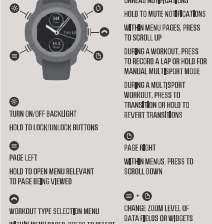
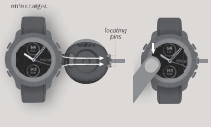


product warnings and other important information.
Always consult your physician before you begin or modify any exercise program.

LINKED MULTICOMPUTING



Before use, it is recommended to fully charge the device. Plug included USB charging cable into the bottom of the device or a USB wall charger. Insert ELEMENT H into the right side and push down on left side to lock.



Hold top-left button on
ELEMENT RIVAL.



COMPLETE SETUP

In the ELEMMT Companion App navigate to the **PROFILE** tab to finish set up, authorize other apps, customize power and heart zones.

NOTICE

To get the best experience using your ELEMMT PEDAL, keep the watch connected to your mobile phone. As new software is available, the ELEMMT Companion App will automatically download and update your device.

To ensure best quality heart rate readings, wear the watch away from the wrist bone and tighten the strap such that the watch should not move on your arm.



3. **ACTIVATE THE SENSOR AND HOLD NEXT TO ELEMENTAL**

Press middle right button to enter workout profile menu and choose workout of choice.



3. START WORKOUT
Press the middle right button to start your workout.

1. PAUSE A WORKOUT
During a workout at any time press the middle right button to pause your workout.

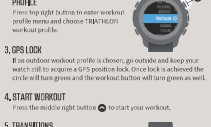


and confirm your selection by selecting "STOP". Workout will be saved automatically unless it was a very short workout; in this case ELEMENT 00A will ask if you would like to save the workout.

4. RETURN TO WORKOUT

If you do not want to stop your workout and would like to return to your workout, press the bottom left button to select "CANCEL" and follow step 2.

2. SELECT TRIATHLON WORKOUT



however, if a manual transition is required, press the top right button to transition to the next leg.

Your ELEMINT NPWL is capable of undoing transitions during a timeline *as well as* ending workouts as the ELEMINT Companion App after syncing the previous. For these details please refer to the detailed [instructions](#) available on our website.

FULL FEATURE DETAILS AND INSTRUCTIONS

Tutorials are available on the SETTINGS tab of the ELEMINT

Consulte siempre a su médico antes de empezar o modificar cualquier programa de ejercicios.

VER DESCRIPCIÓN GENERAL. Actíve el teléfono para la configuración.
 1 Encienda/apague retroiluminación 2 Mantener pulsado para

[illegible][illegible]

ENTRENAMIENTO DE TROTFLON 1. VE A LA PÁGINA DE ENTRENAMIENTO. Pulsa el botón inferior derecho para acceder a la página de entrenamiento. 2. SELECCIÓN DEL PROGRAMA. Pulsa sobre el botón superior izquierdo para seleccionar el programa deseado.

[illegible][illegible]

Maintenez enfoncé le bouton en haut à gauche de votre ÉLÉMENT 5 (N° 4). SCANNER LE CODE QR POUR LAISSER DE VOTRE TÉLÉPHONE. Si le code QR n'est pas à l'échelle, accédez au Menu « Système » -> Associer téléphones. N° 5. SE FERE LES MESSAGES CONTEXTUELS POUR CONFIGURER VOTRE ÉLÉMENT 5 (N° 6). 6. TERMINER LA CONFIGURATION. Dans l'application ÉLÉMENT, l'extension, sauvegardez jusqu'à l'onglet PROTECTOR pour sauvegarder les configurations et l'extension de votre application, ou dans le cas contraire, appuyez sur le bouton en haut à gauche de votre ÉLÉMENT 5 (N° 4).

[illegible][illegible]

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement.

IC warning statements:

-English Warning Statement:

"This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device."

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

-French Warning Statement:

“Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment and meets RSS-102 of the IC radio frequency (RF) Exposure rules. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR). Cet équipement est conforme aux limites d'exposition aux rayonnements énoncées pour un environnement non contrôlé et respecte les règles d'exposition aux fréquences radioélectriques (RF) CNR-102 de l'IC. Cet équipement émet une énergie RF très faible qui est considérée conforme sans évaluation du débit d'absorption spécifique (DAS).