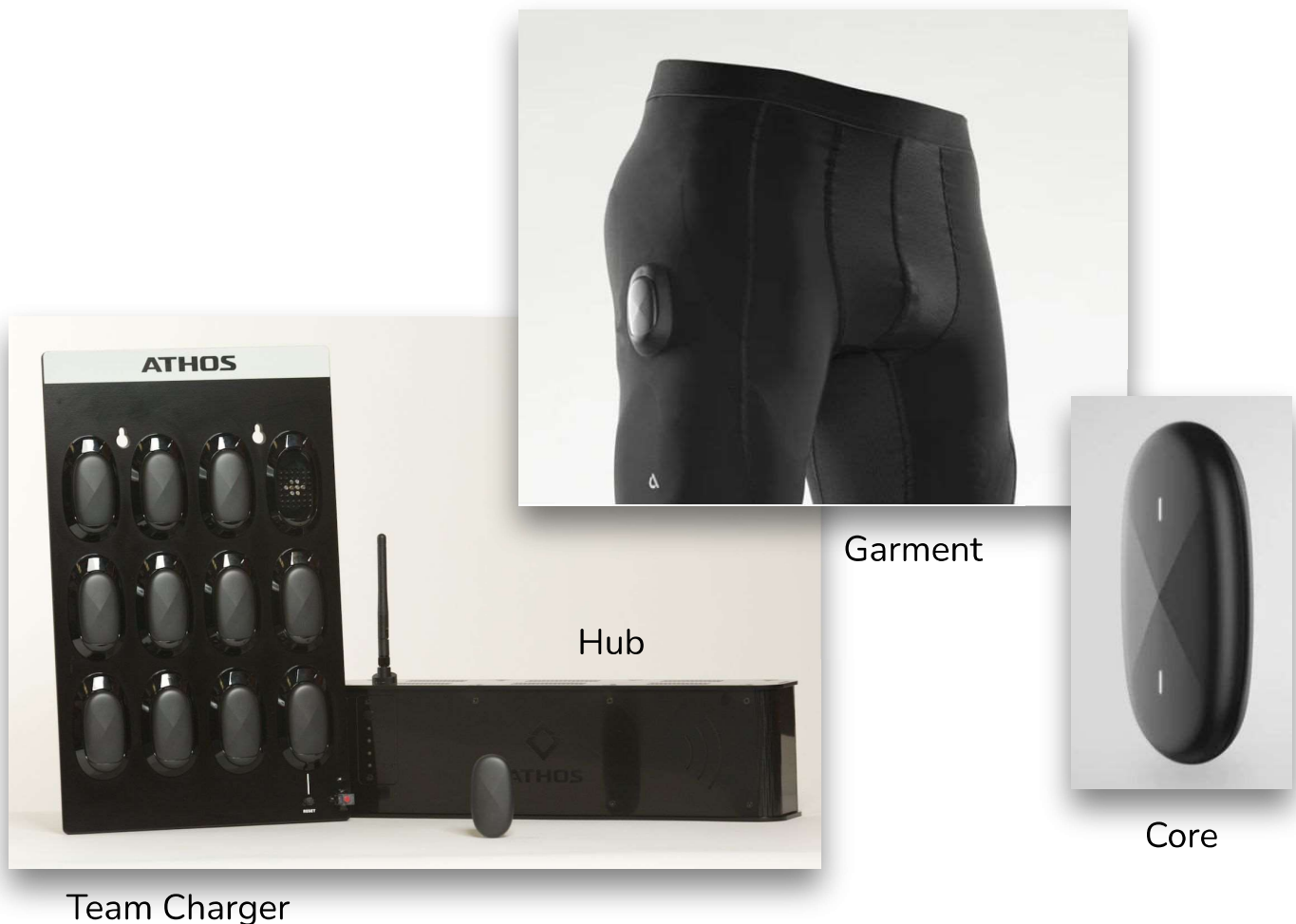# ATHOS

Your Quick How To Guide

Athos Gear Rundown

Garments - contain sEMG sensors in the inlay that collect muscle activation data and store it on the core.

Cores - Has memory that stores your data. It takes the data collected through the sensors and stores it. Once placed on the charger, it sends data to your Hub. You are able to collect up to 3 hrs of data before upload needed.

Hub - Takes data from your cores for transmission to the Online Training Center. Your hub also communicates with the cores to communicate things like time and timezone to be sure the core is ready for data collection.

Team Chargers - Home base for your cores. Here is where they will charge, must be plugged in here in order to upload data and have a space for core reset should you experience any irregularity. Before initiating a reset, reach out to Customer Success.

Garment

Hub

Core

Team Charger

Athos Gear Rundown

Garments - contain sEMG sensors in the inlay that collect muscle activation data and store it on the core.

Core - When connected to your phone, tt takes the data collected through the sensors and stores it. It has a typical bluetooth range of about 50 feet. Should you be more than 50 feet from your iOS device, you will not be collecting data. Once you're back in range, no need to do anything as your core will reconnect.

Chargers - Home base for your cores. Here is where they will charge. You will also see a button for core reset should you experience any irregularities. Before initiating a reset, reach out to Customer Success. (customersuccess@liveathos.com)

Garment

Core

HUB SET UP

1. The area cleared for hub set up will need a few things:
   a. Access to an outlet, with space for a power strip (included in box).
   b. Space to keep hub upright.
   c. Space to keep cores near hub in acceptable configuration. (examples below)
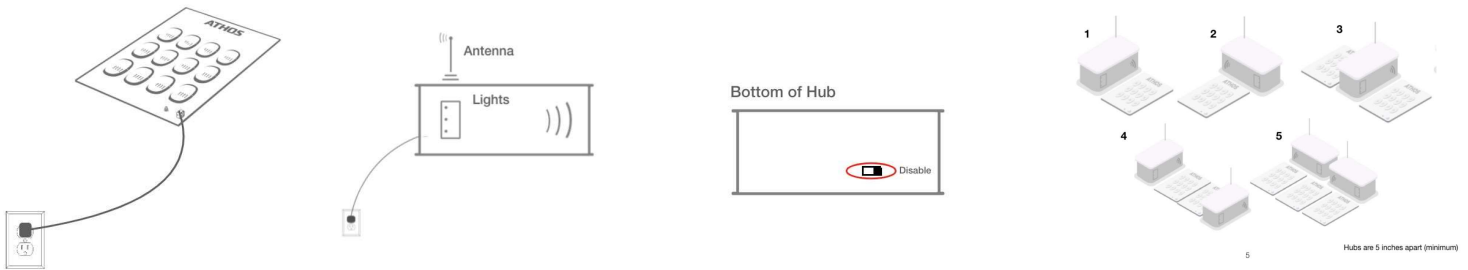
2. Remove all hardware from the box and check you have the following:

Type	DESCRIPTION OF GOODS	Quantity Ordered	Contained in THIS Shipment
Garments	Men's Shorts	20	25
Hardware	Athos Core Pros	10	14
	Team Charger	1	1
	Athos Hub	1	1
	Hotspot Connection	0	1
Set Up/Storage	Foldable Bin	0	5
Tracking Documents	Individual Quick Starts	10	-
	Group Roster	1	-

3. Plug in the powerstrip ensuring that you will have space for all including plugs and their associated wires.

4. *Hotspot must be set up first.*
   a. Plug Hotspot into powerstrip.
   b. Turn on power using button on top.

5. Hub(s) to be set up next. (visual below)
   a. Place hub(s) on table/desk and make antenna upright.
   b. Plug in adapter labeled (Hub) into power strip and plug cord into hub.
   c. Turn on hub using toggle switch on bottom of device.
   d. The lights on the front of the hub will cycle through various colors as it does internal checks and connects to wifi.

6. Take out Team Charger and place near hub in one of the acceptable configurations pictured above.
   a. To ensure that power is running through the board, confirm that there is a green light at point of cord insertion.
   b. Once the charger(s) is plugged in cores will be red. If a core has no color, make sure it is secured into its slot.

7. At this point, your hub should be online and connected! You may see the hub status light blinking blue as cores go from red to green as they initialize from the shipping process.

8. Once all cores are green, they are ready to use!

If 10 minutes after full set up, you have lights on any devices that are NOT green, reach out to Kou at 612.986.1239 .

ATHOS

Pre-Onboarding - Set Up To Get Started

1. Ensure the hub and cores are set up where operators can see them.
2. Unpack shorts by size into appropriate pop-up bins (included in box)
3. Hand out Athos Onboarding cards with markers for operators to complete checklist:
   - Appropriate sized garment chosen and marked down.
   - Laundry bag removed from garment and labeled with operator identifier.
   - Assigned core has been located for first day of data collection.
   - Confirmed app is downloaded.
   - Log into app.
   - Core connected to app. - Instructions to do so on back of card.
4. Once a student has completed their checklist, collect their information in the master sheet for your records.
5. Fold over the operator's names and send a photo of completed master sheet to customersuccess@liveathos.com or 612.986.1239
6. You're all set for first day of training with Athos!

First Name	Last Name	Athlete Email	Core #	Garment Size

Fold Here

Pre-Onboarding - Set Up To Get Started

1. Unpack shorts by size and share appropriate sizes.
2. Hand out Athos Onboarding cards with markers for operators to complete checklist:
   - Appropriate sized garment chosen and marked down.
   - Laundry bag removed from garment and labeled with operator identifier.
   - Assigned core has been located for first day of data collection.
   - Confirmed app is downloaded.
   - Log into app.
   - Core connected to app. - Instructions to do so on back of card.
3. Once a student has completed their checklist, please ensure it aligns with master list.
4. You're all set for first day of training with Athos!

Wash & Care Instructions

1. Remember to **Remove Core**.

2. Place garment in your **wash bag** (labeled with your name/number).

3. Machine wash on **cool/cold with a gentle** liquid detergent.

4. **Hang** to dry or place in dryer (in wash bag) on **low-heat** for <40 minutes.

FIT AND WEAR *INSTRUCTIONS*

▶ Your garments should fit tight to the skin, not baggy anywhere. This may feel tighter than your normal workout gear - that's to be expected.

▶ Wear as base layer (our garments need skin to skin contact to measure muscle activity so no underwear, bras, etc).

▶ Avoid lotions, creams, and tapes under the gear.

▶ Sweat is good for collecting data. It helps pick up the signal from your muscles - so get sweaty!

CARE *INSTRUCTIONS*

1 **REMOVE THE CORE**
(while the garments are washable the core is not)

2 **PLACE GARMENTS IN THE INDIVIDUAL FINE-MESH LAUNDRY BAGS** (included)

3 **MACHINE WASH IN COOL WATER WITH A GENTLE LIQUID DETERGENT** (i.e. Woolite)

4 **AIR DRYING IS PREFERRED OR PLACE IN A HOME DRYER**
(in a fine-mesh laundry bag on low-heat for 45 minutes.)
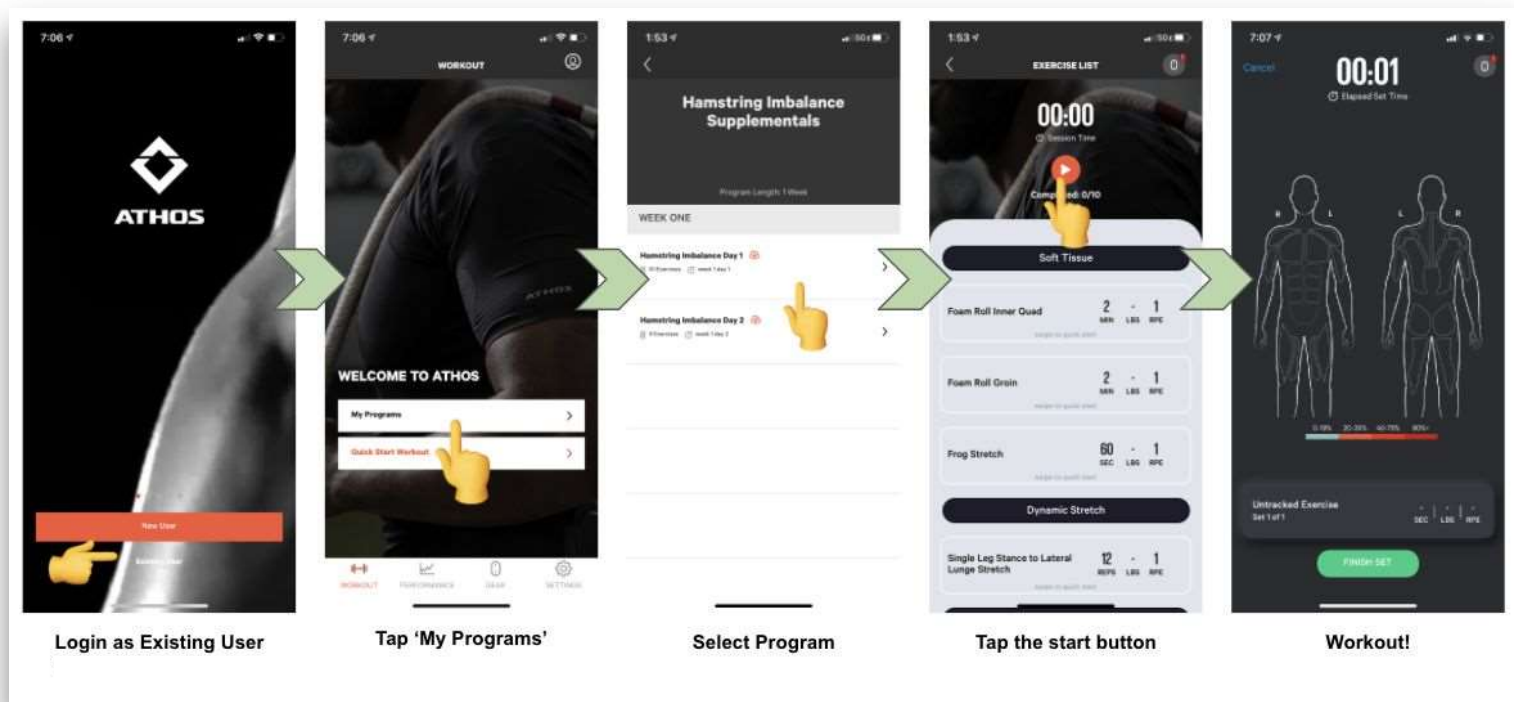
ATHOS

First Week Supplementals

1. Open the Athos app, with your shorts on, core connected and in gear.

2. Select **<My Programs > Supplementals>** in Workout tab.

   a. ****Note:** because this is embedded in your warmup, you might see squiggles of color as your muscles light up. This will go away as you continue to warm-up your body.

3. Open this plan every day you are in Athos to add to your current dynamic warm-up.

4. Press **<Play Button>** and complete each exercise in the list.

5. Once completing an exercise and ending the set, click <Finish Set> to move on. Do not worry about updating the information for each exercise set.

6. After completion of the supplementals, pause the workout at the top, and then confirm to **End Session**.

7. After ending the supplementals, no need for our app… You can set your iPad aside; keep your core in and finish training.


| Login as Existing User | Tap 'My Programs' | Select Program | Tap the start button | Workout! |
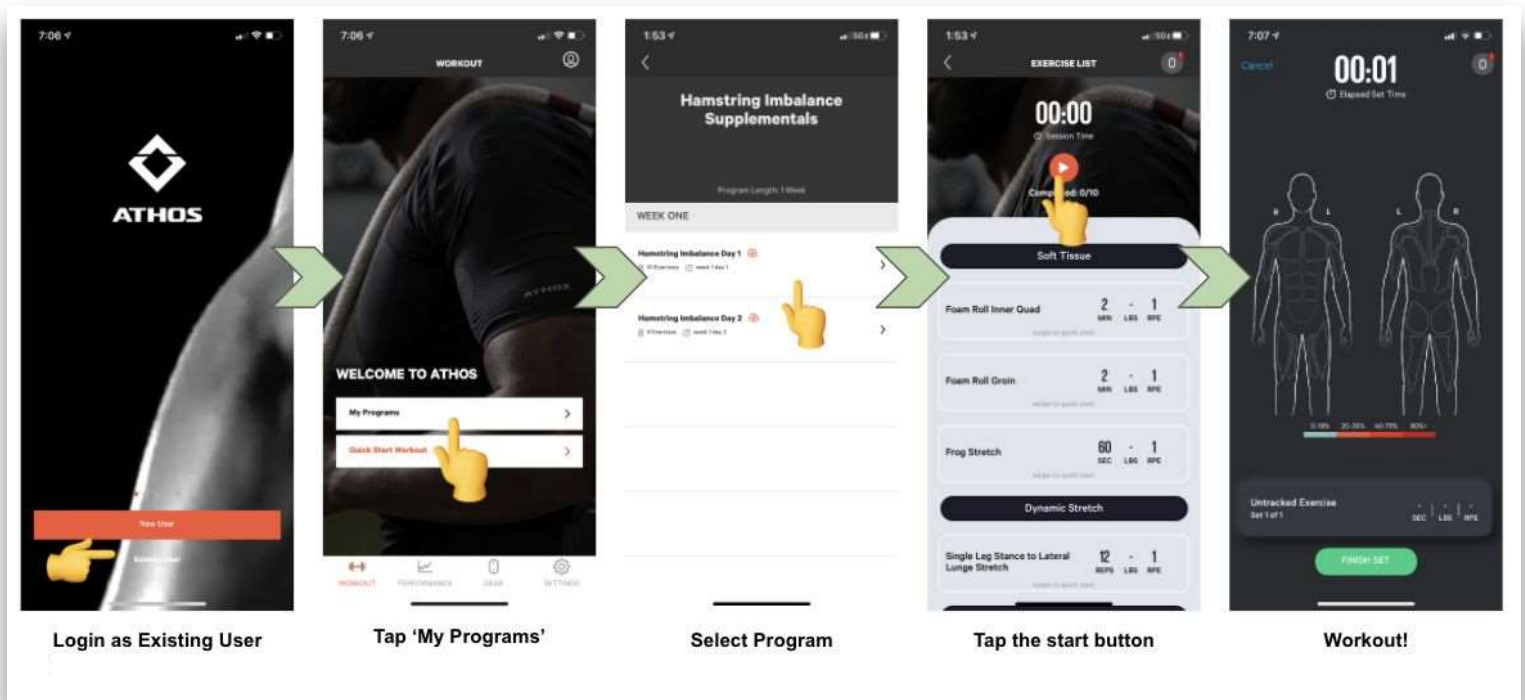
Supplementals

1. Open the Athos app, with your shorts on, core connected and in gear.
2. Select **<My Programs > *Choose Personalized Program>*** in Workout tab.
   a. ***Note:** because this is embedded in your warmup, you might see squiggles of color as your muscles light up. This will go away as you continue to warm-up your body.
3. Open this plan every day you are in Athos add to your current dynamic warm-ups
4. Press **<Play Button>** and complete each exercise in the list.
5. Once completing an exercise and ending the set, click <Finish Set> to move on. Do not worry about updating the information for each exercise set.
6. After completion of the supplementals, pause the workout at the top, and then confirm to **End Session**.
7. To complete a separate personal workout, head back to the workout tab and choose Quick Start, press play and choose "Skip" in the upper right hand corner and leave the app running to collect your data as you workout!
   a. There are preset free form workouts available as well. If you are doing one of the below sessions, select the preset and leave the app running to collect your data as you workout.


Login as Existing User   Tap 'My Programs'   Select Program   Tap the start button   Workout!

How do Supplementals Help? Weekly Summary

1. Open Athos App
2. Tap on the "Performance" icon in the home row at the bottom of your screen.
3. In the upper right hand corner, you will see a small bar graph icon. Tap there to see the Weekly Summary.
4. The Weekly Summary tracks your weekly progress. There are three parts to the report:
   a. Insights - Change in this week's top problem and progress compared to cohort
   b. This Week's Top Problem - shows problem and supplemental program assigned
   c. Top Problem Weekly Progression - progress towards your goal week by week
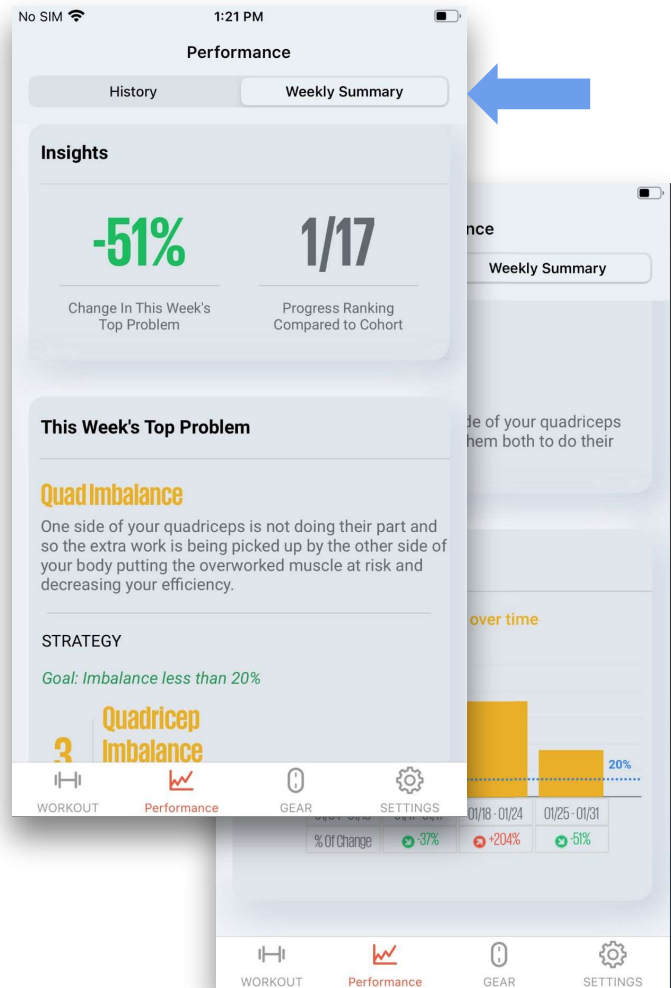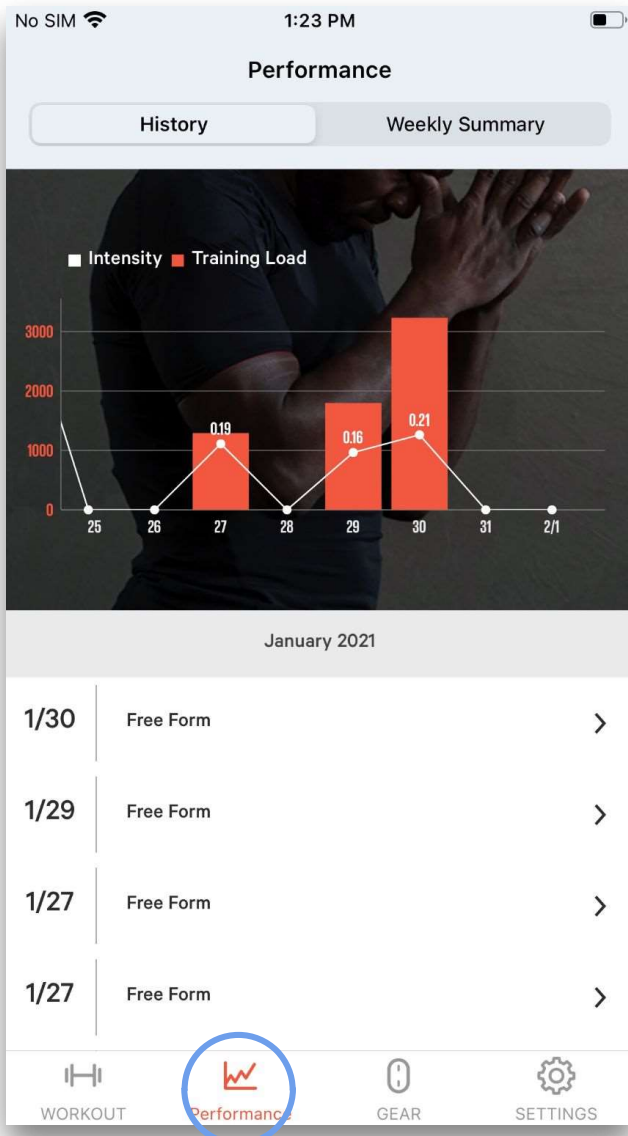
How do Supplementals Help? Weekly Summary

1. Open Athos App

2. Tap on the "Performance" tab.

3. In the upper right hand corner, you will see a small bar graph icon. Tap there to see the Weekly Summary.

4. The Weekly Summary tracks your weekly progress. There are three parts to the report:

   a. Insights - Change in this week's top problem and progress compared to cohort

   b. This Week's Top Problem - shows problem and supplemental program assigned

   c. Top Problem Weekly Progression - progress towards your goal week by week
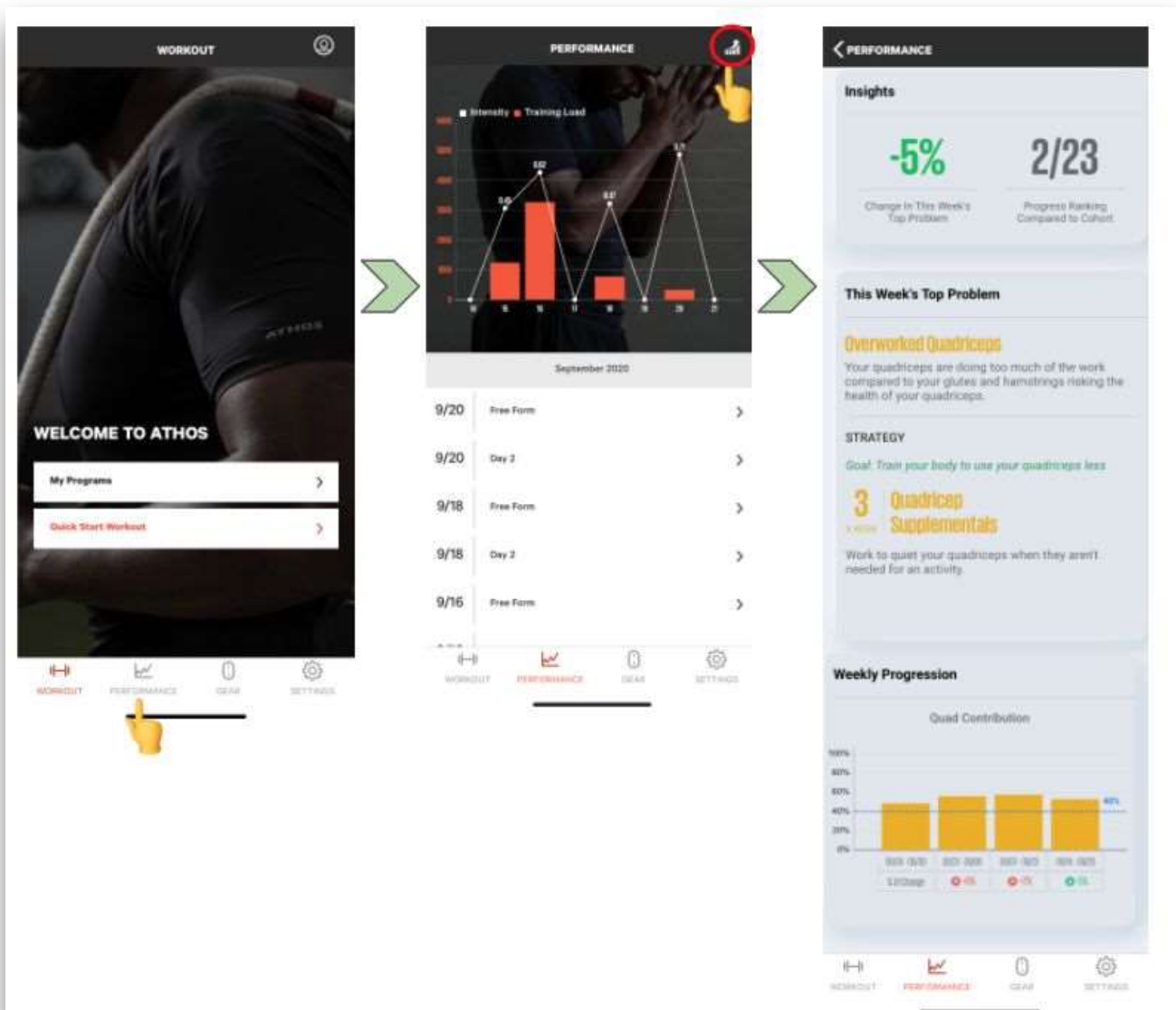
**MAD APPAREL INC.
DBA ATHOS**

201 ARCH ST.
REDWOOD CITY, CA 94062

Product: Athos Core
Model: AC20
support@liveathos.com

Regulatory Compliance

This product complies with the following:

- Federal Communications Commission (FCC) – USA
- Innovation, Science and Economic Development Equipment Standard for Digital Equipment (ICES-003) - Canada

FCC Part 15 Notice

Changes or modifications made to this equipment not expressly approved by MAD Apparel, Inc. could void the user's authority to operate the equipment.

FCC Class B Notice

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.
(2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

RF Exposure warning statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance

ISED Canada Notice - Avis ISDE Canada

Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISDE Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) L'appareil ne doit pas produire de brouillage.

(2) L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ICES-003 Class B Notice - Avis NMB-003, Classe B

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

ISEDC Radiation Exposure Statement:

Radiation Exposure Statement: This equipment complies with the IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Énoncé d'exposition aux rayonnements: Cet équipement est conforme aux limites d'exposition aux rayonnements ioniques RSS-102 Pour un environnement incontrôlé.