

**Features:**

- Utilizes two, high precision 3-axis accelerometers for the most accurate, real-time distance precision
- Suitable for running, walking and hiking
- Easy, secure attachment to shoelaces with included lace cradle
- Sends and receives signals up to 10ft unobstructed
- Waterproof up to 5 feet
- Replaceable 3 volt CR2032 coin cell battery
- Wireless ANT+ ultra low power technology
- Dimensions: LxWxH - 56 x 37 x 13.6mm



The Footpod sensor sends distance and cadence information to the Sportiiiis unit (or any other ANT+ device).

**Instructions for use:**

1. Remove the footpod from the cradle by depressing the tabs at the narrow end of the unit.
2. Loosen the laces on your running shoe and place the cradle under two or three laces with the narrow end facing the toe of your shoe.
3. Tighten the laces.
4. Snap the footpod back into the cradle being sure the unit snaps fully into place on all four clip points.
5. The footpod will automatically turn on when moved (and shut off a few minutes after movement has stopped).

**Pairing with Sportiiiis:**

1. Move at least 30ft from any ANT+ sensors you do not wish to pair with Sportiiiis.
2. Take a few steps with the footpod attached to activate it.
3. Tap and hold the Sportiiiis multi-function button until you hear three beeps and then let go.
4. You will hear an audible confirmation when the footpod is found.

**Maintenance for your Footpod:**

Replacing the Battery – Use a coin to remove the cover on the back side of the unit to reveal the battery (CR2032). Be careful not to damage the rubber seal when reassembling.

Cleaning – you can rinse with cold water and use a mild detergent if necessary.