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› Sena M1 / M1 EVO Smart Communications Mountain Bike Helmets User Manual

Sena M1-MB00M01

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Model: M1-MB00M01

PRODUCT OVERVIEW

The Sena M1 and M1 EVO Smart Communications Mountain Bike Helmets integrate advanced communication technology directly into a protective helmet. These helmets allow riders to communicate with each other, listen to music, and make phone calls, enhancing safety and convenience during cycling activities. The M1 model features Bluetooth Intercom for up to four riders, while the M1 EVO utilizes Mesh Intercom for virtually limitless connections.



Figure 1: Sena M1 Smart Helmet, showcasing its integrated design and sleek matte black finish.

	 M1 EVO	 M1
Communication Type	Mesh	Bluetooth
Max Intercom Users	Virtually limitless	4
LED Tail Light	✓	✓
Visor	Included	Included
Speakers	Built-in	Built-in

Figure 2: Feature comparison between the Sena M1 EVO (Mesh Intercom) and M1 (Bluetooth Intercom) models, highlighting communication type, maximum intercom users, LED tail light, visor, and built-in speakers.

KEY FEATURES

- **Integrated Audio Communication System:** Allows for seamless conversation with fellow cyclists and audio playback.
- **Bluetooth Intercom (M1):** Connects up to three other riders for 4-way communication with an effective range of 900 meters / 980 yards.
- **Mesh Intercom (M1 EVO):** Supports virtually limitless connections for group communication.
- **Smartphone Connectivity:** Pairs with your smartphone for hands-free calling, music streaming, and GPS navigation.
- **Integrated Tail Light:** Enhances visibility with multiple modes (LED On, Day Flash, Night Flash, LED Off).
- **Built-in Speakers and Microphone:** Features advanced noise control for clear audio without the need for external headphones.

- **Comfortable and Secure Design:** Engineered for extended wear during cycling activities.

BUILT IN SPEAKERS AND MICROPHONE



Figure 3: Detail of the helmet's built-in speakers and microphone, designed for clear communication and audio playback.

TAILLIGHT



LED On
and Solid



Day Flash



Night Flash



LED Off



Figure 4: The integrated tail light on the Sena M1 helmet, offering various illumination modes for enhanced safety.

SETUP AND INSTALLATION

Helmet Fit and Adjustment

Ensure the helmet fits snugly and comfortably. The internal padding and strap system are adjustable to provide a secure fit. Refer to the size guide for proper head circumference measurements.

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Video 1: Sena Cycling Helmet Size Guide. This video provides instructions on how to properly size and adjust your Sena cycling helmet for optimal fit and comfort.

Charging the Helmet

Before first use, fully charge the helmet using the provided USB cable. The charging port is typically located at the rear of the helmet near the tail light. An LED indicator will show charging status.

Initial Pairing with Smartphone

1. Turn on the Sena helmet by pressing and holding the main button until the LED indicator flashes.
2. Activate Bluetooth on your smartphone.
3. Search for available Bluetooth devices and select "Sena M1" or "Sena M1 EVO" from the list.
4. Confirm pairing on your smartphone.



Figure 5: Illustration demonstrating smartphone connectivity with the Sena M1 helmet for hands-free calling and app control.

OPERATING INSTRUCTIONS

Power On/Off

- **To Power On:** Press and hold the main button for approximately 1 second.
- **To Power Off:** Press and hold the main button for approximately 5 seconds.

Using the Intercom

The Sena M1 and M1 EVO helmets offer different intercom functionalities:

- **M1 (Bluetooth Intercom):** Supports up to 4 riders. To initiate intercom, ensure all helmets are paired. Press the Intercom button once to connect to the first paired helmet, twice for the second, and so on.
- **M1 EVO (Mesh Intercom):** Allows for open group communication with virtually unlimited riders within range. Simply activate Mesh Intercom mode to join the network.

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Video 2: Helmet to Helmet communication - M1 Bluetooth Smart Mountain Bike Helmet. This video demonstrates how to establish and use helmet-to-helmet communication with the Sena M1 Bluetooth helmet.

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Video 3: Mountain Bike Helmet w/ built in Intercom - Gravel Biking with Lex. This video showcases the built-in intercom feature of the Sena mountain bike helmet during a gravel biking experience.

Music and Phone Calls

Once paired with your smartphone, you can control music playback (play, pause, skip tracks) and manage phone calls directly from the helmet's controls. Refer to the full user guide for specific button functions.

Tail Light Operation

The integrated tail light can be toggled through different modes (On, Day Flash, Night Flash, Off) by pressing the dedicated tail light button. This feature enhances rider visibility, especially in low-light conditions.

MAINTENANCE AND CARE

- **Cleaning:** Use a soft, damp cloth to clean the helmet's exterior. For internal padding, remove and hand wash with mild soap, then air dry.
- **Storage:** Store the helmet in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Life:** To prolong battery life, charge the helmet regularly, even if not in frequent use. Avoid fully discharging the battery for extended periods.
- **Firmware Updates:** Periodically check for firmware updates via the Sena Cycling App or Sena Device Manager software on your computer to ensure optimal performance and access to new features.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No Power	Low battery; Helmet not turned on correctly.	Charge the helmet fully. Press and hold the main button for 1 second to power on.
Cannot Pair with Smartphone	Bluetooth not enabled; Helmet not in pairing mode; Device too far.	Ensure Bluetooth is on. Put helmet in pairing mode (refer to full manual). Move devices closer.
Intercom Disconnects Frequently	Out of range; Obstructions; Interference.	Stay within effective range (900m for M1). Minimize physical obstructions.
Poor Audio Quality	Microphone/speaker obstruction; Wind noise; Low volume.	Check for obstructions. Adjust microphone position. Increase volume.

SPECIFICATIONS

Brand: Sena

Model Name: M1

Model Number: M1-MB00M01

Color: Matte Black

Size: Medium

Outer Material: Polycarbonate (PC)

Inner Material: Expanded Polystyrene

Item Weight: 430 Grams

Dimensions (L x W x H): 9.45 x 7.09 x 5.91 inches

Special Feature: Bluetooth Communication

Recommended Uses: Cycling

UPC: 885465014508

Warranty and Support

The Sena M1 / M1 EVO Smart Communications Mountain Bike Helmets come with a **2-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. For detailed warranty information, technical support, or service requests, please visit the official Sena website or refer to the comprehensive User Guide PDF:

Download Full User Guide (PDF)

You can also find more information and support resources on the [Sena Store on Amazon](#).

Ask a Question About This Manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question