Hexoskin Quick Start

Charging

- Charge your Hexoskin device for 2+ hours before using it. Use the USB cable provided to connect the device directly to your computer (avoid using a USB hub).
- The orange LED will blink while the device charges. You will know that charging is over when the led turns solid orange.

Hexoskin App & Account

- Download the Hexoskin app to your iOS or Android device, smartphone or tablet.

- In the Hexoskin app, tap "Log In." Click "Register" and follow the steps in the app. Make sure to enter your profile information (height, weight, etc.) so that Hexoskin can calculate your data correctly. You can always change this information in your profile.

Hexoskin Usage

- Turn the shirt inside out and moisten the three gray electrodes with water, gel, or cream. This will ensure a good signal for recording.
- For a better signal acquisition, use the elastic band(s) included. One should be around the abdomen level (men and women) and the other one on the thorax level (men only).
- Turn the shirt right side out and put it on carefully. Be careful not to stretch it too hard. Prevent wrinkles to ensure that the fabric has a good contact with the skin.

See the online instruction videos for a few tips on wearing and removing the Hexoskin Smart Shirts.

- Connect the Hexoskin device to the shirt connector. Put the Hexoskin device horizontally into the shirt pocket with the wire upward and the light outward.
- You're now all set to use your Hexoskin. Plugging your shirt into your Hexoskin device automatically turns it on and starts recording your data, as shown by the middle orange LED being continuously lit. As soon as you unplug your shirt, data stops recording and the device automatically shuts down after 60 seconds.

Bluetooth Connection

- Follow the instructions displayed in the app to pair your Hexoskin device with your phone. For help, use these video tutorials for Android and iOS
- Make sure that Bluetooth is enabled on your phone.
- Put your Hexoskin in pairing mode by holding the button until the blue led turns on
- Tap on the Hexoskin device on your phone to confirm pairing
- Wait a few seconds until both devices are steadily connected
- You can now return to the app.

Syncing data to online dashboard

- Download the desktop application HxServices for MacOS or Windows 7,8 & 10.
- Install and launch HxServices on your computer

- Sign in with your Hexoskin account. If you don't have an account, create a new account online and come back to HxServices when your account is created to sign in. This account will allow you to log in the Hexoskin apps and HxServices.
- Plug your Hexoskin device into your computer using the supplied USB cable
- Use the USB cable (provided in the box) to plug your Hexoskin device into your computer. You should see your device serial number appear in the top window.
- On the top right of the app, click on ASSIGN. You can assign yourself or a user to an Hexoskin device by dragging the name of the user to the device serial number. The name of the user or athlete will appear under the serial number of the device once the assignment is complete. Once you are finished, click on the blue button with the two reversed white arrows to come back to the menu.
- Your data should start to sync automatically
- As soon as sync is finished, your data is available for your review on your online dashboard.

Viewing data on online dashboard

- Log in https://my.hexoskin.com
- Look at your Reports, Activities, and Records by browsing in the top menu
- Manage your Teams and Athletes
- To change your profile, manage Athletes or give permissions to someone (coach or friends), select your name on the Right side of the top menu
- If you wish to analyze either processed or raw data, select "REPORTS" in the top menu. Then select any record. You should see your record automatically processed. You can select "Raw data" for deeper analysis. All the data is downloadable in many formats when you select the hamburger menu on the right.

Cleaning and Care instructions

- Don't forget to disconnect your Hexoskin device before washing your Hexoskin Shirt! The Hexoskin Smart Shirt is washable, but the device is not waterproof. As a reminder, try to connect your device to your computer to sync your data and recharge your battery every time you remove your Hexoskin.
- As with any garment, the Hexoskin Smart Shirt requires some care.

- Before washing, remove the Hexoskin device and put the wire connector back into the zipped pocket to protect it
- **Use the Delicate cycle with cold water.**
- Hang to dry. **The Hexoskin shirt does not go in the dryer.**
- Avoid twisting the fabric. This could damage the textile sensors.

For more information, see the User Guide here.