

**Sena OUTRUSHR-GW00S3**

# **Sena Outrush R Bluetooth Modular Motorcycle Helmet User Manual**

Brand: Sena

Model: OUTRUSHR-GW00S3

## **INTRODUCTION**

The Sena Outrush R is a state-of-the-art Bluetooth modular motorcycle helmet designed for seamless integration of Sena's world-class audio Bluetooth system. This manual provides comprehensive instructions for the proper use, setup, and maintenance of your Outrush R helmet, ensuring optimal performance and safety.

The Outrush R features a sleek and versatile modular design, integrated speakers and a microphone, and smartphone pairing capabilities for music and phone calls while riding. Powered by Bluetooth 5.0, it supports 4-way Intercom for group communication and 2-way HD Intercom for enhanced audio quality with a single rider. With an impressive 900-meter (0.5 miles) intercom range and up to 12 hours of talk time, the Outrush R is built for extended rides. This helmet complies with US Federal Motor Vehicle Safety Standard 218 (FMVSS 218) (DOT FMVSS No. 218 Certified).



Figure 1: Sena Outrush R Modular Motorcycle Helmet (Gloss White)

## KEY FEATURES

- **Modular Helmet Design:** Offers flexibility with a retractable sun visor for varying riding conditions.
- **Integrated Audio System:** Speakers and a microphone are seamlessly integrated into the helmet for convenience.
- **Intuitive Controls:** Features a three-button control system located on the left side for easy access.
- **Advanced Bluetooth Intercom:** Supports 4-Way Bluetooth Intercom for communication with up to four riders, and 2-Way HD Intercom for enhanced audio quality with one other rider.
- **Extended Range & Talk Time:** Provides an intercom range of up to 900 meters (0.5 miles) and a talk time of up to 12 hours.
- **DOT Certified:** Complies with US Federal Motor Vehicle Safety Standard 218 (FMVSS 218) for safety.
- **Smart Intercom Pairing:** Enables quick pairing with other Sena devices by scanning QR codes via the Sena Utility App.

## Detailed Feature Overview



Figure 2: Visual representation of Sena Outrush R key features.

### Bluetooth Intercom System

The Outrush R's integrated Bluetooth 5.0 system allows for seamless communication. Riders can connect with up to three other Sena Bluetooth devices for 4-way intercom conversations. For direct communication with one other rider, the 2-way HD Intercom provides superior audio clarity. The system boasts a communication range of up to 900 meters (0.5 miles) in open terrain.



# FOUR-WAY INTERCOM



Figure 3: Four-way intercom capability for group rides.

# INTERCOM RANGE 900M / 0.5MI



Figure 4: Intercom range of 900 meters (0.5 miles).

## Modular Design and Visor System

The modular design allows the chin bar to be raised, offering versatility for different riding situations. The helmet also includes a retractable sun visor, providing instant glare protection without needing to change visors. The main clear visor is easily adjustable and provides clear visibility.



# ADAPT TO ALL RIDING CONDITIONS



Figure 5: Modular design adapts to various riding conditions.

## Easy Access Controls

The three-button control unit on the left side of the helmet allows for easy management of intercom, music, and phone calls, even while wearing gloves.



Figure 6: Easy access controls for intuitive operation.

### **Sena Utility App Integration**

The Sena Utility App allows users to visually adjust settings, pair with others using Smart Intercom Pairing via QR codes, and manage various functions of the helmet directly from their smartphone.



## COMMUNICATE WITH OTHER RIDERS USING GROUP INTERCOM



## BLUETOOTH PAIRING WITH YOUR PHONE FOR ON-THE-GO ACCESS

Figure 7: Manage helmet settings with the Sena Motorcycles App.

### Tech Talk: Outrush R Video

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Video 1: An overview of the Sena Outrush R helmet's features and technology, including Bluetooth 5.0, 3-button control, modular design, sun visor, 4-way Bluetooth intercom, 1:1/2-way HD Bluetooth intercom, 900m range, 12-hour talk time, device connectivity (phone calls, music, GPS), upgraded speakers, audio multi-tasking, Sena Utility App, Smart Intercom Pairing, voice prompts in 11 languages, and DOT/ECE certification.

## SETUP AND INITIAL USE

### 1. Measuring Your Head for Correct Fit

Proper helmet fit is crucial for both comfort and safety. The Sena Outrush R is designed to fit the intermediate oval head shape, which is common in most markets. Follow these steps to measure your head accurately:

1. **Use a Soft Measuring Tape:** Obtain a flexible, soft measuring tape.
2. **Position the Tape:** Wrap the tape around the widest part of your head. This is typically about one inch (2.5 cm) above your eyebrows and around the back, just above your ears.
3. **Ensure Snugness:** Keep the tape snug against your head, but do not pull it tight. It should be level all the way around.
4. **Record Measurement:** Note the measurement in either centimeters or inches. For best accuracy, it is recommended to have a friend assist you.





Figure 8: Measuring head circumference for helmet sizing.

Once you have your measurement, refer to the size chart below to find your correct helmet size:

**Sena Helmet Size Chart**

Size	Head Circumference (cm)	Head Circumference (in)
S	55 - 56	21.5 - 21.9
M	57 - 58	22.3 - 22.6
L	58 - 59	23 - 23.5
XL	60 - 61	23.9 - 24.3
XXL	62 - 63	24.6 - 25

## 2. Initial Fit Check

After receiving your helmet, try it on for 30 minutes to an hour before your first ride. This allows you to assess the fit and ensure there are no uncomfortable pressure points. The helmet should fit snugly around the crown of your head. For full-face helmets, the cheek pads should fit snugly against your cheeks, creating a "chipmunk cheek" effect. It should be slightly uncomfortable to chew gum, indicating a proper snug fit.



Figure 9: Checking the snug fit of the helmet.

### 3. Bluetooth Pairing

The Outrush R utilizes Bluetooth 5.0 for quick and efficient pairing. For Smart Intercom Pairing, simply scan the QR codes of other Sena devices using the Sena Utility App. This simplifies the process of connecting with your riding group.

## OPERATING YOUR SENA OUTRUSH R

### Controls Overview

The helmet features a user-friendly three-button control system on the left side. These buttons allow you to manage various functions without distraction while riding.

- **Power On/Off:** Press and hold the main button.
- **Volume Adjustment:** Use the '+' and '-' buttons to increase or decrease volume.
- **Intercom Activation:** Initiate or end intercom conversations with a specific button press.
- **Music Playback:** Control music (play, pause, skip tracks) directly from the helmet.
- **Phone Calls:** Answer or end calls with simple button presses.
- **Sun Visor Operation:** A dedicated switch allows for quick deployment or retraction of the internal sun visor.

### Audio Multi-Tasking

Thanks to Bluetooth 5.0, the Outrush R supports Audio Multi-Tasking. This feature allows you to have an intercom conversation while simultaneously listening to music or GPS directions from your smartphone. The audio levels are intelligently managed to ensure clear communication without completely muting background audio.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sena Outrush R helmet.

- **Cleaning the Shell:** Use a soft, damp cloth and mild soap to clean the exterior shell. Avoid abrasive cleaners or solvents.
- **Cleaning the Visors:** Clean visors with a soft cloth and warm water. For stubborn dirt, use a specialized helmet visor cleaner. Do not use harsh chemicals.
- **Liner Care:** The internal comfort liner can be removed and hand-washed with mild soap and water. Allow it to air dry completely before reinserting.
- **Electronic Components:** Keep the integrated Bluetooth unit dry. If it gets wet, allow it to air dry thoroughly before use. Do not attempt to disassemble the electronic components.
- **Storage:** Store your helmet in a cool, dry place away from direct sunlight and extreme temperatures. Use a helmet bag to protect it from scratches and dust.
- **Inspection:** Periodically inspect the helmet for any signs of damage, such as cracks in the shell, worn straps, or malfunctioning components. If any damage is found, discontinue use and contact Sena support.

## TROUBLESHOOTING

If you encounter issues with your Sena Outrush R helmet, refer to the following common troubleshooting tips:

- **No Power:** Ensure the battery is fully charged. Connect the helmet to a power source and allow it to charge for at least 2-3 hours.
- **Pairing Issues:**
  - Ensure both devices are in pairing mode.
  - Clear previous Bluetooth pairings from both devices and attempt to pair again.
  - Use the Sena Utility App's Smart Intercom Pairing feature for easier connection.
- **Poor Audio Quality:**
  - Check the volume levels on both the helmet and the connected device.
  - Ensure the microphone is properly positioned close to your mouth.
  - Verify that the speakers are correctly aligned with your ears inside the helmet.
  - Move closer to the other intercom users if experiencing range issues.
- **Buttons Unresponsive:** Perform a factory reset if buttons become unresponsive. Refer to the Sena website for specific factory reset instructions for your model.
- **Firmware Update:** Ensure your helmet's firmware is up to date using the Sena Device Manager software on your computer. Firmware updates often resolve performance issues.

For more detailed troubleshooting or persistent issues, please visit the official Sena support website or contact their customer service.

## TECHNICAL SPECIFICATIONS



Specification	Detail
Model Name	Outrush R
Item Model Number	OUTRUSHR-GW00S3
Brand	Sena
Color	Gloss White
Material	Polycarbonate ABS
Finish Type	Glossy
Shell Type	Hard
Closure Type	Chin Strap
Item Weight	5.24 pounds
Batteries	1 Lithium Polymer batteries required (included)
Intercom Range	Up to 900 meters (0.5 miles)
Talk Time	Up to 12 hours
Bluetooth Version	5.0
Certification	DOT FMVSS No. 218 Certified

## WHAT'S IN THE BOX

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

- Sena Outrush R Bluetooth Modular Motorcycle Helmet
- Integrated Bluetooth Intercom System (pre-installed)
- Charging Cable
- User Manual (this document)

## WARRANTY AND SUPPORT

Sena products are built with quality and reliability in mind. For detailed warranty information, including coverage periods and terms, please refer to the warranty card included with your product or visit the official Sena website. For technical support, frequently asked questions, firmware updates, and additional resources, please visit the Sena support portal:

[Sena Support Website](#)

Always ensure you are using official Sena accessories and parts to maintain product integrity and warranty validity.

