



DIGITSOLE®  
FOOTWEAR. REINVENTED.



# CYCLING PROFILER V1

USER MANUAL



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## GET STARTED

Thank you for choosing Run Profiler Cycling insoles, the first connected insoles dedicated to cycling. They will help you to measure, analyze and improve your performance, achieve your goals and reduce your risk of injury.

### CONTENT OF THE RUN PROFILER CYCLING BOX

You will find in the box:

- 2 Run Profiler Cycling insoles
- 1 User Manual
- 1 Charger (USB -Micro-USB)



## PREPARATION OF INSOLES

### CHARGE YOUR INSOLES

To charge your insoles :

1. Connect the charging cable to the USB port on your computer or to a USB power supply unit.
2. Then connect your insoles to the micro USB port on the right of your soles.



A full charge takes 2.5 hours. Once charged, the insoles can last up to seven days. The battery's lifespan varies depending on the use.

If the battery is very low, the icon on the top left of your screen will be red. You must then charge your soles.



## ADJUST YOUR SOLES

Adjust the size of your insoles by cutting on the marked line if necessary, and adapt them to your shoes.



### Warning :

- Make sure your soles connect to your phone and that you can start an activity before cutting them off. **Cut soles can't be refunded.**

## DOWNLOADING THE DEDICATED APP

The Run Profiler Cycling app is free and compatible with mobile devices that support iOS (version 10.2 and above) and Android (version 5.0 and above).

1. Find the Run Profiler Cycling app in your application store. Search for "RUN PROFILER CYCLING" in the search bar:
  - The **App Store®** for iOS devices
  - The **Play Store®** for Android devices
2. Install the App
3. Turn on Bluetooth on your smartphone.
4. Launch the App.
5. Create your Run Profiler Cycling account.





## USE OF THE APPLICATION

Your soles are ready to use and you have downloaded the application. This part will help you to use the application.

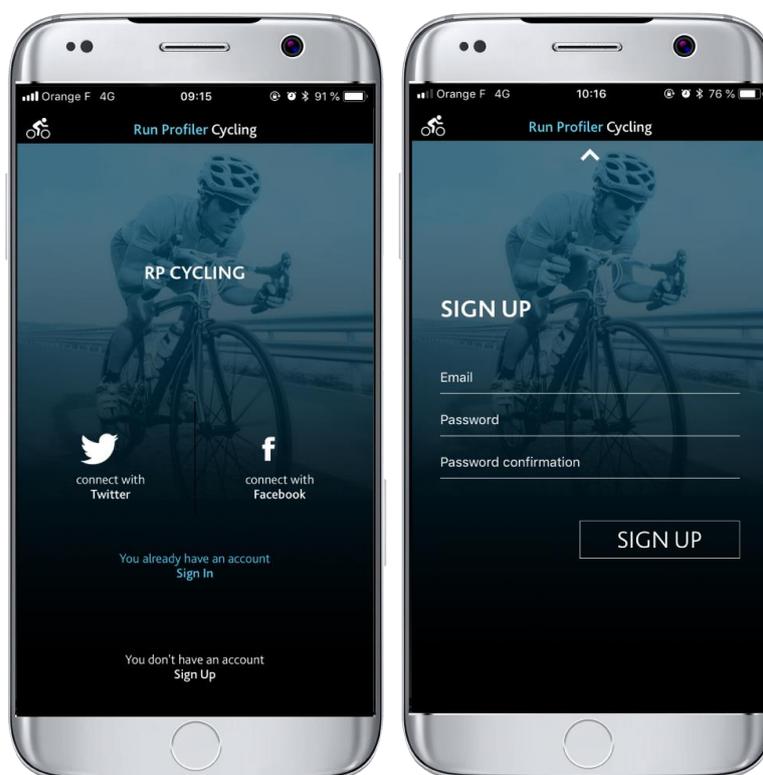
## CONFIGURE THE APPLICATION

### CREATE YOUR ACCOUNT

To create your account :

1. Click "You don't have an account - Sign Up"
2. Enter your email address
3. Enter the password you wish to use in the "Password" and "Password Confirmation" fields
4. Click on the "Login" button
5. Your account is now active and you can use the application

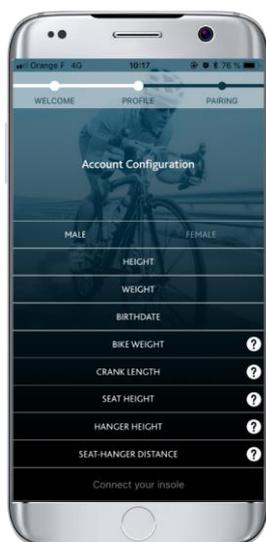
You can also create your account from your Facebook or Twitter account by simply clicking on the "Connect with Facebook" or "Connect with Twitter" button.





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## CUSTOMIZE YOUR PROFILE



In order to provide you precise information, it is recommended that you fill in the information related to your profile but also about the bike you are using.

1. Fill in your name
2. Choose your profile picture
3. Fill out your :
  - ◆ Size,
  - ◆ Weight,
  - ◆ Gender,
  - ◆ Bike measurements.

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## CONNECT YOUR SOLES TO THE APPLICATION



To connect your soles, ensure that they are fully charged: when the light turns off, the soles are fully charged.

You should next turn Bluetooth on of your phone and launch the app **Run Profiler Cycling**. Follow the instructions given by the app and be sure that your soles are unplugged in order so that that can be detected by your phone.

The soles flash green four times when you disconnect them.

Once the application detects your soles, they are connected.



## LIVE AND HISTORY

### START A NEW ACTIVITY SESSION

To start a new activity session, your soles must be associated with the application.

Click on "START NEW ACTIVITY" to **start** a new cycling session. **(1)**

You can add time until beginning or tap on the screen to begin immediately. **(2)**

Click on "STOP" to **finish** your session and check your session's statistics. **(3)**



**(1)**



**(2)**



**(3)**

### FOLLOW YOUR LIVE ACTIVITY

With the live tab, you can follow your activity live through the following parameters:

- Time
- Distance
- Cadence
- Rotation
- Speed

Click on the "STOP" button to **finalize** your session and check your session parameters.

Your session must last at least three minutes to get an analysis.

### SESSION HISTORY



Find all your cycling sessions and their analysis in the History tab. Then select the activity you want to view at the bottom of the screen. This tab allows you to compare all your performances.



## SESSION SUMMARY



You will then find your session summary, which presents the major details of your session:

- Time ;
- Distance covered ;
- Number of pedal revolutions ;
- Average speed ;
- Cadence (Average, Max) ;
- Speed (Average, Max);
- Power (Average, Max);
- Elevation (Loss, Gain) ;
- Pedaling balance.



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## PEDALING TECHNIQUE ANALYSIS (PTA)

Your Run Profiler Cycling App allows you to get a lot of information about your pedaling technique and performance.

- **Speed:** The graph shows your speed gains and losses during your session.
- **Gain:** You can see the difference in altitude achieved during your session. You can compare them to your speed and cadence.
- **Angle:** Your angles are very important when you improve your pedaling technique. Use this feature to be more efficient.



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## HEALTH

By clicking on the "Health" tab, you can obtain more information on your level of fatigue, your risk of injury or the muscles you use during your effort. Exercises to become more powerful are also available.





## AUDIO COACH



You will be able to set up the information provided by the audio coach during your cycling session.

## INSOLES



The "Insoles" tab allows you to pair your insoles. You must use this tab to use a new pair of Digitsole soles.



## SETTINGS



The "Settings" tab allows you to see the details about the application and the soles.

You can also define the measurement mode "imperial" or "metric"

## UPDATE YOUR RUN PROFILER CYCLING

We regularly improve our products to offer you the best experience. Sometimes, you will receive a notification to update the application or your soles (Firmware). We recommend you to keep your Run Profiler Cycling insoles up to date.

Updating your soles takes several minutes. It is best to fully charge your battery before updating your soles.

## PRODUCT MAINTENANCE

### CLEANING

Clean and dry your Run Profiler Cycling soles regularly. We recommend the use of wet wipes without chemicals. Do not wash your soles in the washing machine or in a lot of water.



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## SECURITY INDICATIONS

 Do not expose to extreme temperatures

 Keep away from fire

 Keep away from children

 Do not put in the washing machine

 Inflammable

 Risk of explosion

 Do not twist

 Do not pierce or puncture

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## INSTRUCTIONS ABOUT THE PRODUCT AND THE BATTERY PACK

End of life:



This symbol means that the product is not a household waste. This product must be taken to an appropriate collection point for recycling. Proper sorting and recycling help to protect natural resources, human health and the environment. For more information on sorting and recycling this product, contact your local sorting department.

## DECLARATION OF CONFORMITY

The Declaration of Conformity for the United States (FCC), Canada (IC) and the European Union (EU) can be found at the following website: <https://www.digitsole.com/safety-instructions/>

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