



DIGITSOLE®

FOOTWEAR. REINVENTED.



RUN PROFILER CYCLING

USER MANUAL 1.1

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Getting Started

Thank you to choose the Run Profiler Cycling insoles, the first smart connected insoles for cyclists. They will help to measure, analyze and improve your performance / reach your goals / reduce your injury risks.

Your Run Profiler Cycling Box

You will find in the box :

- 2 Run Profiler insoles
- 1 Manuel
- 1 charging Cable (USB – Micro-USB)



Why this document

We want to help you to use quickly your smart insoles. If you don't find the features that interest you, we advice you to go at digitsole.com. You will find more information, troubleshooting ...

Setting Up

Run Profiler are the first smart insoles for cycling. We recommand using the Run Profiler Cycling app for iOS and Android.

When you create your Run Profiler account, the App will ask you for information as height, weight, gender to make various calculations (angle, distance ...)

Setting up your insoles

When you receive your insoles :

1. Charge your insoles during 2 1/2 hours.
2. Cut the line to adjust your insoles.
3. Adapt them in your shoes.

Setting up your Run Profiler Cycling on your smartphone

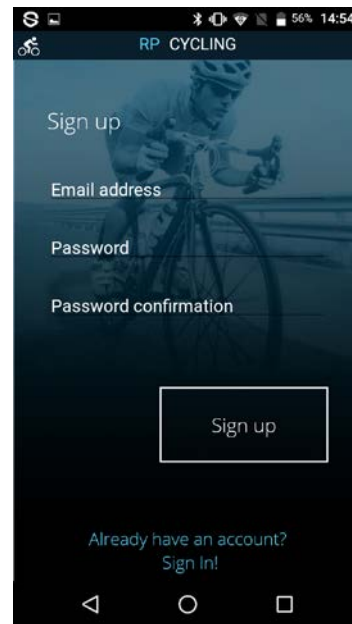
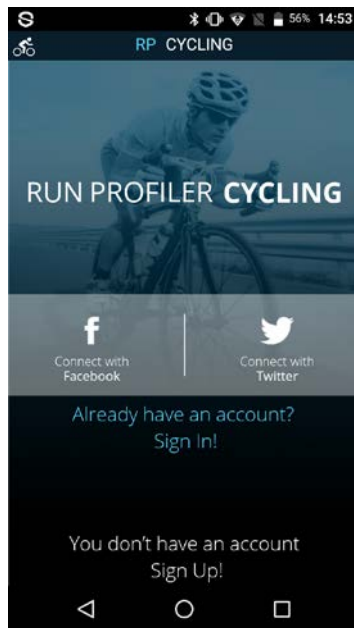
The Run Profiler Cycling app is free and compatible with the mobile devices that support iOS (version 10.2 and above) and Android (version 5.0 and above).

1. Find the Run Profiler Cycling app in your applications store. Search for "RUN PROFILER CYCLING" in the search bar. :
 - The Apple® App Store® for iOS devices
 - The Google Play Store for Android devices

2. Install the app. You must create an account on the store (App Store, Playstore) if you want to download the app.
3. Great, Your Run Profiler Cycling app is installed on your smartphone!
4. Turn on Bluetooth on your smartphone.
5. Launch the app.
6. Create your Run Profiler account.

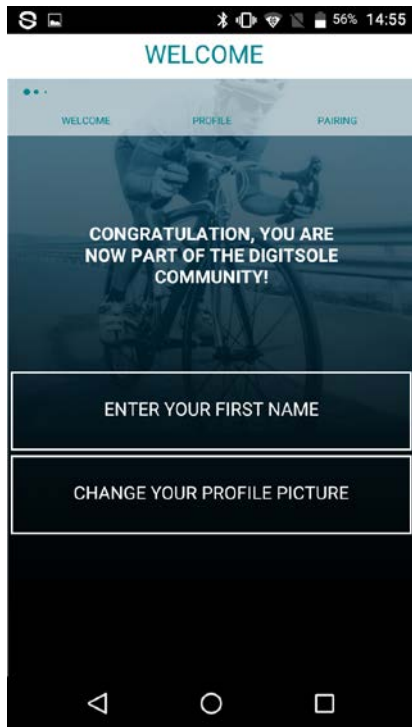
Create your Run Profiler Cycling account

If you don't have an account, you must create it using Facebook, Twitter or your email address. If you decide to use your e-mail address, simply enter it, choose a password, and confirm.

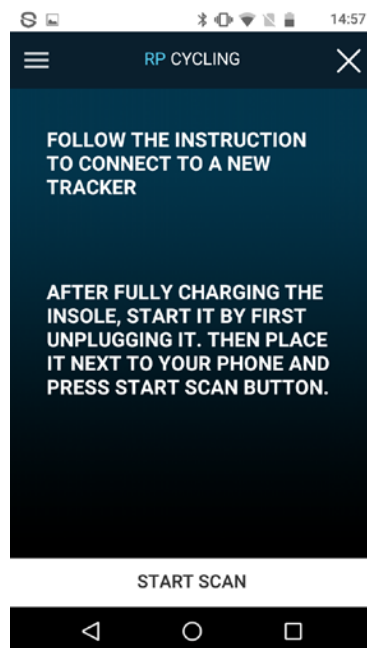


Then, you can personalize your cyclist profile.

1. Insert your first name
2. Choose a picture
3. Enter your
 - gender
 - height
 - body weight
 - date of birth
 - cycling weight
 - ...



Then connect your soles to your phone and the app.



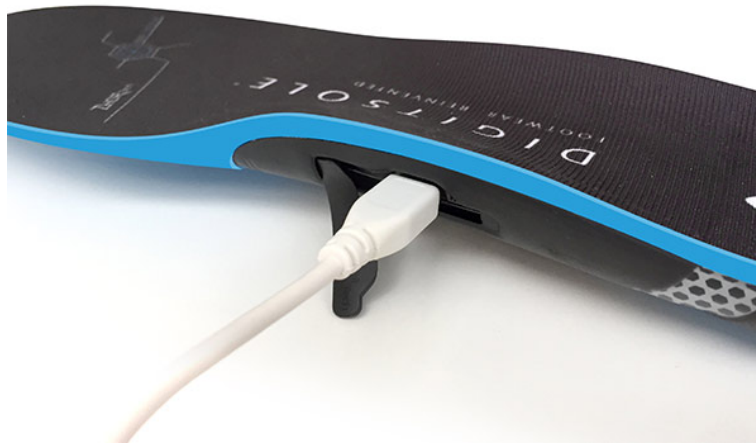
Your Run Profiler

Battery life and charging

Charging your insoles

To charge your insoles :

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Plug the other end of the charging cable to the Micro USB port of the right insole.



Charging fully takes 2 ½ hours. Your fully charged Run Profiler Cycling insoles have a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors.

Your current battery level

If the battery is low, The icon at the top left is red. You need to charge your insole.

Product care

Clean and dry your Run Profiler Cycling regularly. We recommend the use of wet wipes without chemical products.

Cycling

How to start a cycling program

New activity

To start a new workout session, you must be sure that you pair your soles with the app. All you have to do is tap "START NEW ACTIVITY." Once *you have finished your workout*, tap "STOP ACTIVITY" and review your running stats.

Also, you can add *more time before starting if you are not quite ready*. Otherwise you can tap the screen to start directly.

You must ride at least 3 mn for getting an analysis!

Your workout

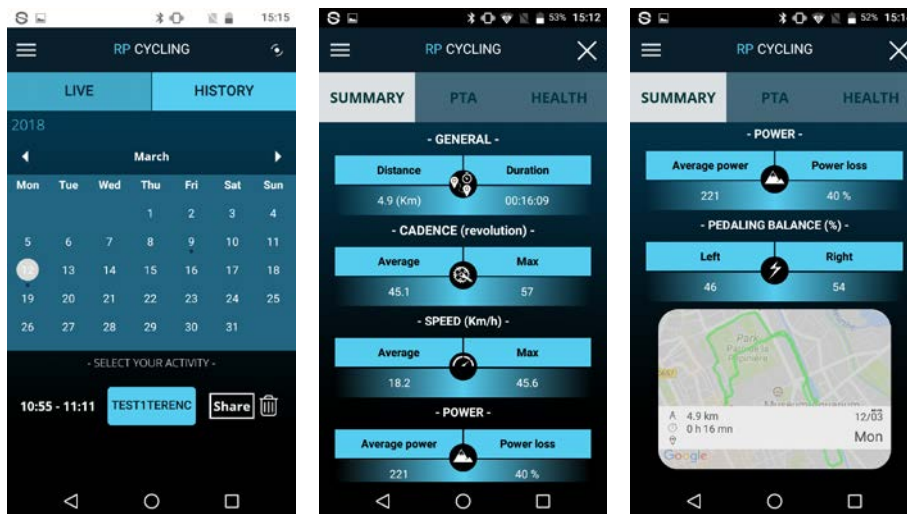
Summary

You will then find your run summary, which sets out the major details of your run, as follows:

- The time taken;
- The distance covered;
- The number of rotations
- The average speed

And

- Cadence (average, max)
- Speed (Average, Max)
- Power (Average, Loss)
- Elevation (Loss, Gain)
- Pedaling Balance



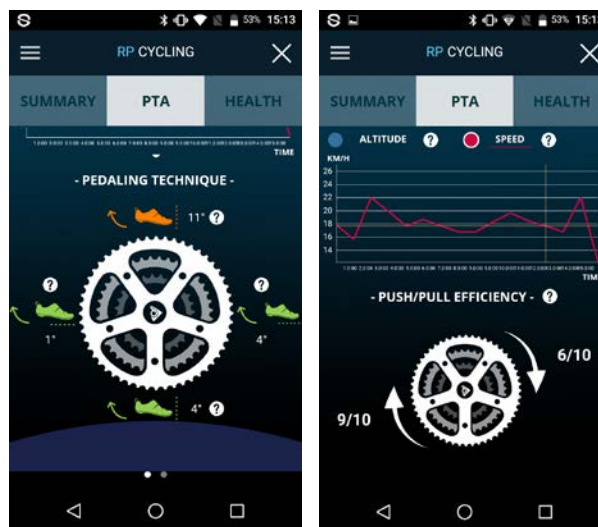
PTA (Pedaling Technique Analysis)

With the Run Profiler, you can get more information about your pedaling technique and your performance.

PTA :

Your personal coach analyses and helps you to improve your performance:

- **Speed:** The graph shows your burst/loss of speed during your session.
- **Altitude:** You can see the elevation of slope during your session. You can compare them to your speed and your cadence.
- **Angle:** Your angle are very important when you improve your pedaling technique. Use this feature to get more performant.
- **Push/Pull Efficiency**



HEALTH : After your cycling session, you can feel pain. On this page, you can get more information about pain (causes, solutions). Your coach gives you more information about your muscles stressed during your session and offers you exercises to get more powerful.



The 3D map

Once you've opened your run, you can tap twice on the screen to view the 3D map of your run, giving you details of your route.

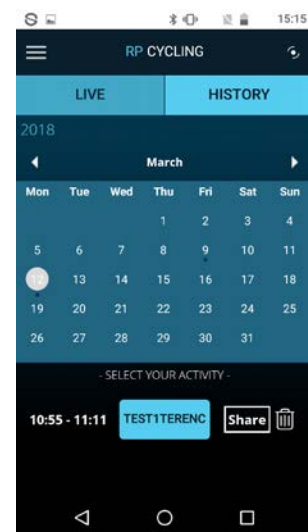
To go back, just double tap again.

You can also chose to activate it or deactivate it. You just have to go in "settings " then touch "disable the 3D map".

Workout history

You can see your run history by selecting "History".

This tab contains a history of all your runs, and selecting each session allows you to see your road.



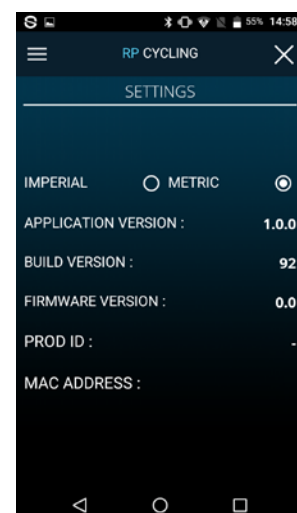
Configuration and settings

To access the general app settings, tap the menu icon.

Then, you can access the general app settings and the settings for your sole.

For example, you can:

- Change your system: Imperial or Metric
- Log out.



Updating your Run Profiler

We regularly improve our products to offer you the best experience. Sometimes, you can receive a notification to update the app or your insoles (firmware). We recommend keeping your Run Profiler Cycling insoles to date.

Updating you insoles takes several minutes. We recommend you to charge fully your battery before to update your insoles.

Declaration of conformity

You can find the declaration of conformity for USA (FCC), Canana (IC) and European Union (EU) at the following internet address : <https://www.digitsole.com/safety-instructions/>

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