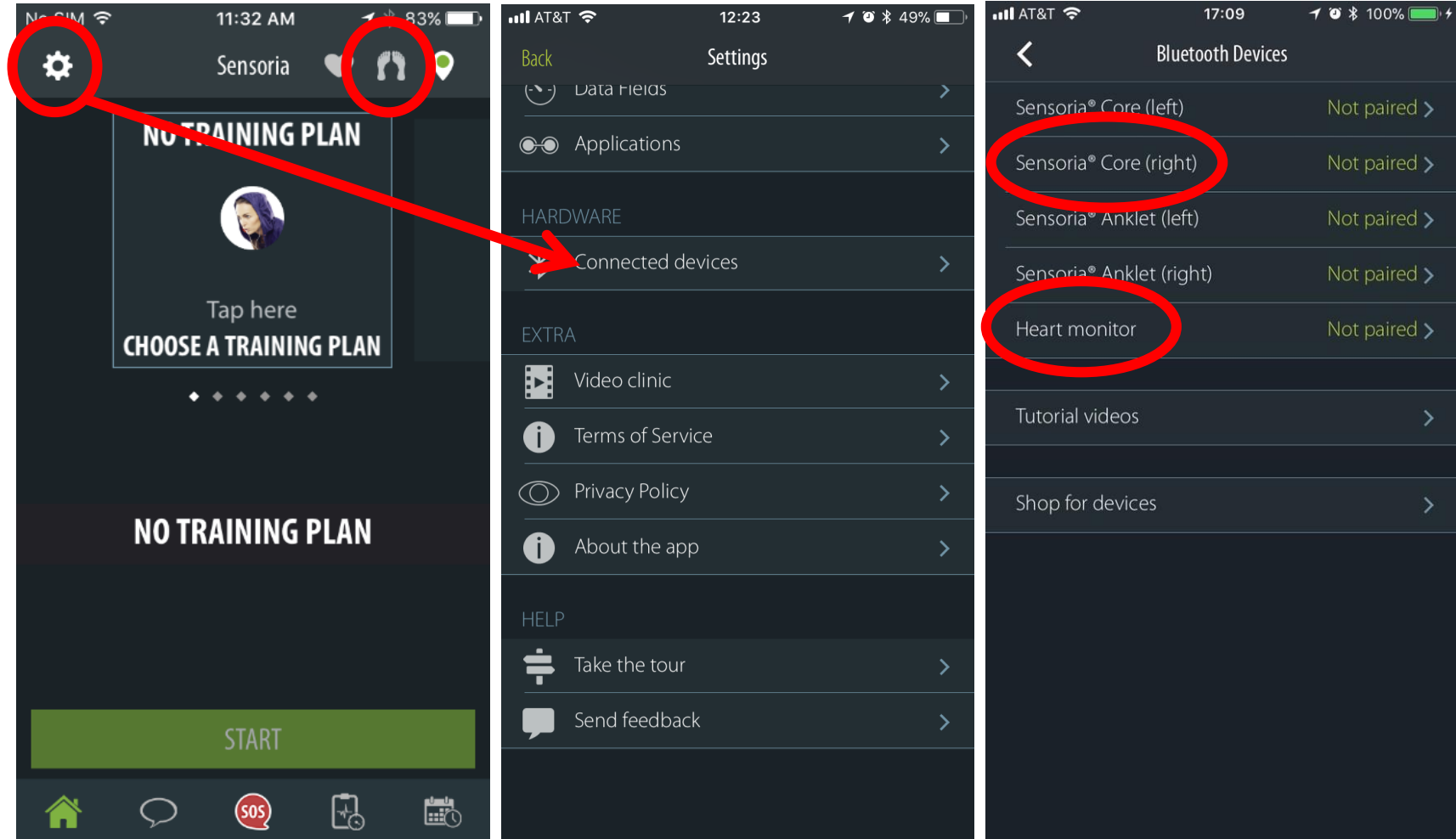
Sensoria Run Setup: First Launch

- 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”



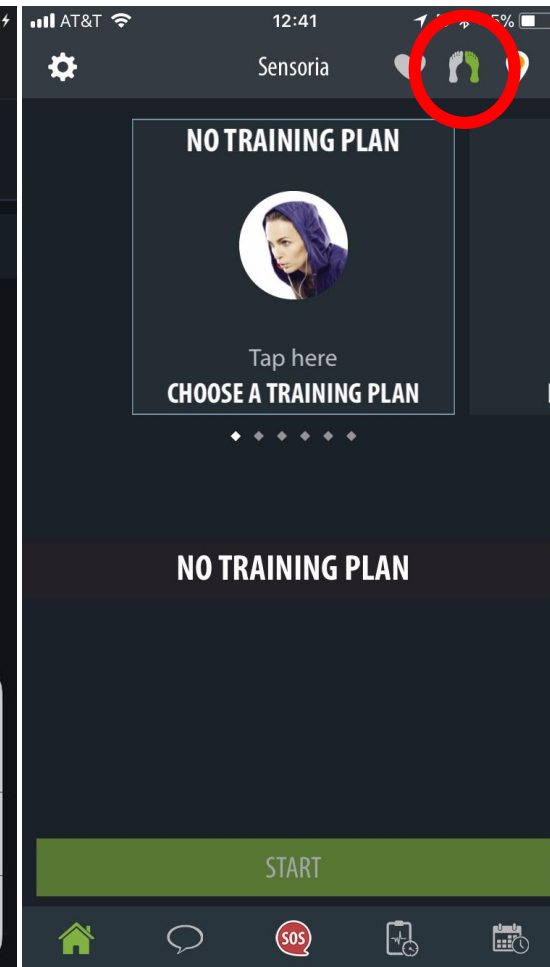
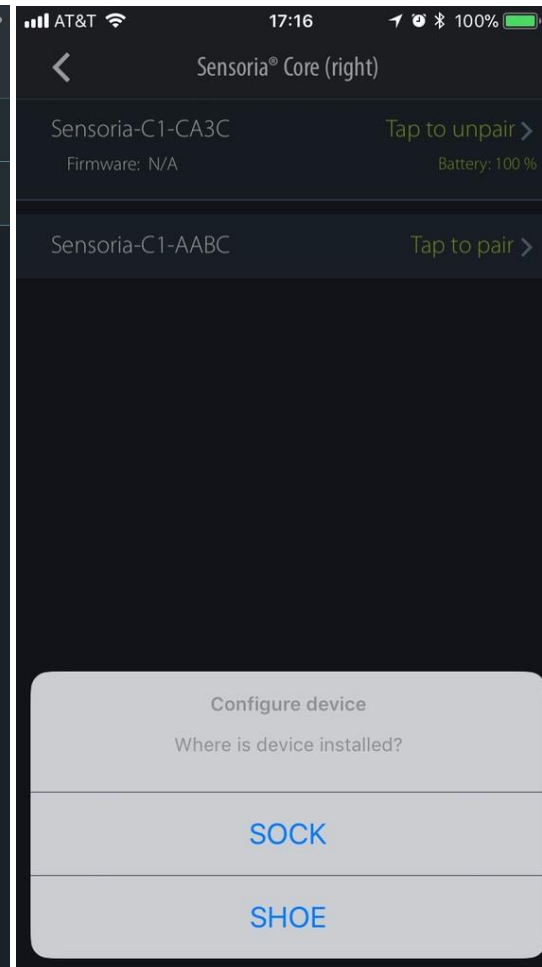
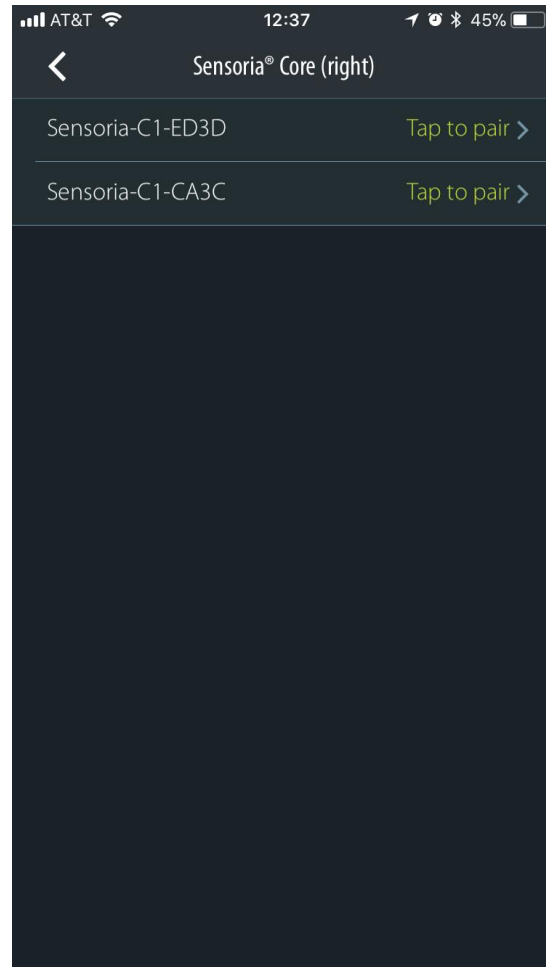
Sensoria Run Setup: Pairing Sensoria Core

- 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.)

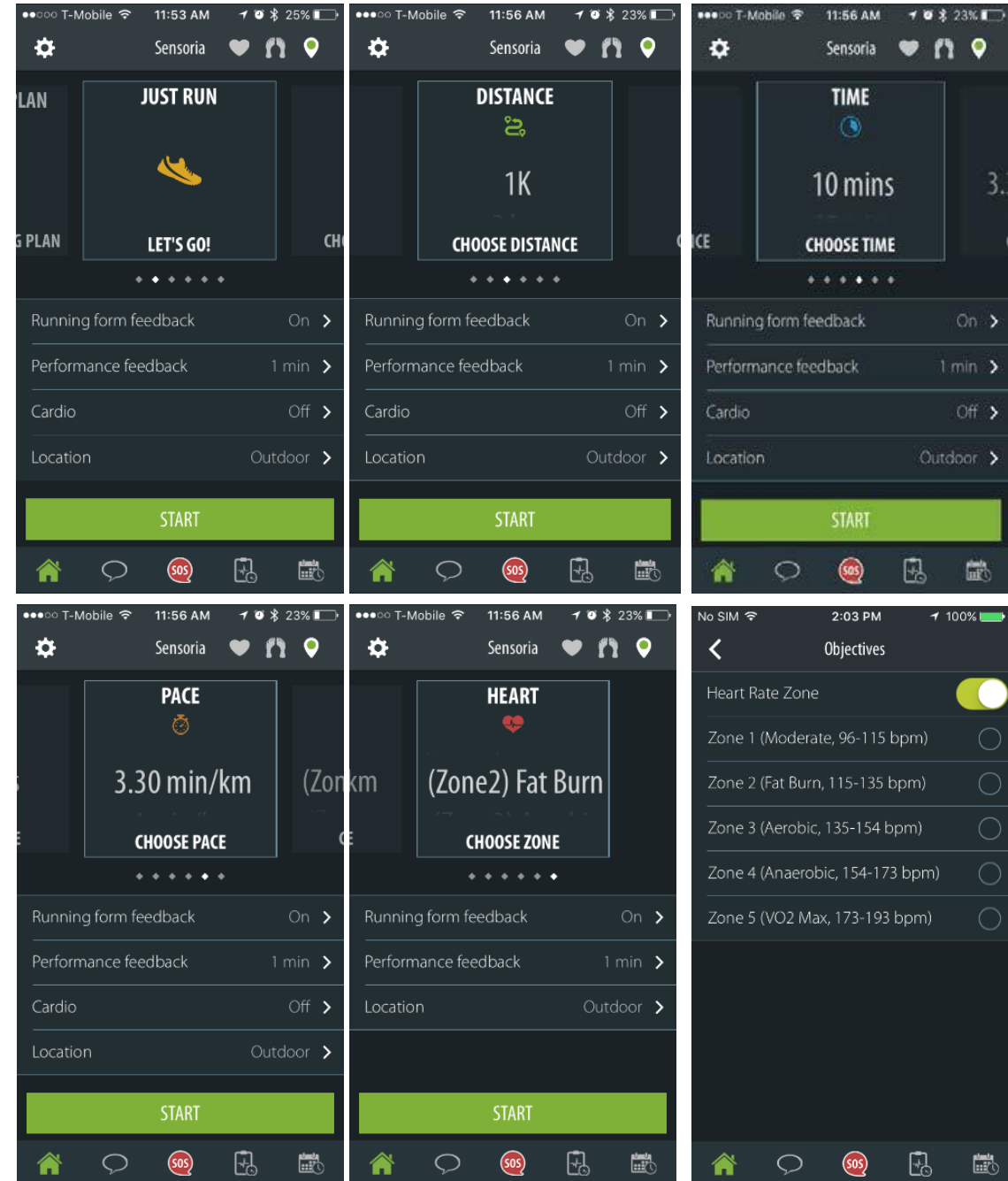
- To pair a Sensoria Core:
 - With the device connected to the shoe, you should see a device named **Sensoria-C1-XXXX** appear in the list
 - Tap on it to pair
 - Select Shoe
 - This operation is only required once
- To pair a Sensoria HRM:
 - With the HRM connected to the T-Shirt or Sports Bra, you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

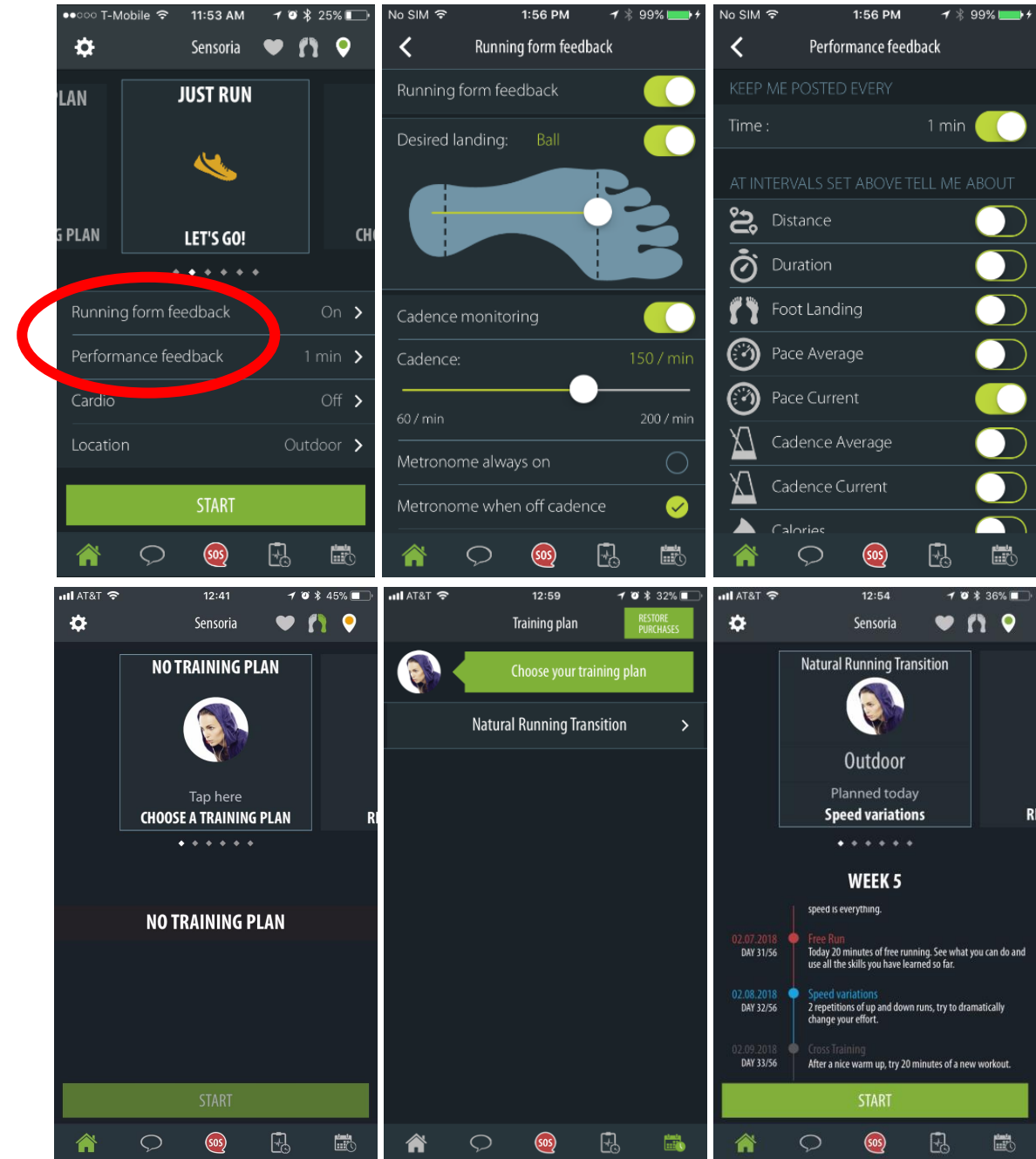
- From the main screen, you can choose one quick start mode and then select your specific goal for the run:
 - Just Run (no particular goal)
 - Distance Goal
 - Time Goal
 - Pace Goal
 - Training Zone Goal
- You can associate a Training Zone goal with one of the other modes
- You can also select specific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



App Tour

Virtual Coach

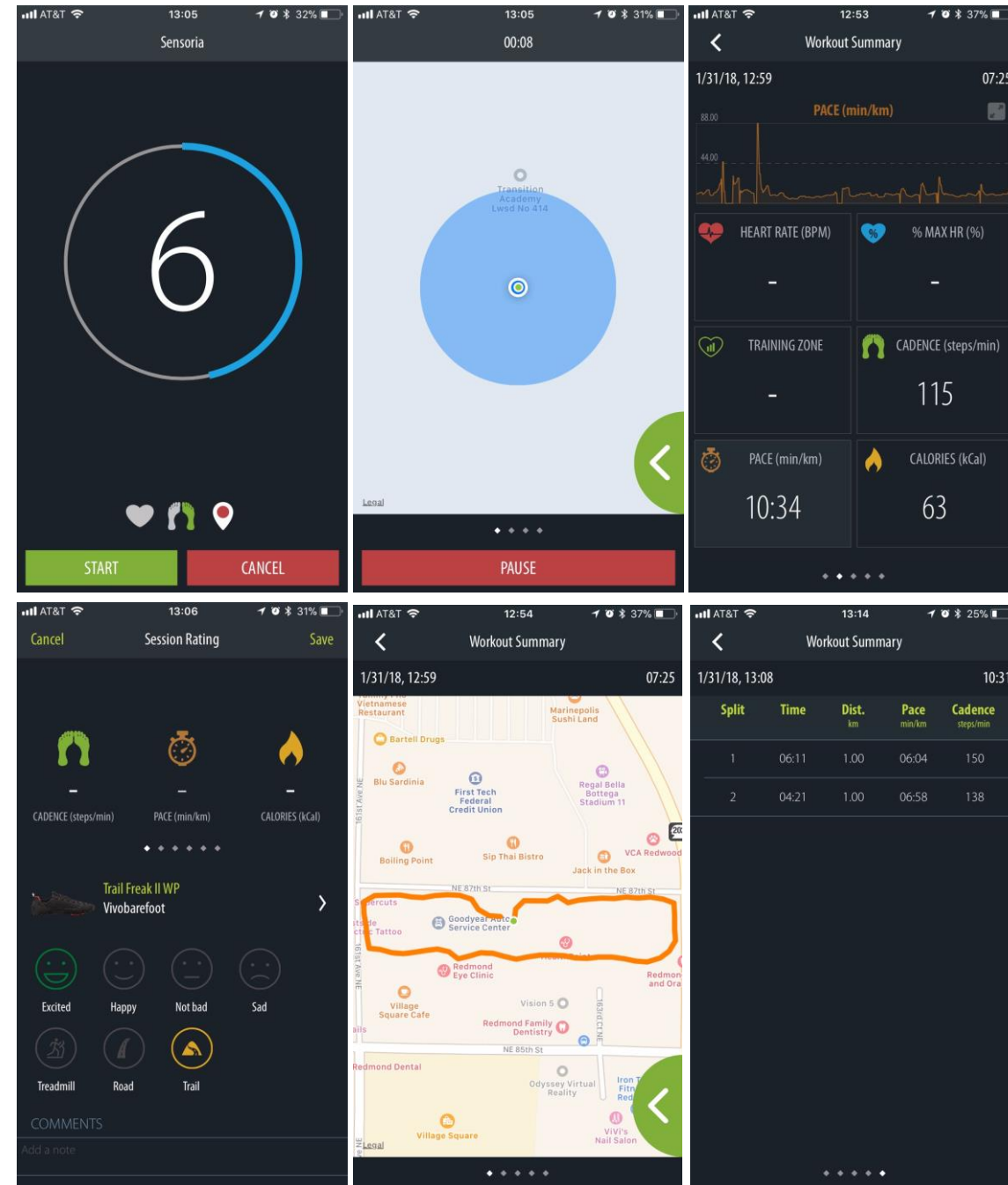
- You can configure how the coach provides feedback on specific aspects of your run, including **performance** (i.e. desired interval time to receive feedback on the metrics you choose) and **landing technique** (i.e. ball vs heel and desired cadence)
- You can also subscribe to a training plan, which 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 an email from Sensoria with a black header containing the logo. The main content is white with a light grey background for the dashboard area. It includes a greeting, a congratulatory message, session details (7m 25s at 10'39" min/km for 0.7 km), and a link to the dashboard. The dashboard itself is titled 'ACTIVITY DATA' and shows the date and time (Jan 31, 2018, 12:59:32 PM) and location (Redmond, 7°C). It is divided into 'LEFT FOOT' and 'RIGHT FOOT' sections. The left foot section says 'No device used this time'. The right foot section displays various metrics: Impact Score (2), Ball Foot Landing (70%), Contact Time (529 ms), Distance (0.7 km), Cadence (115 steps/min), Pace (10'39" min/km), Calories (63 kCal), Step Count (778 steps), and Heart Rate (bpm). A map of the Redmond area is shown on the left side of the dashboard. At the bottom, there is a 'Share on Facebook' button, a motivational message, and a link to the running pals at Sensoria. The footer contains the Sensoria logo, social media icons, and links for Store, Contact, and Support.

sensoria

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

No device used this time

RIGHT FOOT

- 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 CALORIES**
- 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

The screenshot displays the user interface of the my.sensoriafitness.com dashboard. At the top, there is a navigation bar with links for APPS, GEAR, PARTNER, ABOUT US, TESTIMONIALS, and SUPPORT. The user's name, MARA SAYS, is visible in the top right corner. Below the navigation bar, there is a quote from Mara: "My two-cents today: you are a faster runner when you run in the morning!" followed by a date and a link to "more details".

The main section is titled "TRAINING PLAN SUMMARY" and features a "Natural Running Transition" plan. It shows a progress bar from Jan 8, 2018 (Started) to Feb 8, 2018 (Next), with 1/38 workouts completed. A circular progress indicator shows 3% completion. A "VIEW DETAILED PLAN" link is provided.

Below this, there are three performance graphs labeled "GRAPHIC BY" with tabs for ACTIVITY, DAY, WEEK, and MONTH. The first graph shows "Cadence" (blue bars) and "Heart Rate" (orange line) over time. The second graph shows "Pace" (blue bars) and "Heart Rate" (orange line). The third graph shows "Pace" (blue bars) and "Heart Rate" (orange line). Each graph has a "VIEW FAVORITES" link.

To the right of the graphs is a "MOST RECENT BADGES" section with a "VIEW ALL" link. The badges include: "Pyramid of Khufu" (on April 21, 2017), "Double Dip" (on April 21, 2017), "2X", "Half Marathon" (Locked), "HALF MAR", and "Champs-Elysees" (Locked).

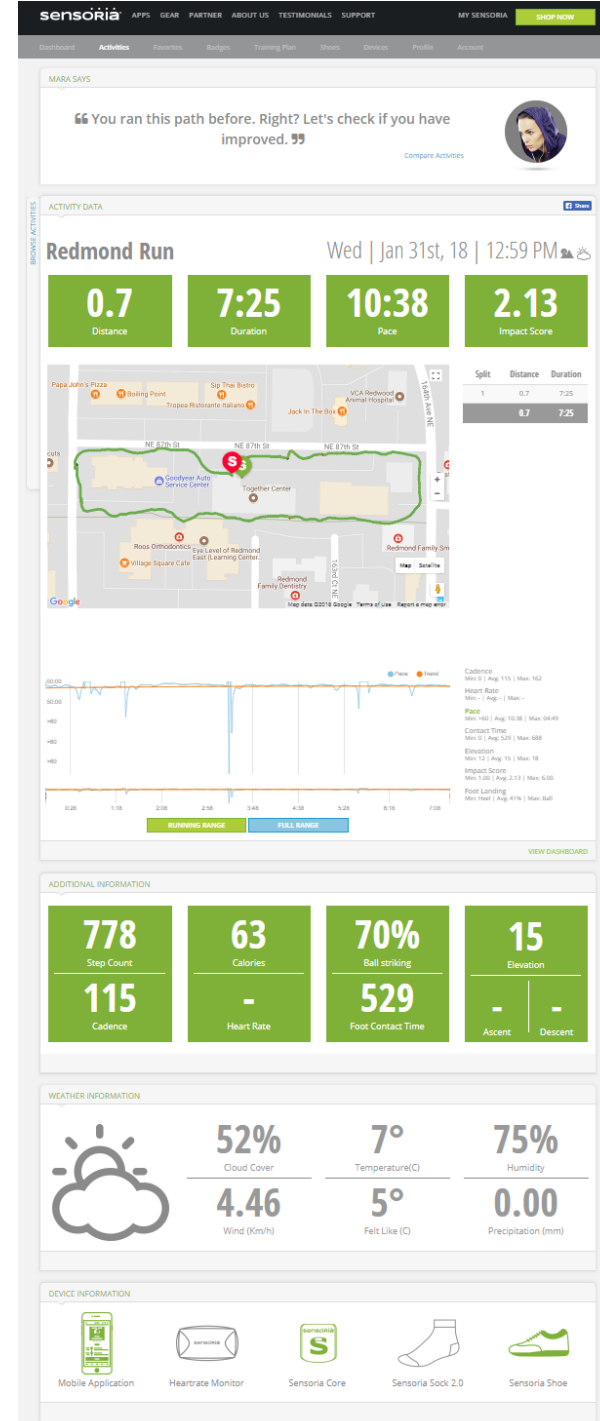
Below the graphs is a "SHOES" section with two columns: "Most Recent" and "Most Used". The "Most Recent" shoe is a "Core" shoe, owned since Aug 31, 2015, with a distance of 7.5, run count of 1, and an average impact score. The "Most Used" shoe is a "Wave Unite" shoe, owned since Mar 7, 2014, with a distance of 165.8, run count of 69, and an average impact score.

At the bottom, there is a "PERSONAL BEST" section with six categories: "Lifelong Run" (3:20:08 hours, Longest Run), "Going to Mars" (30.17 km/s, Fastest Run), "5K FASTEST" (Fastest 5K, 1:41:40 hours, Fastest 5K), "10K FASTEST" (Fastest 10K, 3:20:08 hours, Fastest 10K), "Half Marathon" (Fastest Half Marathon), and "Marathon" (Fastest Marathon).

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



Web Tour: my.sensoriafitness.com

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.