

» TAKE THE START

As soon as it detects heartbeat, your FxSwim starts transmitting heart rate data and the timer starts.

• To take the start:

- **Turn on and place your Tx H2O Pro transmitter on the starting block.**

- **Place yourself on the starting block and wait at least 10 seconds in this zone** (initial break time before the start).

- **Then take the start:** as soon as you leave the detection field of the Tx H2O Pro transmitter, the break time is recorded. The swim session begins.

- **A break time is detected when the swimmer remains at least 10 seconds in a transmitter detection field.** As soon as the swimmer stops the break, the recording resumes. When crossing the next transmitter, the lap time and the previous break time will be recorded and sent via Bluetooth.

During the training, you will receive data timing each time the swimmer crosses a transmitter field and heartbeat data every 5 seconds via Bluetooth on your mobile device. This data is automatically saved on your MyFreelap app.

» TURN OFF YOUR FX SWIM & SWIM BELT

To stop your FxSwim, **press the central button for 2 seconds** (the device flashes slowly 2 times). Then, **remove your Swim Belt** to stop sending the heart rate.

» DOWNLOAD THE DETAILED DATA (CHART)

To access the detailed chart you must:

• **Turn off your FxSwim and remove your Swim Belt.**

• Then, **press 3 short presses on the central button of your FxSwim.** From your mobile device, go to the training session and click on **"Download"** and then on the **"Chart"** tab.

3 FURTHER INFORMATION

» THE ID OF YOUR TRANSPONDER

Each transponder has a **unique ID, which makes it possible to time several swimmers simultaneously.**

The ID (2 letters - 4 digits) is **written on the front of your device.**



» UPDATE AND SETTINGS

• **To update your Freelap device: Go to Freelap Device Manager app from your mobile device** (free download, see corresponding user manual).

• Freelap Device Manager also allows you to **view information about your device and change the settings.**

» BATTERY AND BATTERY LIFE

• **FXSWIM :**

Your FxSwim is powered by a **CR 2032 battery (battery included) with a battery life of 400 hours.**

> **Low Battery Indicator:** When the battery becomes low, your FxSwim will flash rapidly for 5 seconds.

> **To change the battery:** Carefully remove the black cap on the back of the device. Remove the old battery and insert a new CR 2032 battery. Carefully put back the black cap.

• **SWIM BELT :**

Your Swim Belt has a **CR 1632 battery, with a battery life of 4'000 hours.**

» MEMORY

Your FxSwim has a **memory of 48h of training.** This means that you can record data up to 48h of training (in a row).

» TECHNICAL SHEET

> **SWIM BELT :**

- **Dimensions:** 275 x 38 x 7 mm
- **Weight:** 30g
- **Technology:** Low frequency radio waves
- **Compatibility:** Swim Vest, FxSwim, Tx H2O Pro
- **Accuracy:** Detects all heartbeats
- **Detection distance:** 50cm (the Swim Belt is placed on the swimmer's chest, maintained perfectly by the Swim Vest)
- **Battery:** CR 1632 / 4'000h of training (5 years battery life)
- **Water resistance:** 5ATM
- **Operating temperatures:** -20°C to +50°C

> **FXSWIM :**

- **Dimensions:** 52 x 43 x 10 mm
- **Weight:** 20g
- **Technology:** Bluetooth smart (BLE)
- **Data:** Lap Time (LAP) / Rest Time (Break) / Heart Rate (HR)
- **Compatibility:** Swim Belt, Swim Vest, Tx H2O Pro
- **Accuracy:** Time: 2/100 of a second / heart rate: R-R
- **Memory:** 48 hours of training
- **Battery:** CR 2032
- **Battery life:** 400 hours (+ low battery indicator)
- **Water resistance:** 5ATM
- **Operating temperatures:** -20°C to +50°C

> **SWIM VEST :**

- **Sizes:** Available in 4 sizes: XS, S, M and L (please refer to size guide : <http://www.freelap.ch/product/swim-vest/#size-guide>)
- **Weight:** 10g
- **Materials:** Nylon + Spandex

» TECHNICAL SUPPORT

Our FAQ (Frequently Asked Questions), as well as other manuals and user guides, can be found on our website at:
<http://www.freelap.ch/support/>



If you cannot find the answers to your questions, please contact your Freelap dealer. Find the list of Freelap dealers at:
<http://www.freelap.ch/freelap-contact/>

» AFTER-SALES SERVICE & WARRANTY

Your Swim Belt, FxSwim and Swim Vest are **guaranteed 2 years.** If you have any questions or if you need assistance with your devices, please contact your Freelap dealer.



www.freelap.ch

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freelap[®]
freedom of timing

SWIM BELT - FXSWIM

HEART RATE BELT
& BLUETOOTH TRANSMITTER
SPECIALLY MADE FOR SWIMMING.

INSTRUCTION FOR USE

Congratulations on the purchase of your Swim Belt, FxSwim, and Swim Vest!
These devices have been designed to be convenient and simple to use. In this guide you will find all the information about how they work.

1 OVERALL FUNCTIONING

» FREELAP SYSTEM

Freelap is an innovative **automatic timing system made for training**. Freelap technology is based on the emission and detection of electromagnetic fields. The electronic timing system consists mainly of 3 elements:

- **Heart rate belt (Swim Belt):** worn by the swimmer, it measures all the heartbeats throughout the training.
- **Transmitters (Tx H2O Pro):** Freelap transmitters are placed and emit electromagnetic fields.
- **Transponder (FxSwim):** worn by the swimmer, the transponder detects the pulses of electromagnetic fields and measures time intervals between each transmitter.

Your Freelap products are used in combination with the **MyFreelap app** (available for free, download from App Store and Google Play Store). This app allows you to view your results live and store your data. Data can also be checked on a computer via your myfreelap.com account.

» YOUR SWIM BELT

The Swim Belt is the Freelap belt for measuring heart rate, specially made for swimming.



Thanks to its electrodes, this belt makes it possible to **measure all the pulsations of the swimmer's heart throughout the training**. Data is transmitted via low frequencies to the swimmer's FxSwim transponder. The belt is adjustable to ensure you an optimal comfort.

» YOUR FXSWIM

The FxSwim is the **Freelap transponder with Bluetooth Smart technology, specially designed for swimming**.

It lets you record and live view, your heart rate, as well as your timing data, throughout the training.



Once attached to the athlete, it:

- **Continuously receives heart rate data collected by your Swim Belt and transmits them instantly via Bluetooth to your mobile device.**
- **Automatically detects transmitters crossed, saves all timing data and instantly transmits them via Bluetooth to your mobile device.**

Thus, **as soon as the swimmer crosses a transmitter, timing and the heart rate data (average over the last 5 seconds) are displayed live**. You can also view live heart rate every 5 seconds. Finally, once the workout is finished, you can consult the **detailed chart** containing all the lap times, the rest times, as well as all the heartbeats (R-R).

» YOUR SWIM VEST

The Swim Vest is essential, **it maintains your Swim Belt and your FxSwim in the right position** (thanks to its small pocket on the back).



» FREELAP SYSTEM CAN BE USED BY :

- **The coach:** who receives the data live on his mobile device at the edge of the pool, and can also consult them once the training is over. Each FxSwim has a unique ID, which lets you time and receive data from multiple swimmers simultaneously.

- **The swimmer himself:** who can use a connected watch (Wear OS, WatchOS, Tizen). Using a Bluetooth headset, he can receive and hear data throughout his training (Apple Watch compatible).

!/ \ PARTICULAR CASE : THE "BACK" SWIMMING

When performing the "back" style, the FxSwim is **totally immersed in the water**. Bluetooth transmission cannot be performed correctly. Timing data is stored in the memory of the FxSwim and can be downloaded after the training.

2 USE OF YOUR FREELAP PRODUCTS

» PREREQUISITES

Your FxSwim, Swim Belt, and Swim Vest are part of the Freelap system. In order to make it work you must **place the Freelap transmitter(s) on the starting block(s) and use the MyFreelap app** (consult the corresponding user manuals for more details).

An internet connection is not necessary because the Freelap system also works offline. However, you must **activate the Bluetooth function** on your mobile device (so that your transponder can send the timing data to your mobile device).

Compatible mobile devices:

- iOS: iPhone 5 and higher, with iOS 11 or higher.
- Android: with Bluetooth 4.0 and Android 5.0 or higher.

» TURN ON YOUR SWIM BELT

The Swim Belt does not have any buttons. **It turns on automatically when the electrodes are in contact with the skin. It turns off automatically when it is no longer in contact with the skin.**

» ATTACH THE SWIM BELT TO THE SWIMMER

• **Humidify the electrodes of the Swim Belt.**
• **Hook one side of the Swim Belt to one side of the elastic band.** To do this, insert the plastic hook on the end of your Swim Belt into the hole at the end of your elastic band.

• **Place the Swim Belt on your skin (Freelap logo facing out), just below your chest.** Then hook the other end of the Swim Belt to your elastic band.



• **Adjust the elastic band** so that it is perfectly placed on your skin, tight enough to stay in place.

» TURN ON YOUR FXSWIM

To switch on your FxSwim:

- **Press the central button for 2 seconds** (the device flashes twice quickly to signal that the device is switched on).
- **If the LED flashes rapidly for 5 seconds, it indicates that the battery is low.**

» DETECTING YOUR SWIM BELT BY YOUR FXSWIM

So that your transponder can receive the data collected by your heart rate belt you just have to **turn on your FxSwim** :

- Your FxSwim flashes twice every 3 seconds (scanning) to **detect heartbeats**.

- The detection lasts 1 minute maximum. **If the FxSwim does not detect heartbeats after 1 minute, it turns off (2 slow flashes)**. Check that the Swim Belt is not turned off or incorrectly positioned.

- A flash every 5 seconds indicates the sending of the value of the average heart rate of the last 5 seconds.

» ATTACH THE FXSWIM TO THE SWIMMER (USING YOUR SWIM VEST)

Your FxSwim **must be attached to the swimmer using your Swim Vest** as follows:

• **Put on your Swim Vest over your Swim Belt** (the small pocket must be on your back).

• **Place your FxSwim in the small pocket on the back of your Swim Vest**, specially designed for this purpose. **Close the pocket with the snap button.**

• The FxSwim must be **placed horizontally, facing outwards**.



!/ \ **Attaching the transponder, the heart rate belt and the swim vest to any other location or position may result in inaccuracies or non-detection.**