

Holoswim 2 PRO

Holoswim 2PRO Smart Swimming Goggles User Manual

1. INTRODUCTION AND OVERVIEW

The Holoswim 2PRO Smart Swimming Goggles are designed to enhance your swimming experience with advanced technology. These goggles provide real-time data monitoring directly in your field of vision, eliminating the need to stop and check external devices. They feature AI-powered data analysis, advanced anti-fog technology, and robust waterproofing, making them suitable for both pool and open water environments.

Key features include:

- **Real-time Data Detection:** Utilizes holographic resin optical waveguide technology and an AR optical module to display swim time, speed, distance, and laps directly in front of your eyes. No subscription is required for this feature.
- **AI Data Analysis:** Equipped with IMU sensors to intelligently identify strokes and record segmented data. The Holosport APP synchronizes data and analyzes 12 metrics, including swim length, distance, speed, heart rate, stroke rate, and SWOLF score, to help optimize your training.
- **Optical Waveguide Technology and TUV Anti-fog Certification:** Ensures high-definition viewing and resistance to seawater corrosion. The lenses maintain clarity even after extensive use.
- **IPX8 Waterproof Rating:** Provides excellent water resistance for various aquatic activities.
- **Open Water Swimming Support:** Connects with Apple Watch or Garmin Watch to track distance, time, and heart rate in open water, enhancing safety and performance monitoring.

2. SETUP

2.1 Unboxing and Components

Upon opening the package, ensure all components are present:

- Holoswim Smart Swimming Goggles (1 unit)

- Magnetic Charging Cable (1 unit)
- Protective Case (1 unit)
- Interchangeable Nose Bridges (9 units)

Swim Smarter with AI Data Tracking and Analysis



Image: Holoswim 2PRO Smart Swimming Goggles and included accessories, including the magnetic charging cable, protective case, and multiple nose bridges.

12 Swimming Data and Analysis

Supports viewing of historical data for times, weeks, months and years

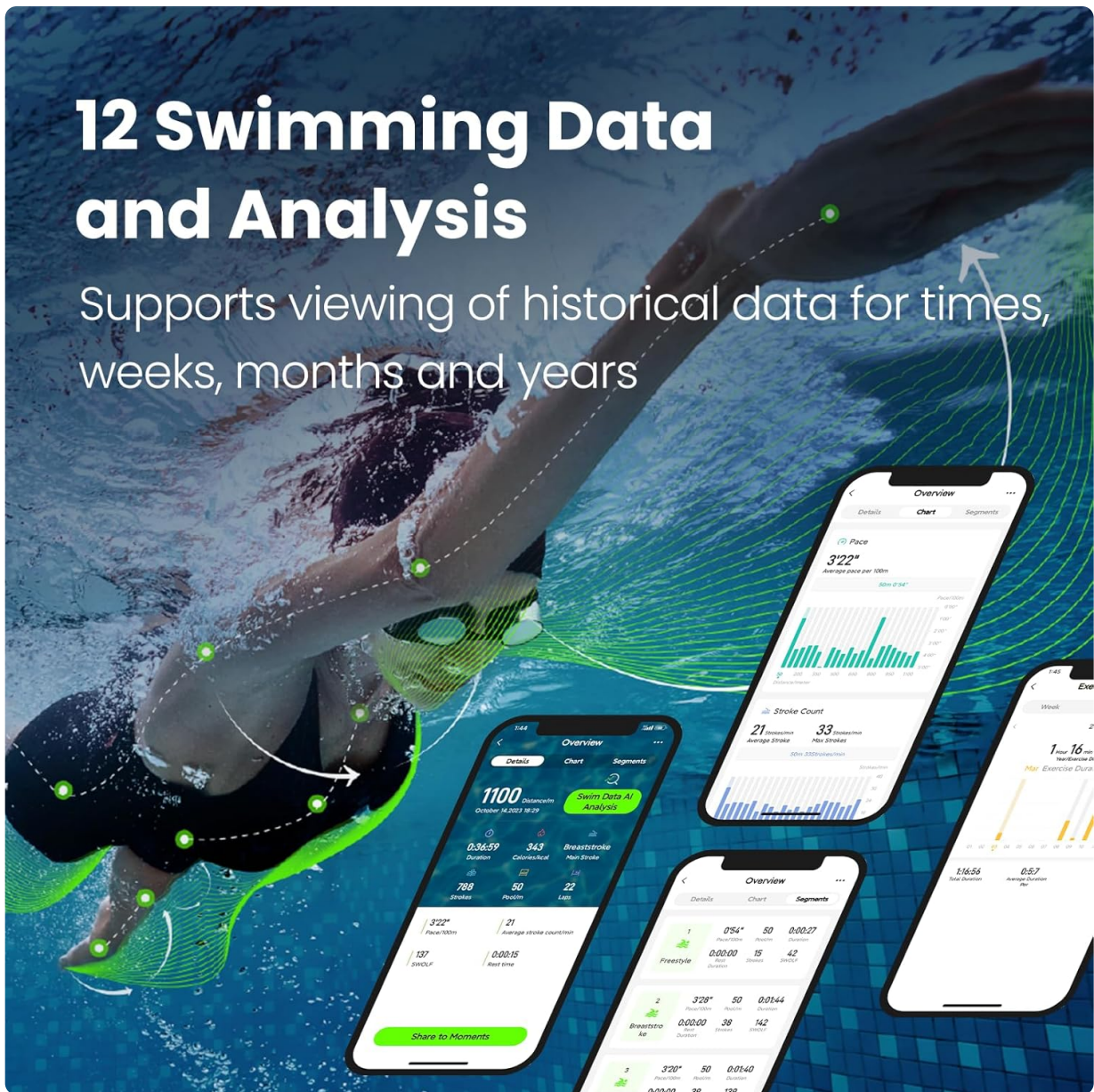


Image: A close-up view of the Holoswim 2PRO Smart Swimming Goggles, highlighting the interchangeable nose bridges for a customized fit.

2.2 Adjusting the Goggles

Select the appropriate nose bridge from the 9 included options to ensure a comfortable and secure fit. The nose bridges are designed for quick and easy interchangeability. Adjust the silicone strap for a snug fit around your head, preventing water leakage without causing discomfort.

2.3 App Installation and Pairing

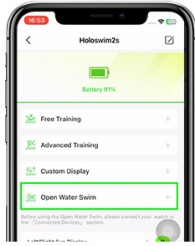
To utilize the full features of your Holoswim 2PRO goggles, download and install the Holoport app on your smartphone. The app is available for both iOS and Android devices.

2.3.1 Pairing with Garmin Watch

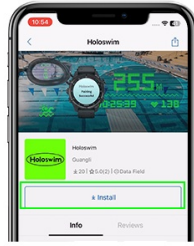
1. Ensure your Holoswim goggles are charged and powered on.
2. Open the Holoport app on your smartphone.
3. Navigate to the device pairing section within the app.
4. The Holoswim plugin is found in the Garmin Connect IQ app. Install it.
5. Configure the connection between your Garmin watch and the goggles.
6. Enable open water mode in the goggles and on your Garmin watch.

7. Begin using after successful pairing.

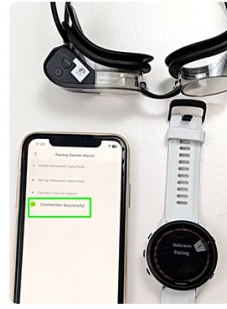
Prima configurazione



Aggiornamento firmware degli occhialini disponibile nell'app Holoswim (non un aggiornamento dell'app stessa)



Il plugin Holoswim si trova nell'app Garmin Connect IQ



Configura la connessione tra il tuo orologio e gli occhialini

Usa la guida

Abilita la modalità acque libere negli occhialini



Abilita la modalità acque libere nell'orologio



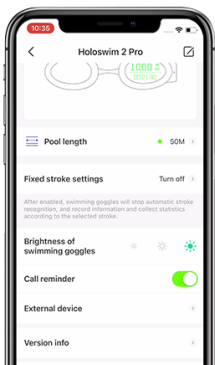
Inizia ad usarli dopo l'accoppiamento

Image: Visual guide detailing the steps to pair Holoswim goggles with a Garmin device, showing app interfaces and connection prompts.

2.3.2 Pairing with Apple Watch

1. Before setup, ensure the Holosport app is installed and the goggles are connected to the app.
2. Open your phone's settings and find "Health". Activate all data sources for the Holosport app.
3. Open the Apple Watch app on your phone and install Holosport. Wait a few minutes for installation to complete.
4. Open the Holosport app. Press "External Device" then "Apple Watch +".
5. Activate location services.
6. Return to the connection settings page in the Holosport app and click "Complete".
7. To use, select "Open Water Swim" mode in the Holoswim goggles.
8. Open the Holosport app on your Apple Watch and press "Open Water Swim", then press "start".
9. To pause, long-press the settings button. Two icons will appear: Pause and Exit.

Prima configurazione



Prima di iniziare la configurazione, assicurati di aver installato l'APP Holosport e di aver collegato gli occhialini da nuoto all'APP

Apri l'app Holosport
→ Premi "Dispositivo esterno"
→ Premi Apple Watch "+"



Attiva i servizi di localizzazione



Apri le Impostazioni sul tuo telefono e

trova "Salute"

→ Attiva tutte le fonti delle app
Holosport



Apri l'app Apple Watch sul tuo
telefono

→ Installa Holosport

→ Attendi qualche minuto per il
completamento dell'installazione



Torna alla pagina delle impostazioni
di connessione nell'app Holosport e
fai clic sul pulsante "Completamento"

Guida all'uso

Seleziona la modalità "Nuoto in
acque libere" sugli occhialini da
nuoto Holoswim



Apri l'app Holosport sull'Apple Watch e
premi "Open Water Swim", quindi
premi il pulsante "Start"



Se vuoi fare una pausa, premi a lungo
il pulsante Impostazioni. Ci sono 2
icone da selezionare: Pausa ed Esci

Image: Visual guide detailing the steps to set up Holoswim goggles with an Apple Watch, showing app interfaces and health permissions.

3. OPERATING INSTRUCTIONS

3.1 Real-time Data Display

The Holoswim 2PRO goggles project real-time swimming metrics directly onto the lens, allowing you to monitor your performance without interrupting your swim. Data such as distance, time, and speed are visible through the AR display.



Image: Holoswim 2PRO Smart Swimming Goggles displaying real-time data on the lens, alongside a smartphone app showing detailed swimming analytics and AI data analysis options.

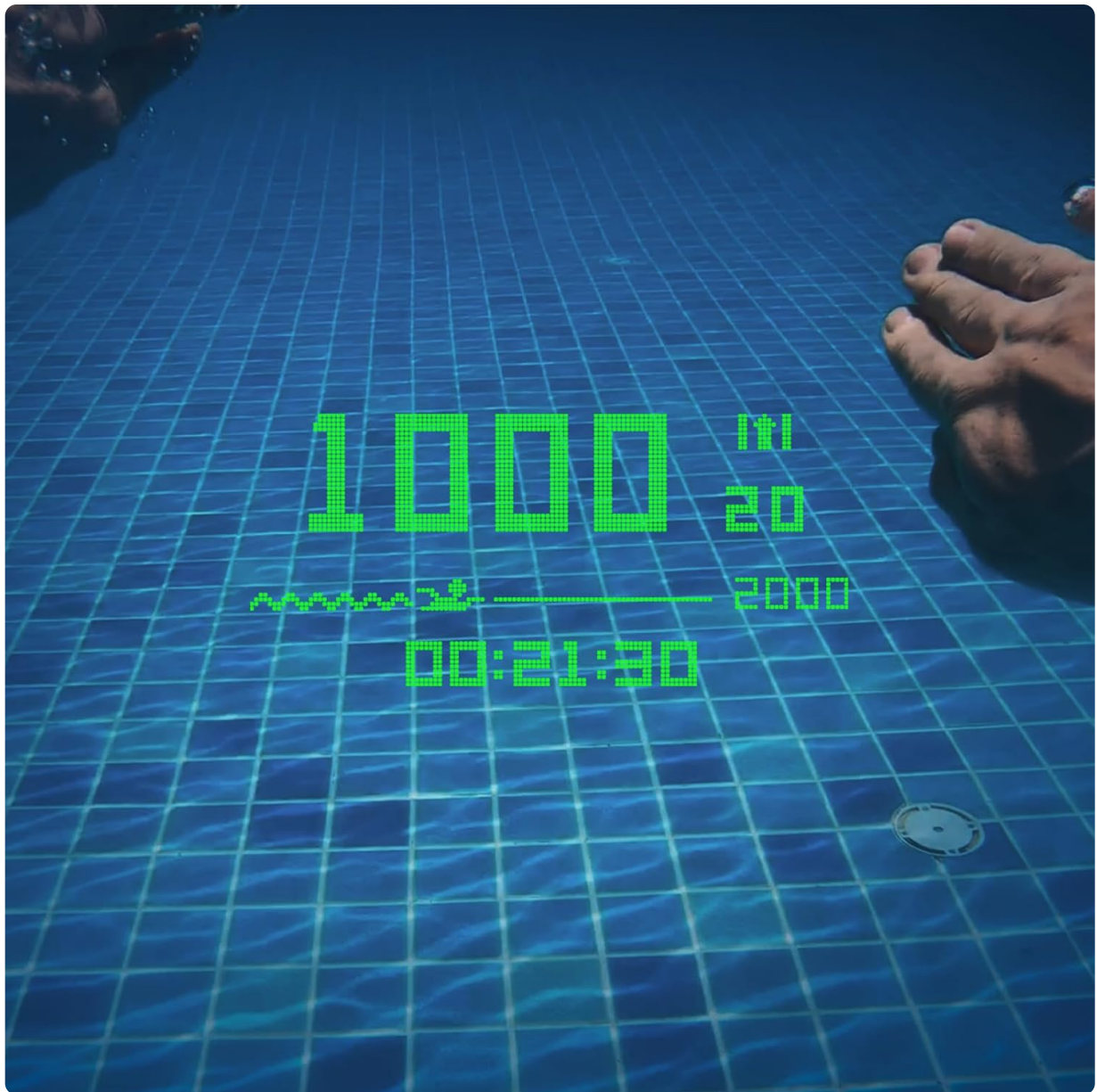


Image: An underwater perspective showcasing the augmented reality display of the Holoswim 2PRO goggles, projecting '1000m' and '00:21:30' directly onto the pool floor for real-time tracking.

3.2 AI Data Analysis

The Holosport app provides comprehensive AI-powered analysis of your swimming data. After each swim, synchronize your goggles with the app to review detailed metrics, identify stroke patterns, and gain insights to improve your technique and performance.

12 Swimming Data and Analysis

Supports viewing of historical data for times, weeks, months and years

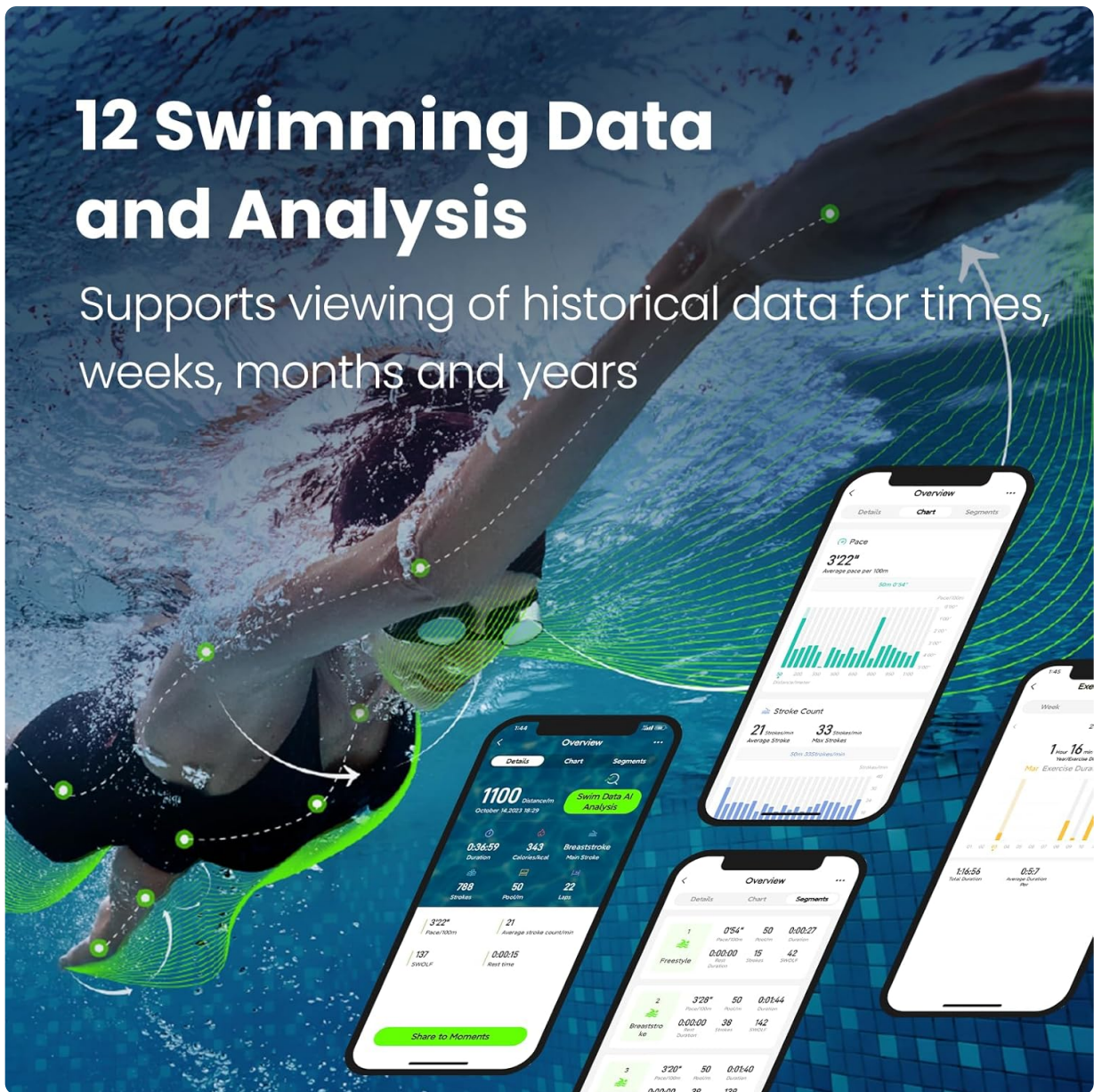


Image: A swimmer in the pool, with a smartphone screen overlaid showing detailed swimming data analysis from the HoloSport app, including pace, distance, and stroke frequency.

High Data Accuracy

Combined with self-developed algorithms, the data **accuracy ≥ 97%**



Image: A swimmer performing a freestyle stroke, accompanied by a graphic illustrating the high data accuracy and algorithm recognition capabilities of the Holoswim 2PRO for various swimming metrics.

3.3 Training Plans

The Holosport app offers built-in training plans tailored for various goals, including fitness, daily practice, speed training, and rehabilitation. Select a plan with a single click and synchronize it with your goggles for guided workouts.

FitWing™

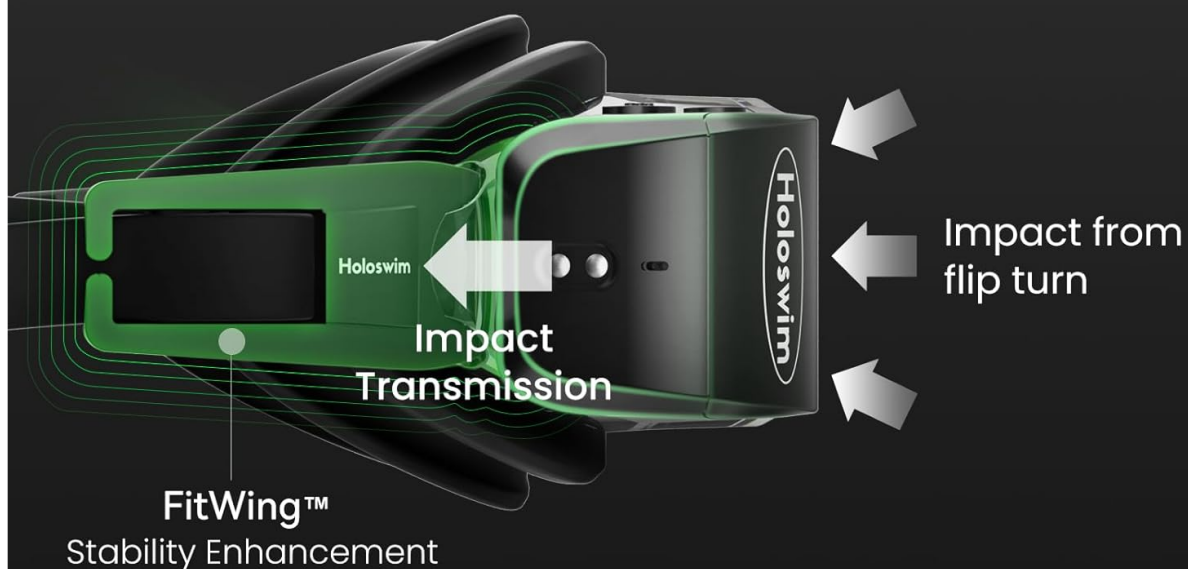


Image: A collage of four images illustrating different built-in training plans available through the Holoswim goggles: fitness and fat loss, daily practice, speed training, and rehabilitation training.

3.4 Open Water Mode

For open water swimming, connect your Holoswim 2PRO goggles to a compatible Apple Watch or Garmin Watch. This enables GPS tracking to monitor your distance, time, and heart rate in natural bodies of water, providing an added layer of safety and performance data.

Built-in Training Plans

One-click selection



Fitness and fat loss



Daily practice



Speed training



Rehabilitation training

Image: A swimmer in open water wearing Holoswim goggles and a smartwatch, illustrating the open water tracking capabilities and connectivity with external devices.

4. MAINTENANCE

4.1 Cleaning and Storage

After each use, remove the goggles from the water and air dry them completely. Avoid wiping the inner surface of the lenses to preserve the anti-fog coating. Store the goggles in their protective case to prevent scratches and damage.

Remain High Anti-fog Performance Even after 1,000+ Wipes

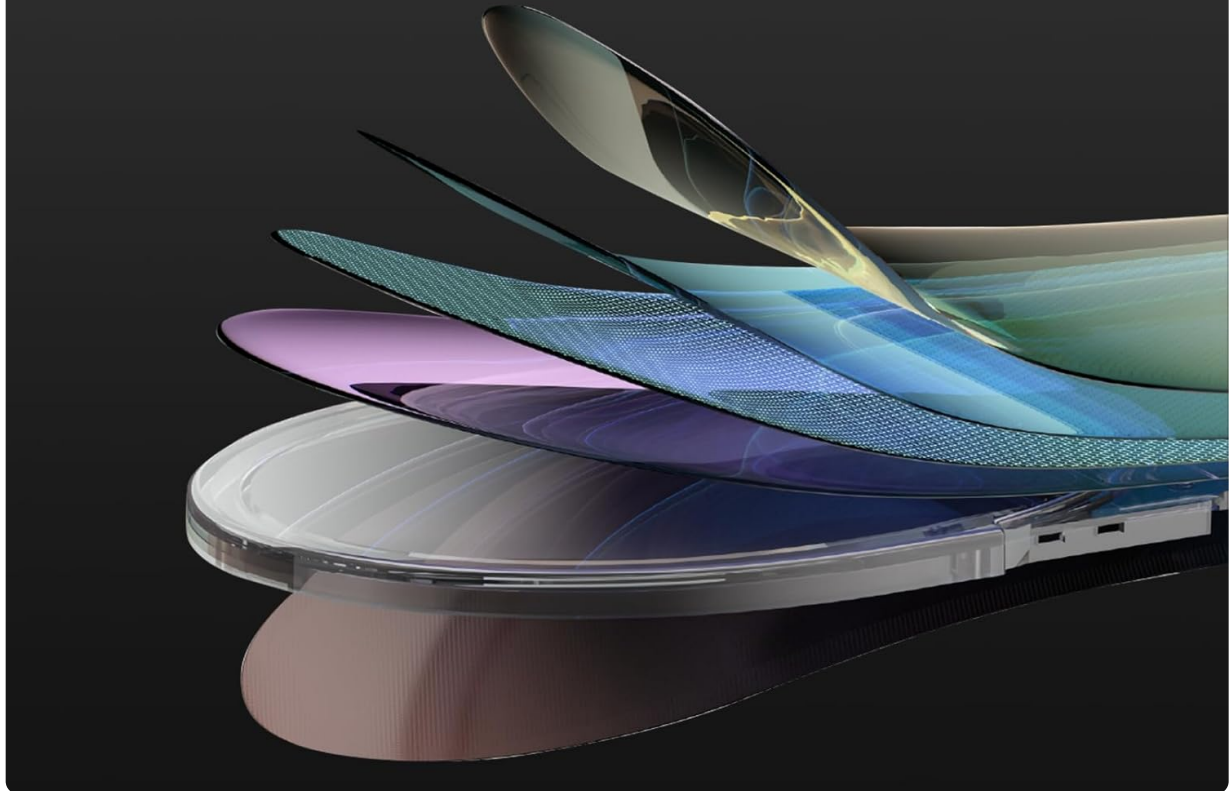


Image: An exploded view of the Holoswim goggle lens layers, illustrating the multi-layer anti-fog technology designed to maintain high performance even after over 1,000 wipes.

5. TROUBLESHOOTING

If you encounter any issues with your Holoswim 2PRO Smart Swimming Goggles, please refer to the following general troubleshooting tips:

- **No Display/Power:** Ensure the goggles are fully charged using the magnetic charging cable.
- **Connection Issues:** Verify Bluetooth is enabled on your smartphone and watch. Ensure the Holosport app is updated to the latest version. Try restarting both the goggles and your connected devices.
- **Inaccurate Data:** Confirm that the goggles are properly fitted and the pool length setting in the app is correct. For open water, ensure a stable connection to your Apple Watch or Garmin Watch and clear GPS signal.
- **Fogging:** While the goggles feature advanced anti-fog technology, prolonged use or improper cleaning can affect performance. Rinse gently with clean water and air dry. Avoid rubbing the inner lens surface.

For persistent issues, please contact customer support.

6. SPECIFICATIONS

Feature	Detail
Model Number	2 PRO
Dimensions	15 x 5 x 5 cm
Weight	90 grams
Battery Type	Lithium Polymer (1 required, included)
Water Resistance Level	IPX8 (Waterproof)
Connectivity	Bluetooth
Compatible Devices	Smartphones, Apple Watch, Garmin Watch
Display Size	2 Inches
Material	Plastic
Anti-fog Technology	TUV Certified Nano Anti-fog
Country of Origin	China

Holoswim Smart Goggles

Linea di prodotti

		
Nome del prodotto	Holoswim 2 Pro	Holoswim 2s
Posizionamento del prodotto	Edizione professionale	Edizione standard
Stabilità	☆☆☆☆☆	☆☆☆☆
Piano di allenamento personalizzato	✓	✓
FitWing™	✓	✗
Eye-Stabilizer	✓	✗
Piano di allenamento professionale	✓	✗
Ponti nasali	9	4
Prestazioni anti appannamento	Certificato resistente allo sfregamento Anti-Fog by TÜV Rheinland	Resistente allo sfregamento Anti appannamento

Image: A comparison table outlining the features and differences between the Holoswim 2 Pro (Professional Edition) and Holoswim 2s (Standard Edition) models.

7. WARRANTY AND SUPPORT

7.1 Product Warranty

The Holoswim 2PRO Smart Swimming Goggles come with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

7.2 Returns and Refunds

If you wish to return a product within 30 days of receipt due to a change of mind, please consult the retailer's help page for their return policy. If you have received a defective or damaged product, please consult the retailer's help page for information on how to proceed. For specific information on purchases made on a marketplace, refer to the marketplace's help page.

7.3 Customer Support

For technical assistance, warranty claims, or any other inquiries, please contact Holoswim customer support:

- **Email:** service2@holoswim.com