



ithlete[®] *Train.Recover.Perform*

Quick Start Guide



Train.Recover.Perform



Connecting the ithlete ECG receiver

1

Download the ithlete app for your device.

2

Insert the ithlete receiver into headset socket of your device with the ithlete logo facing towards you. Ensure the receiver clicks firmly into socket. Sleeves and cases can sometimes prevent this.

3

Put on your compatible HRM chest strap. Skin contacts must be moistened.

4

Launch the ithlete app and follow the on screen instructions

*Take your reading at the same time in the same position (sitting or standing) everyday shortly after waking is best.

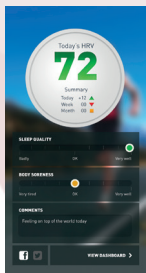
*Tap top left to reveal settings at anytime.



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How to interpret your results

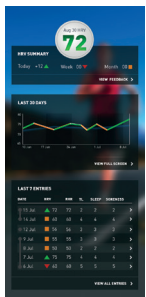


Today's HRV is the large number in the circle, the higher the number the better.

The **colour** reflects your training recommendation for the day.

- **Green** = Good to go.
- **Amber** = Lower intensity, aerobic exercise.
- **Red** = Recovery day, very light intensity or rest.

Your daily, weekly and monthly changes are shown below the number. Below the circle you can enter comments on how you feel. Press dashboard to get to the graph.



The graph shows a recent history of your results. The blue line is your baseline. The table shows your scores together with how you were feeling on a daily basis. Tap on any day to see full details for that day.

Every individual is different and so the most important figure to look for is the change from your personal base line.



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Frequently asked questions

1

Troubleshooting. **Visit www.myithlete.com/FAQ**

2

When and how to take your measurement.
Visit www.myithlete.com/how-to-use-ithlete

3

Interpreting your results. **Visit www.myithlete.com** and download the free ithlete user guide found on any of the sports pages.

4

More information on how to upload your readings to the ithlete Team app. **Visit www.myithlete.com/team-app**

For latest information, news, research and exclusive tips please go to Facebook, Twitter or our Blog.



www.facebook.com/ithlete



[@myithlete](https://twitter.com/myithlete)

The information provided by the ithlete application does not replace a visit, call, consultation or advice of, or treatment by, a doctor, physician or professional healthcare provider. The user should never disregard medical advice or delay in seeking it because of information they have received using the ithlete application.