

You can synchronize ALA COACH+ App with *Bluetooth®* Smart (*Bluetooth* 4.0/BT 4.0) connection program. This Foot Pod (GS002BLE) enables you to track your speed, steps, and distance in App while running or walking indoor and outdoor.

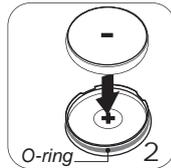
## Assemble and Replace Battery

Foot Pod for the first time use, and replace the battery for installation, please follow below steps.

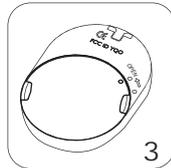
Step 1: Using two fingers to twist the battery cover counter-clockwise to OPEN to remove the cover.



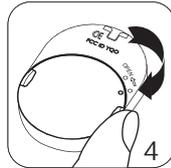
Step 2: Place the battery (type: CR2032) into the cover with positive (+) side facing the inside of the cover. Make sure the O-ring is on the cover to ensure water resistance.



Step 3: Replace the battery cover. (the cover dot is aligned with OPEN).



Step 4: Using thumb to twist the cover clockwise back into place. (the cover dot points to LOCK).



## Pair with ALA COACH+ App

This Foot Pod (GS002BLE) is a *Bluetooth®* Smart device, compatible and applicable with

- iPhone 4S / iPhone 5
- The New iPad / iPad 4 / iPad mini
- iPod Touch 5



ALA COACH+ APP



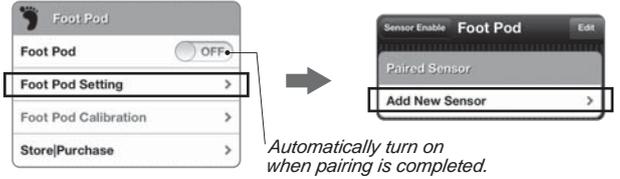
You can synchronize ALA COACH+ App with *Bluetooth®* Smart (*Bluetooth* 4.0/BT4.0) connection program.

ALA COACH+ App can be downloaded in the Apple App Store. After installing the App, follow the instructions to complete pairing:

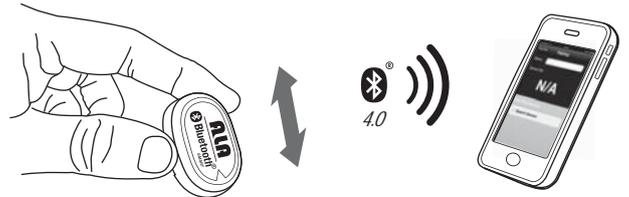
1. Turn on the **Bluetooth®** Setting.



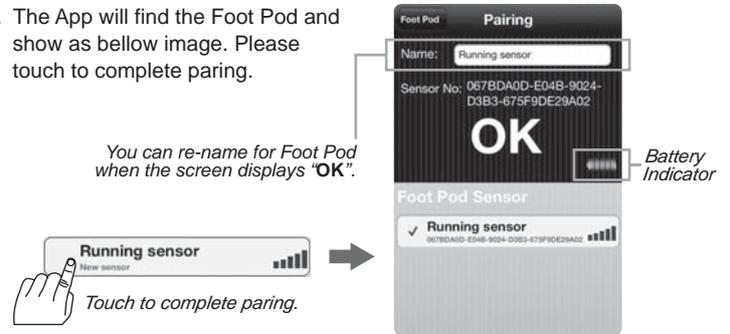
2. Open your **ALA COACH+ App** and go to **Setting > My Sensors > Foot Pod > Foot Pod Setting > Add New Sensor**.



3. Shake Foot Pod up and down at regular rhythm until App search the sensor and bring Foot Pod within range 10 cm of your smartphone. Please move away 20 meters from other *Bluetooth®* sensors while the App is trying to pair with your Foot Pod.



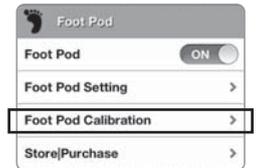
4. The App will find the Foot Pod and show as bellow image. Please touch to complete pairing.



## Calibrate GS002BLE in ALA COACH+ App

You can improve the accuracy by calibrating Foot Pod to your typical and natural running or walking style.

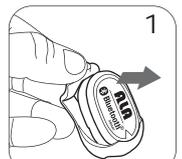
Calibrating your Foot Pod is optional and please follow these steps: **ALA COACH+ App > Setting > My Sensors > Foot Pod > Foot Pod Calibration**.



1. Run or walk a specific distance with steady steps during calibrating. You must run or walk at least 400 meters. For optimum calibration to your step, we recommend running or walking at least 800 meters.
2. Even after calibrating, the accuracy of the distance measurements may vary depending on gait, running surface, and incline, etc.

## Attach Foot Pod on Shoelaces

1. Pressing the tab on the fixing bracket to lift and separate Foot Pod from the fixing bracket.
2. Thread the fixing bracket through two secure sections of your shoelaces and then securely tie your shoelaces.



## Trouble Shooting

3. Attach the Foot Pod into the fixing bracket with Logo side facing outward.



4. Fasten Foot Pod into the fixing bracket with a buckle.  
Make sure the Foot Pod does not move during your workout. The more secure Foot Pod, the more accurately pace is measured.



- Bluetooth® is a registered trademark of Bluetooth SIG Inc.
- iPhone is a registered trademark of Apple Inc.
- App store is a service mark of Apple Inc.

Why can't I connect the Foot Pod in App?

1. Please download and use ALA COACH+ App.
2. Please make sure the **Bluetooth®** Setting and GS002BLE Sensor in your ALA COACH+ App have been turned on.
3. GS002BLE will turn into sleep mode around one minute without connecting with App. Please walk or run for about 20 steps to wake GS002BLE for connection if not connected will go sleep mode again.
4. Keep the transmission distance between GS002BLE and your smartphone is within 2 meters.
5. Check the battery. If exhausted, please replace the battery.

### Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

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.

**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.

### FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### CAUTION

**RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.  
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.**