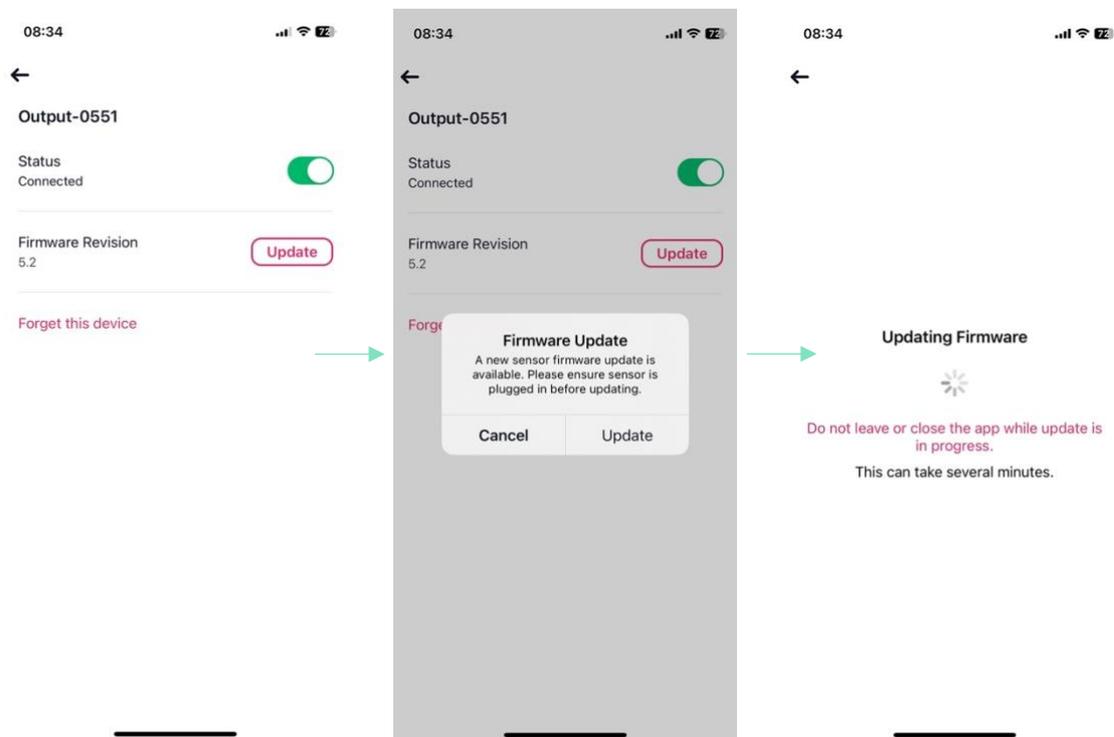


Update Firmware

1. Make sure your Capture app is running at least 2.15.0 or higher.
2. Plug the sensor you wish to update into the charger. The LED on the sensor should turn green or begin flashing blue confirming that there is power going to the sensor.

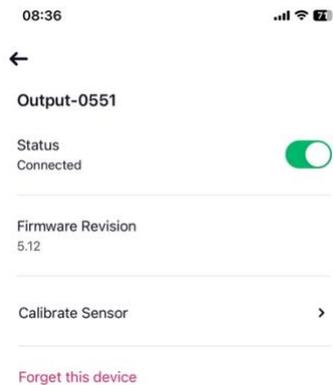
Tip; If the sensor LED is a slow flashing blue this means that it is already connected to your device. Disconnect the sensor using the toggle in the Capture app and the LED should now turn green to confirm it is receiving power.

3. Connect the sensor to your phone or tablet via the Capture app as normal.
4. Navigate to the Sensor Settings by clicking on the name of your sensor at the top of the Settings page.
5. If a sensor firmware update is available, you will see a small 'Update' button beside the current firmware revision. Press this button to begin the firmware update.



Important; The sensor must **remain plugged in** for the entirety of the firmware update, until the sensor turns itself back on. Unplugging the sensor before the sensor has reconnected can cause the sensor to update incorrectly. If this happens, please contact support@outputsports.com.

6. Once the update is complete, the sensor will turn off & disconnect from the app. As mentioned above, it is **essential that you leave the sensor plugged in until it turns itself back on.**
- If the device you are using is iOS, you will have to use the toggle in the app settings to reconnect the sensor after it turns back on.
 - If the device you are using is Android, the sensor will automatically reconnect.
- You will know if the firmware update has been successful when you reconnect the sensor and the 'Firmware Revision' has updated to '5.12' and the 'Calibrate Sensor' option is visible.



Update Calibration

Note; While you can continue to use your sensor without following the calibration steps outlined below, the most up to date algorithms are designed to work with a calibrated sensor.

1. Identify a flat, level and stable surface to perform the calibration on.

Important; If a sensor is calibrated on a surface which is not level, it will still appear to work as normal but may miss reps and any metrics collected will be invalid.

You must ensure that the sensor remains as still as possible during the calibration steps. If the surface is not level or if it or the sensor moves* during the process, the calibration will be void.

*Movement of the surface or sensor could be caused by any excess vibrations such as a phone vibrating on the same surface or accidentally moving the table by hitting it with your arm/leg.

2. Once your sensor is reconnected to the app, after the firmware update, you can unplug your sensor from the charger.
3. You can then tap on 'Calibrate Sensor' and follow the steps shown in app.



4. There are a total of 7 steps (sensor positions) to follow before your sensor is properly calibrated.

Important; Please ensure that you place your sensor in the exact same position and orientation as shown in each picture in the app. The app should prompt you to change position and retry if the orientation of the sensor is incorrect.

5. Once you reach the 'Calibration Complete' screen in app your sensor is calibrated and ready to be used.

