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- › [Sena](#) /
- › [Sena Outrush R Bluetooth Modular Motorcycle Helmet User Manual](#)

Sena OUTRUSHR-MB00L3

Sena Outrush R Bluetooth Modular Motorcycle Helmet User Manual

Model: OUTRUSHR-MB00L3 | Brand: Sena



Image: The Sena Outrush R Bluetooth Modular Motorcycle Helmet in matte black, showcasing its sleek design and integrated communication system.

1. INTRODUCTION

The Sena Outrush R is a state-of-the-art Bluetooth modular motorcycle helmet designed for seamless communication and enhanced riding experience. It integrates Sena's renowned audio Bluetooth system directly into the helmet, providing a sleek and versatile solution for riders.

Key Features:

- Modular helmet design with a convenient retractable sun visor.
- Integrated speakers and microphone for clear audio communication.

- Intuitive three-button control system located on the left side of the helmet.
- Advanced 4-Way Bluetooth Intercom for group communication.
- 2-Way HD Intercom for enhanced audio quality during one-on-one conversations.
- Powered by Bluetooth 5.0 for stable and efficient connectivity.
- Impressive intercom range of up to 900 meters (0.5 miles).
- Up to 12 hours of talk time on a single charge.
- DOT rated, complying with US Federal Motor Vehicle Safety Standard 218 (FMVSS 218).
- Quick pairing via Smart Intercom Pairing and the Sena Utility App.

2. PACKAGE CONTENTS

Upon opening your Sena Outrush R helmet package, you should find the following items:

- Sena Outrush R Bluetooth Modular Motorcycle Helmet (with integrated speakers and microphone)
- USB Charging Cable
- User Manual (this document)

3. SAFETY INFORMATION

Your Sena Outrush R helmet is designed to provide protection and communication capabilities. Adherence to safety guidelines is paramount for your well-being.

- **DOT Certification:** This helmet complies with US Federal Motor Vehicle Safety Standard 218 (FMVSS 218), ensuring it meets rigorous safety requirements.
- **Proper Fit:** Always ensure your helmet fits snugly and securely. A properly fitted helmet is crucial for effective protection. Refer to the 'Helmet Fit and Adjustment' section for guidance.
- **Visibility:** Keep your visor clean and clear. Utilize the retractable sun visor in bright conditions to maintain optimal visibility.
- **Awareness:** While the integrated communication system enhances your ride, always remain aware of your surroundings and traffic conditions. Audio levels should not impair your ability to hear external sounds critical for safety.
- **Damage Inspection:** Regularly inspect your helmet for any signs of damage. If the helmet has sustained an impact, even if no visible damage is present, it should be replaced.

4. SETUP

4.1 Initial Inspection

Before first use, carefully inspect the helmet for any signs of shipping damage or manufacturing defects. Ensure all components, including the visor, sun visor, and integrated Bluetooth unit, are securely in place and functioning correctly.

4.2 Charging the Battery

The Sena Outrush R comes with a built-in Lithium Polymer battery. Fully charge the helmet before its first use.

1. Locate the USB charging port on the helmet's Bluetooth unit.
2. Connect the provided USB charging cable to the helmet and to a standard USB power adapter (not included) or a computer USB port.
3. The LED indicator on the Bluetooth unit will show charging status (e.g., red for charging, blue for fully

charged). Refer to the full Sena manual for specific LED indications.

- 4. A full charge typically takes approximately 2.5 hours.

4.3 Powering On/Off

- **To Power On:** Press and hold the main button on the Bluetooth unit for approximately 1 second until you hear an ascending tone and the LED flashes blue.
- **To Power Off:** Press and hold the main button for approximately 5 seconds until you hear a descending tone and the LED turns red before turning off.

4.4 Helmet Fit and Adjustment

A correct helmet fit is essential for safety and comfort. The Outrush R is available in various sizes. Please refer to the size guide below to ensure you have the appropriate fit.

US BLUETOOTH MODULAR MOTORCYCLE HELMET SIZE CHART

Brand Size	Head Circumference (in)
S	21.5 - 21.9
M	22.3 - 22.6
L	23 - 23.5
XL	23.9 - 24.3
2XL	24.6 - 25

To check the fit: The helmet should feel snug around your entire head, with no pressure points. It should not move when you shake your head. The cheek pads should press firmly against your cheeks. The chin strap should be securely fastened.

4.5 Bluetooth Pairing

The Outrush R utilizes Bluetooth 5.0 for robust wireless connectivity.

Pairing with a Smartphone:

1. With the helmet powered off, press and hold the main button for 5 seconds until the LED flashes red and blue alternately, indicating pairing mode.
2. On your smartphone, go to Bluetooth settings and search for new devices.
3. Select 'Sena Outrush R' from the list of available devices.
4. Once paired, the LED on the helmet will flash blue.

Intercom Pairing (Smart Intercom Pairing):

The Outrush R supports 4-way intercom and 2-way HD intercom for communication with other Sena devices.

1. For quick pairing, use the Sena Utility App to scan QR codes on other Sena devices.
2. Alternatively, for manual pairing, ensure both helmets are in intercom pairing mode (refer to the full Sena manual for specific button combinations for intercom pairing).
3. Once connected, riders can communicate within a 900-meter range.

FOUR-WAY INTERCOM



Image: A motorcyclist wearing the Sena Outrush R helmet, illustrating the four-way intercom capability with a visual representation of the Bluetooth unit and signal.

INTERCOM RANGE 900M / 0.5MI



Image: Two motorcyclists riding on a road, with an overlay indicating the 900-meter (0.5 mile) intercom range between them.

Sena Utility App:

Download the Sena Utility App from your smartphone's app store (iOS/Android). The app allows you to configure settings, manage intercom groups, access the quick start guide, and update firmware.

5. OPERATING INSTRUCTIONS

5.1 Controls Overview

The Sena Outrush R features a user-friendly three-button control system on the left side of the helmet for easy access to all functions.



Image: A close-up view of the Sena Bluetooth unit integrated into the helmet, highlighting the three easy-access control buttons.

5.2 Intercom Functions

- **Starting Intercom:** Briefly press the Intercom Button to initiate a conversation with a paired rider.
- **Ending Intercom:** Briefly press the Intercom Button again to end the conversation.
- **Group Intercom:** For 4-way intercom, ensure all riders are paired. Follow the instructions in the Sena Utility App or the full manual to create and manage group intercom sessions.

5.3 Music and Audio

- **Play/Pause:** Press the Play/Pause button (usually the center button).
- **Next Track:** Press the (+) button.
- **Previous Track:** Press the (-) button.
- **Volume Adjustment:** Rotate the Jog Dial or use the (+) and (-) buttons (refer to specific model controls in the full manual).

5.4 Phone Calls

- **Answering a Call:** Briefly press the Phone Button.
- **Ending a Call:** Press and hold the Phone Button for 2 seconds.
- **Rejecting a Call:** Press and hold the Phone Button for 2 seconds when a call comes in.
- **Voice Dialing:** Press the Phone Button for 3 seconds to activate your smartphone's voice assistant (Siri, Google Assistant).

5.5 Retractable Sun Visor

The helmet features an integrated retractable sun visor for convenience in varying light conditions.

- **To Deploy:** Use the lever located on the side of the helmet to slide the sun visor down.
- **To Retract:** Use the lever to slide the sun visor back up into the helmet shell.

ADAPT TO ALL RIDING CONDITIONS








Image: The Sena Outrush R helmet demonstrating its modular design and the functionality of its internal sun visor, adaptable for various riding conditions including bright sun and adverse weather.

5.6 Voice Commands

The Sena Outrush R supports voice commands for hands-free operation. Simply say

Related Documents - OTRUSHR-MB00L3

	<p>Sena OTRUSH R Bluetooth Helmet User's Guide - Features, Setup, and Operation</p> <p>Comprehensive user's guide for the Sena OTRUSH R Bluetooth Helmet. Learn about its features, setup, operation, and maintenance for an enhanced motorcycle riding experience. Covers Bluetooth connectivity, intercom, music, and more.</p>
	<p>Manuel d'utilisation du Casque Bluetooth SENA OTRUSH R</p> <p>Ce manuel d'utilisation détaille les fonctionnalités et l'utilisation du casque moto Bluetooth SENA OTRUSH R, offrant une expérience de conduite connectée avec intercom, musique et GPS.</p>
	<p>Sena OTRUSH R Bluetooth Helmet User's Guide</p> <p>Comprehensive user's guide for the Sena OTRUSH R Bluetooth Helmet, covering features like Bluetooth 5.0, intercom capabilities, audio multitasking, and maintenance.</p>
	<p>Sena OTRUSH 2 Smart Flip-Up Helmet User Guide Mesh & Wave Intercom</p> <p>Comprehensive user guide for the Sena OTRUSH 2 smart flip-up helmet, detailing Mesh Intercom, Wave Intercom, Bluetooth pairing, audio features, and troubleshooting for motorcycle riders.</p>
	<p>Sena OTRUSH R Guía del Usuario de Casco Bluetooth</p> <p>Explore la Guía del Usuario del casco Bluetooth Sena OTRUSH R. Aprenda sobre sus características, configuración, emparejamiento Bluetooth, intercomunicador y mantenimiento para una experiencia de conducción conectada.</p>

<div data-bbox="161 100 217 118">SENA</div> <div data-bbox="215 147 280 181">USER GUIDE Firmware Version: 3.3.2 Last updated on Dec 15, 2024</div> <div data-bbox="154 217 338 284"><div>SPIDER RT1</div><div>MOTORCYCLE MESH COMMUNICATION SYSTEM</div></div> <div data-bbox="161 407 316 421"><div></div><div>The firmware version 3.3.2 includes that this manual is applicable to all firmware updates within the spider 3.3 series.</div></div>	<div data-bbox="371 181 1217 212">Sena SPIDER RT1 User Guide: Motorcycle Mesh Communication System</div> <div data-bbox="371 221 1375 331"><p>Comprehensive user guide for the Sena SPIDER RT1 Motorcycle Mesh Communication System. Learn about installation, features like Mesh Intercom and Bluetooth pairing, configuration settings, and troubleshooting steps.</p></div>
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