

## HOW DOES IT WORK ?

Freelap® timing system is based on the emission and detection of electromagnetic fields and consists mainly of three elements:



### TRANSMITTERS

Placed at the edge of the swim lane, they emit electromagnetic fields.



### CHIP

Worn by the swimmer, it detects the pulses of electromagnetic fields as the swimmer passes the transmitters, and measures time intervals between each transmitter.



### MYFREELAP APP

When the swimmer passes a transmitter, the timing data is automatically recorded and instantly transmitted via Bluetooth to your mobile device via MyFreelap app. Data can also be synchronized, checked and exported on a computer via your myfreelap.com account.

## 01. CREATE YOUR MYFREELAP ACCOUNT

### DOWNLOAD



Download MyFreelap app on your mobile device.

### CREATE ACCOUNT



Click on "Register", follow the process to create your account and log in.



### DONE !

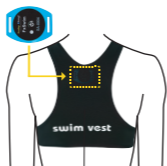
Your app is now ready to go!

## 02. PUT ON THE SWIM BELT



- ▶ Humidify the electrodes of the Swim Belt.
- ▶ Place it on your skin (Freelap logo facing out), just below your chest. Then adjust the elastic band.
- ▶ It turns on automatically when the electrodes are in contact with the skin and turns off when it is not.

## 03. TURN ON & ATTACH THE FXSWIM



- ▶ Put on the Swim Vest over the Swim Belt (pocket on the back)
- ▶ Turn on the FxSwim: Press the central button for 2s.
- ▶ Place the FxSwim in the small pocket on the back of the Swim Vest. Close the pocket with the snap button. The FxSwim must be placed horizontally, facing outwards.

## 04. PLACE YOUR TRANSMITTERS

### TX H2O PRO



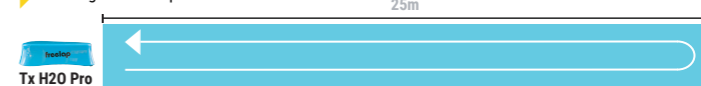
- ▶ Turn on the Tx H2O Pro transmitter: press the central "ON/OFF" button for 1 second.
- ▶ Place the Tx H2O Pro on the starting block (or at the edge of the swim lane). It has the shape of an arrow. Point the arrow towards the swim lane.

## EXAMPLES OF USE

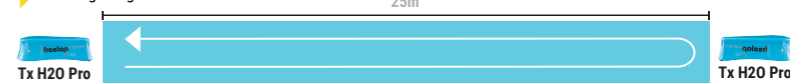
[www.freelap.com/support/user-guides](http://www.freelap.com/support/user-guides)



- ▶ Timing round trips - 50 meters



- ▶ Timing lengths - 25 meters

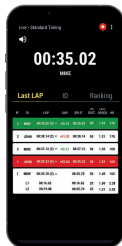


## 05. CREATE YOUR WORKOUT USING MYFREELAP

- ▶ Open MyFreelap app. Make sure Bluetooth and location are enabled.
- ▶ Create your new workout by pressing the + sign at the top.
- ▶ Fill in the details and press "Start". Let the app run in first plan.
- ▶ You are ready to receive timing data !



FIND MYFREELAP APP COMPLETE DOCUMENTATION ON OUR WEBSITE  
[www.freelap.com/support/myfreelap-app](http://www.freelap.com/support/myfreelap-app)



To ensure the perfect reception of the data, place your mobile device:


- Next to the last transmitter (between 5m and 50m)
- At a height of 1 meter off the ground

// Nothing to do if you are using a smartwatch or keeping your phone in your pocket.

## 06. TAKE THE START

- ▶ To take the start, place yourself on the starting block and wait at least 10s in this zone. As soon as you leave the detection field of the Tx H2O Pro transmitter, the initial rest time is recorded and the swim session begins.

## 07. FINISH THE WORKOUT

- ▶ Stop your FxSwim by pressing the central button for 2s, and remove your Swim Belt.
- ▶ To view the detailed chart of your training: Press 3 short presses on the FxSwim button. From the app, go to your Workout, click on  on the top right, and then on "Download". Finally, click on the "Chart" tab.

## BATTERIES

- ▶ Swim Belt: CR1632 - 4'000 hours of training
- ▶ FxSwim: CR 2032 - 400 hours of training
- ▶ Tx H2O Pro: 3.7V 5Ah LiPo rechargeable - 200 hours of training



FIND ALL THE INFORMATION ABOUT YOUR FREELAP PRODUCTS AND OUR DOCUMENTATION ON OUR WEBSITE:  
[WWW.FREELAP.COM](http://WWW.FREELAP.COM)

For more information, please contact your distributor.  
You can find the list on [www.freelap.com/freelap-contact](http://www.freelap.com/freelap-contact)

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freedom of timing

Av. D.-Jeanrichard 2A - CH-2114 Fleurier - Switzerland  
Phone: +41 (0)32 861 52 42 / E-mail: [contact@freelap.ch](mailto:contact@freelap.ch)

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**QUICK GUIDE**



**Welcome to Freelap World!**

Congratulation in thinking outside the box and providing your team with a tool that will truly maximize their training experience!