



USER GUIDE
Android

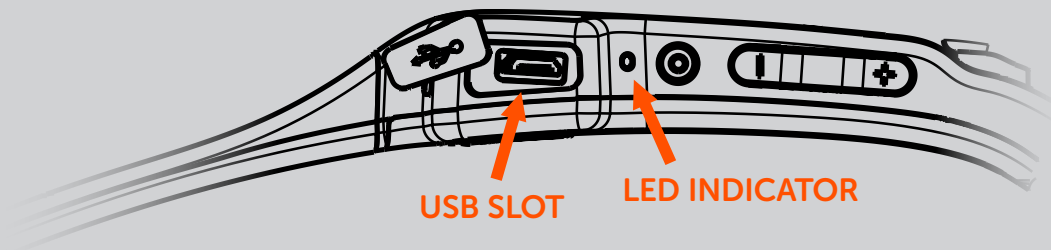
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SOLOS DEVICE

Charge the unit by plugging the micro-USB cable into the USB slot

- The LED will flash green when the unit is charging
- The LED will be solid green when the unit is fully charged
- Your SOLOS unit will be charged regardless of whether or not it is powered on when the USB cable is plugged in



Switch on the unit by briefly pressing the main power button

- The green LED will illuminate to indicate it has powered on
- Your SOLOS will also say “Hello” to confirm it has been powered on

Button Control

POWER	On: Single press Off: Hold for >5 seconds	N/A
IN WORKOUT	Pause / Resume	Advance HUD screens
IN CALL	Answer call / Hang up	Volume adjustment

Connecting in-ear headphones

- Using the same USB slot, you can connect the in-ear headphones to your Solos unit

Double tap functionality

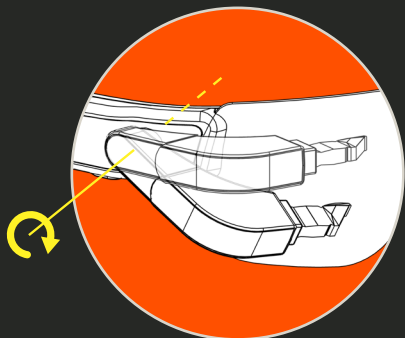
- During activity, double tap the right temple area of your Solos to activate (or deactivate) microphones for group-chat communication

FITTING THE DISPLAY & ADJUSTING THE NOSEPIECE

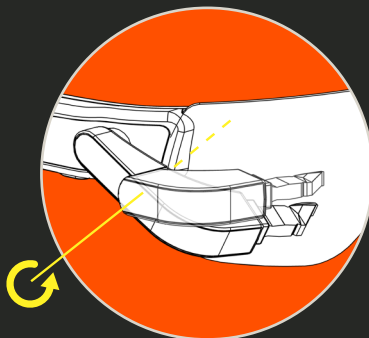


It's important to fit SOLOS so that it's comfortable and you can see all of the display clearly.

To adjust the display, follow these steps:



1. Adjust the vertical height of the display so that it's in a desirable position based on your preference. A good starting point is with the main hinge rotated completely down, as shown in the darker image.



2. Adjust the secondary tilt of the display so that you can see the full image. If the display shows upside down or you can't see it then the tilt is incorrect. Often, this can be fine tuned by adjusting the spread of the nose bridge and moving the unit up and down your nose until you find the optimum position.

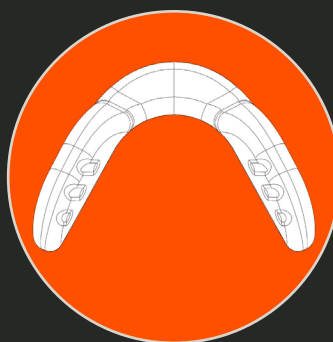


3. Adjust the left/right alignment by sliding the optical module using the thumb catch under the pod. Even if you can see the image, it's important to explore this travel since the display contrast will improve when positioned properly.

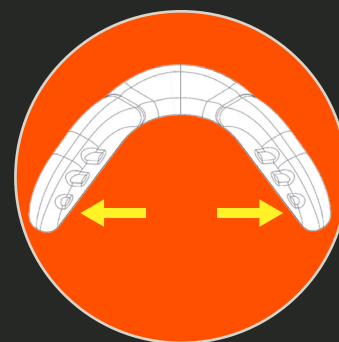
To adjust the nosepiece, follow these steps:



To make the nosepiece narrower, pinch the rubber nose pads from the outer sides closer together.



This is the neutral position.



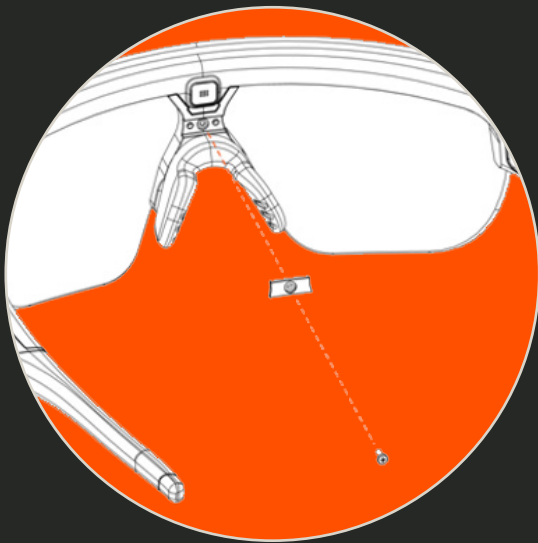
To make the nosepiece wider, expand the rubber nose pads outward.

CHANGING AND PROTECTING THE LENS

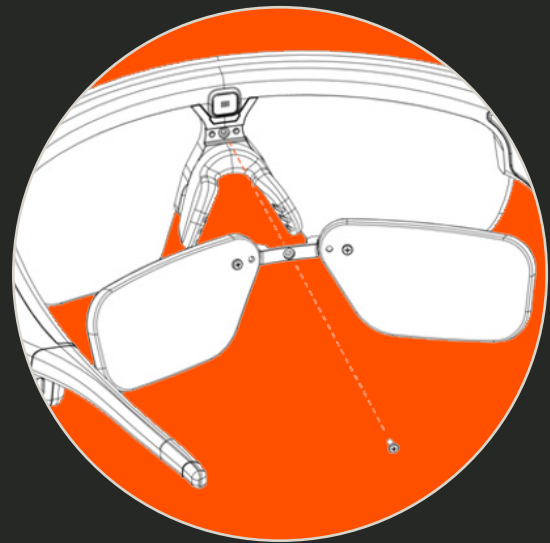


Note: You will need to get your custom prescription lenses cut at an optician before using with Solos

To attach a prescription lens, follow these steps:



1. Remove the thin bar located above the nosepiece using a Phillips head screwdriver



2. Position your prescription insert where the thin bar was and use the same screw to fasten the insert to your Solos headset

Using Protective Lens Sleeve

*Note: This protective sleeve is not meant to prevent damage to the headset under extreme forces or abuse

- Un-Velcro the flap to open the sleeve
- Slip the headset into the sleeve and close the flap over the front of the Solos lens
- It should fit over the Solos optics module

Swapping interchangeable lens

To remove a lens from the headset:

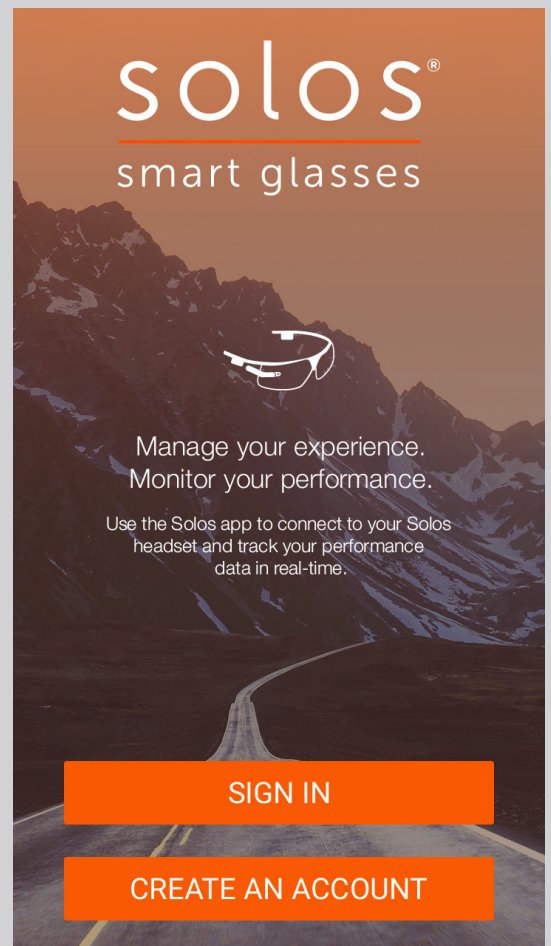
- Detach the sides from the headset frame then
- Twist the lens either counter-clockwise or clockwise to detach from the nose frame

To insert a lens:

- Insert both sides of the lens into their proper areas on the headset frame
- Align the lens with the nose frame, then snap into place

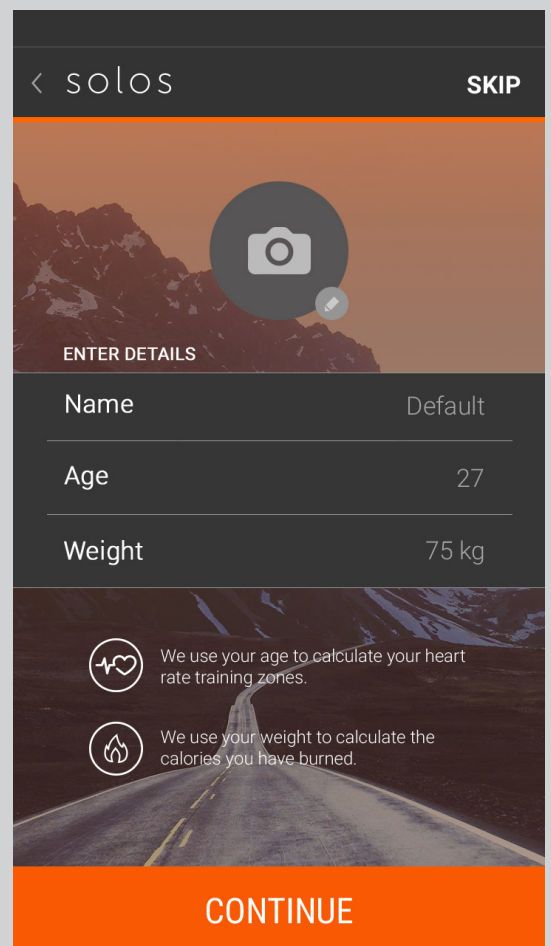
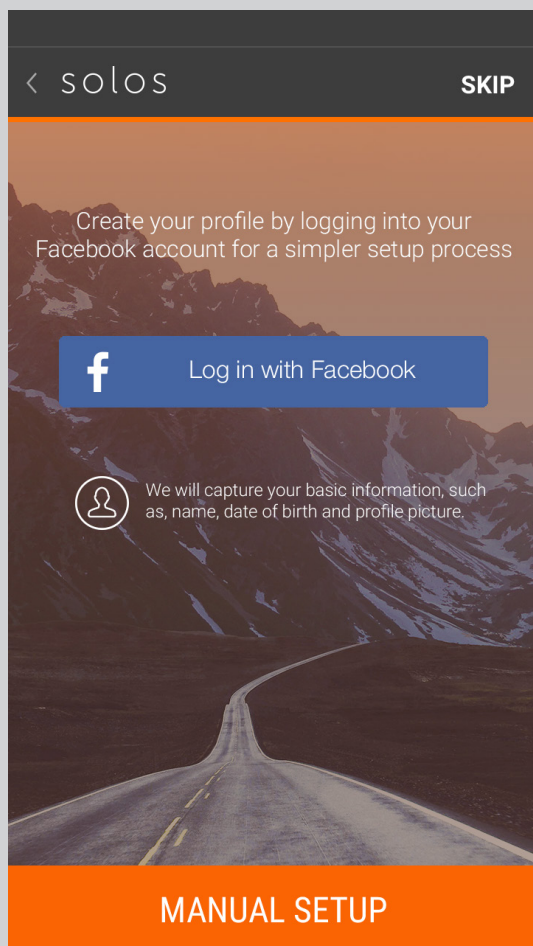
SETUP: SIGN IN OR CREATE AN ACCOUNT

- The first time you use the app, the app will take you through setup
- Begin by signing in, or by creating a new account
- The app will advise you of the password requirements



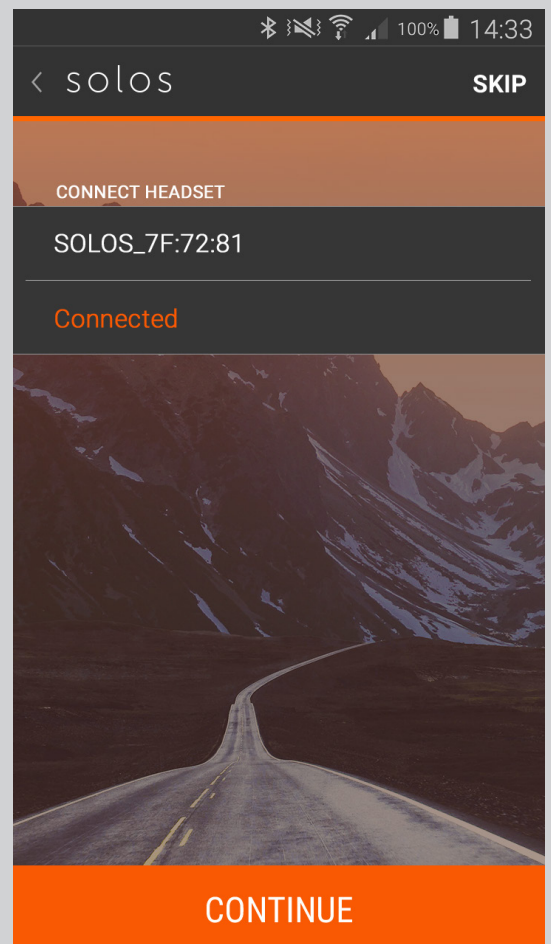
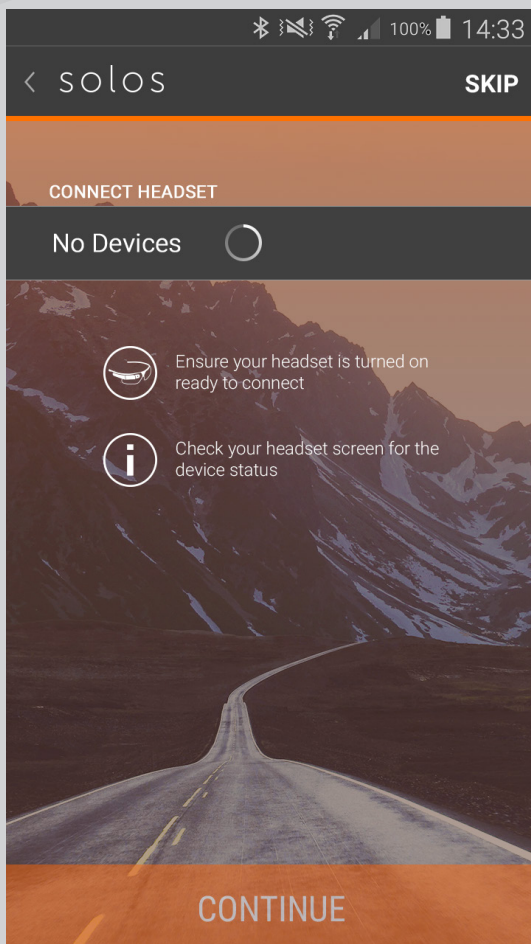
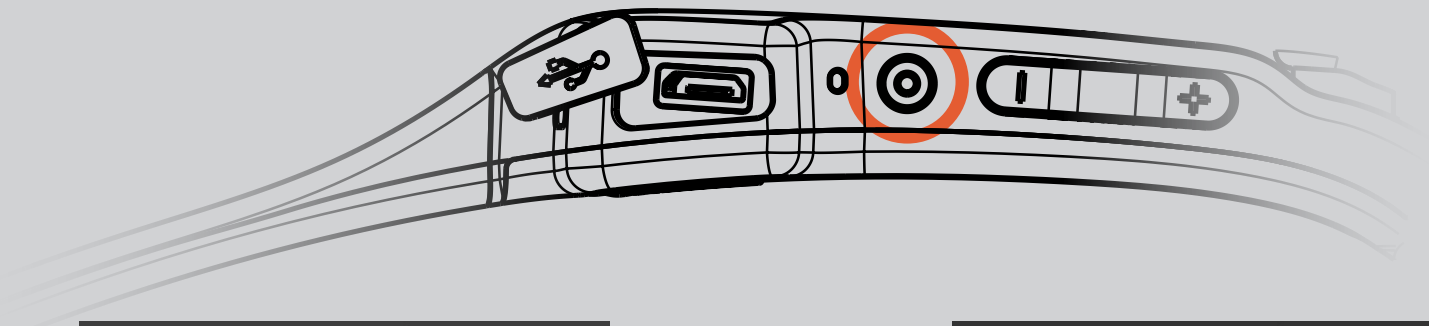
SETUP: PROFILE

- Create your profile by importing from Facebook, or enter your details manually



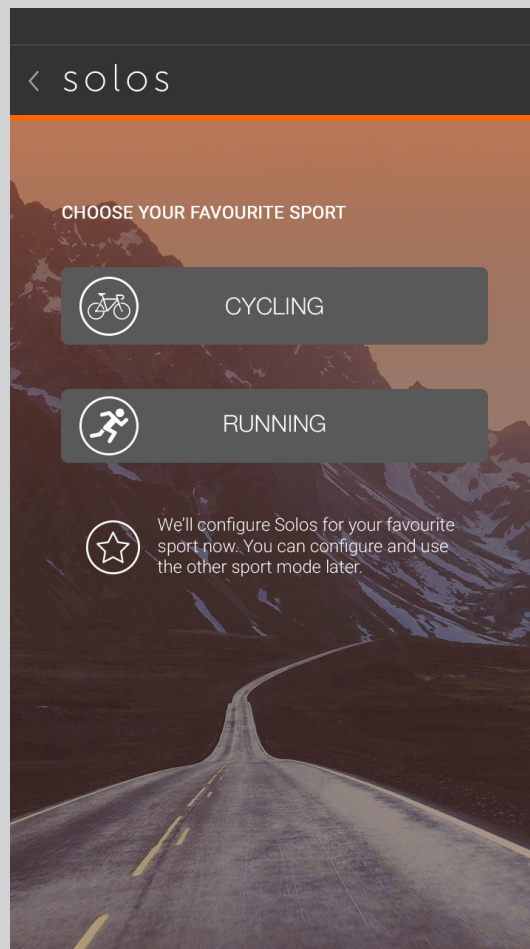
SETUP: CONNECT HEADSET

- Ensure Bluetooth is enabled (the system will prompt you) and that your SOLOS unit is switched on
- The app will search for nearby SOLOS headsets
- Select your SOLOS headset to begin pairing. (One of the screens will display your headset name)
- Accept the pairing request on both the phone and on the headset (by pressing the main button)
- The app will confirm when the connection is made.



SETUP: SELECT SPORT

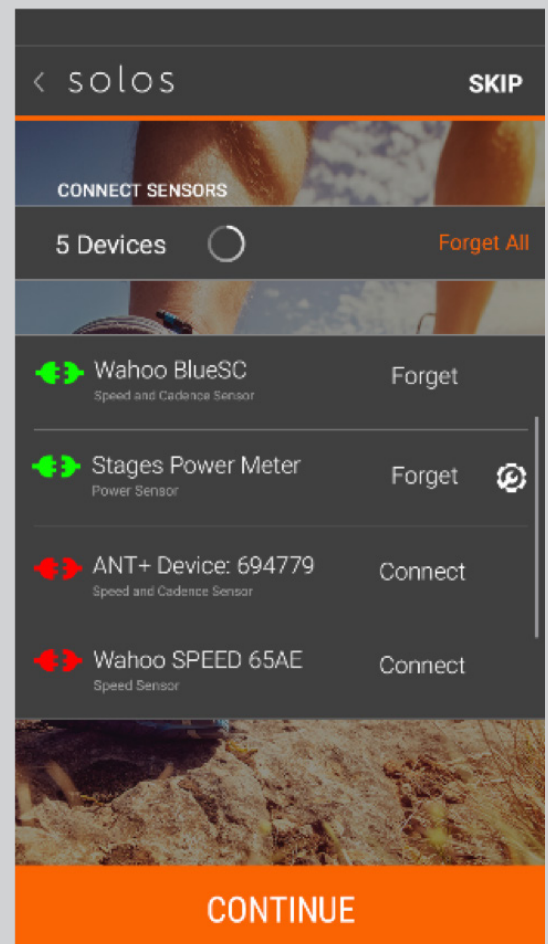
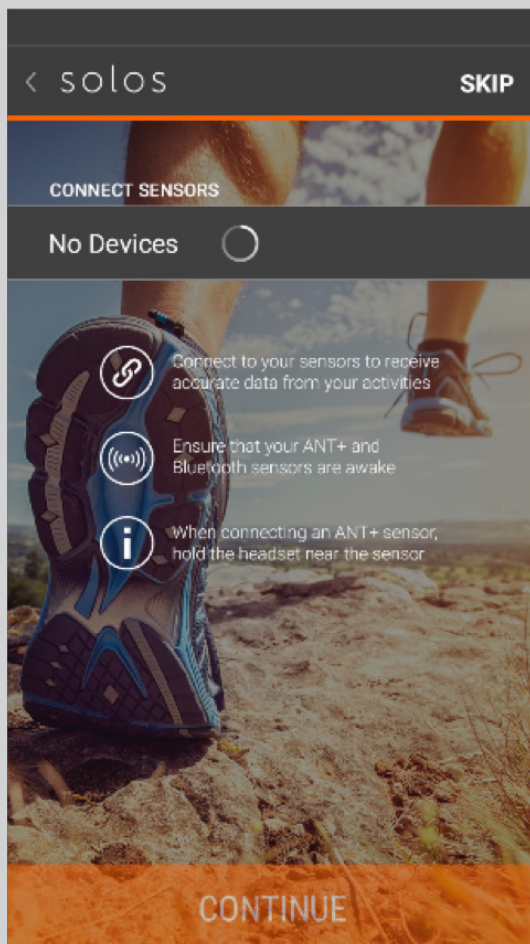
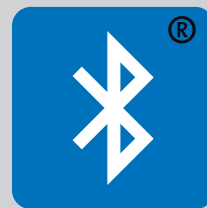
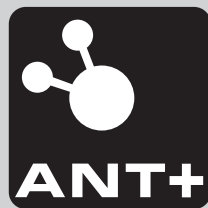
- Select the sport you wish to configure first to use SOLOS



Note: You can always switch sport later and the system will take you through setup for that sport.

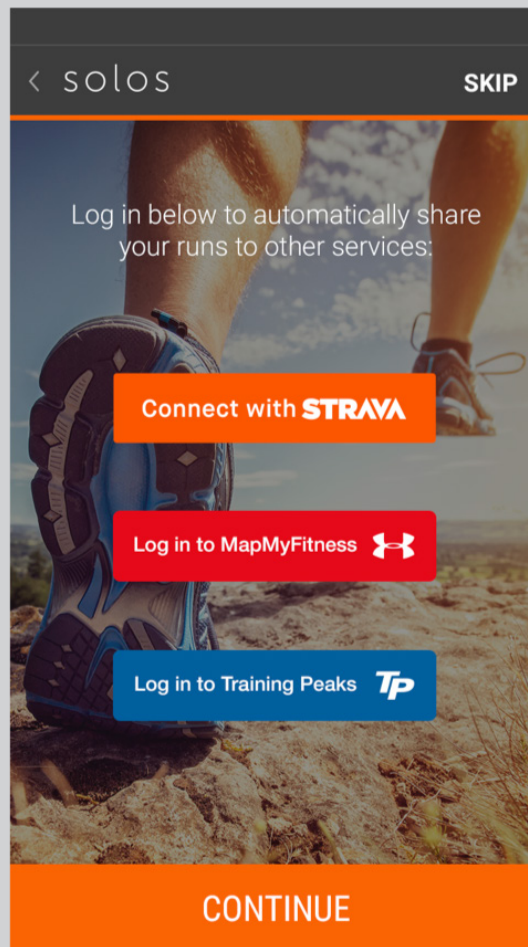
SETUP: CONNECT SENSORS

- The app will automatically search for nearby BLE or ANT+ sensors
- Click on your sensors to connect them
- Any connected sensors will automatically reconnect from this point
- Note: Your headset must be connected for the system to connect to ANT+ sensors
- Some sensors broadcast over both ANT+ and BLE, you only need to connect to one instance of the sensor



SETUP: SHARING LOGIN

- You can log into your accounts with Strava, MapMyFitness and Training Peaks to share your activity data automatically to those account(s)
- Click on any of the platforms to login and enter your credentials



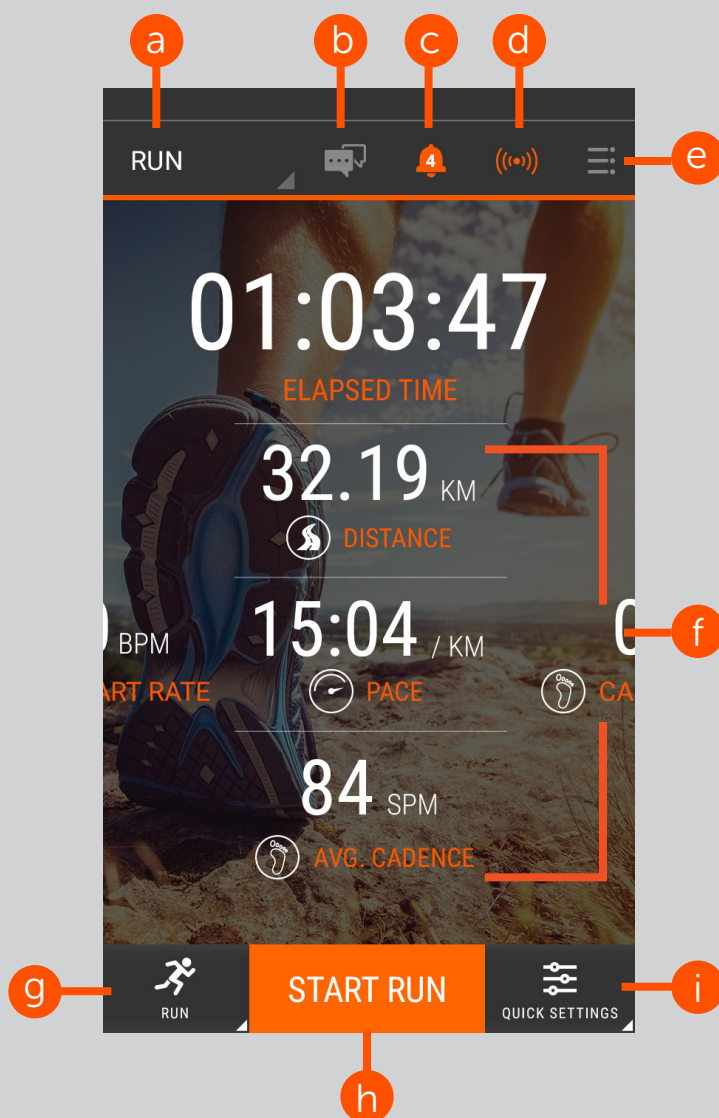
SETUP: FINISH SETUP

- The app will inform you that you can use a connected Wear OS 2.0 smartwatch with SOLOS
- You have finished setup!



RIDE & RUN SCREEN

This is the centre of the application and allows you to start a new activity.



a

Main Menu button

Tap to access menu list

b

Group Communication icon

Tap to access this feature

c

Warnings icon

Tap to see any warnings related to your sensor setup and other items of interest

d

Sensors icon

Tap to see the status of your BLE and ANT+ sensors

e

List icon

Use to access Navigation and other features

f

Metric List

Long press on a metric and scroll sideways to switch to metric of your choice

g

Select Workout button

Tap to switch between running and cycling mode

h

Start Button

Tap to begin a new activity

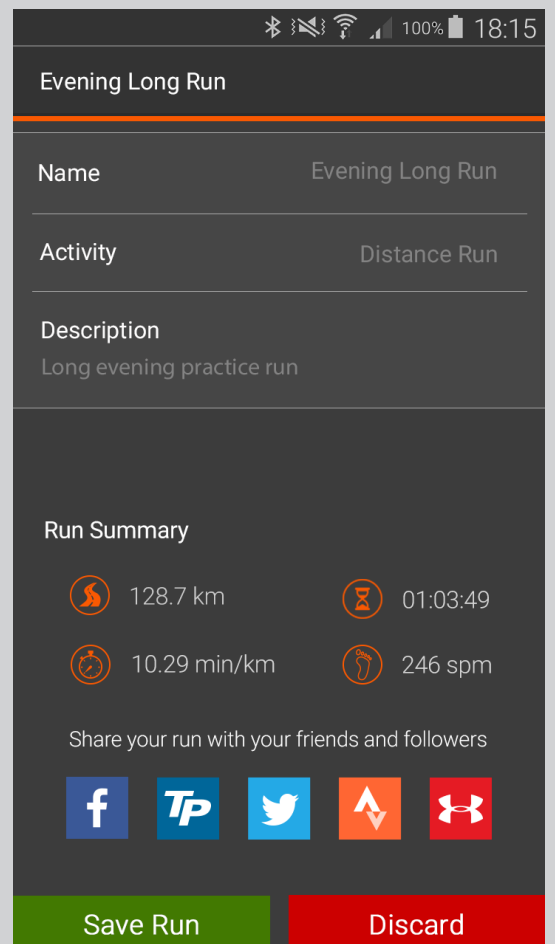
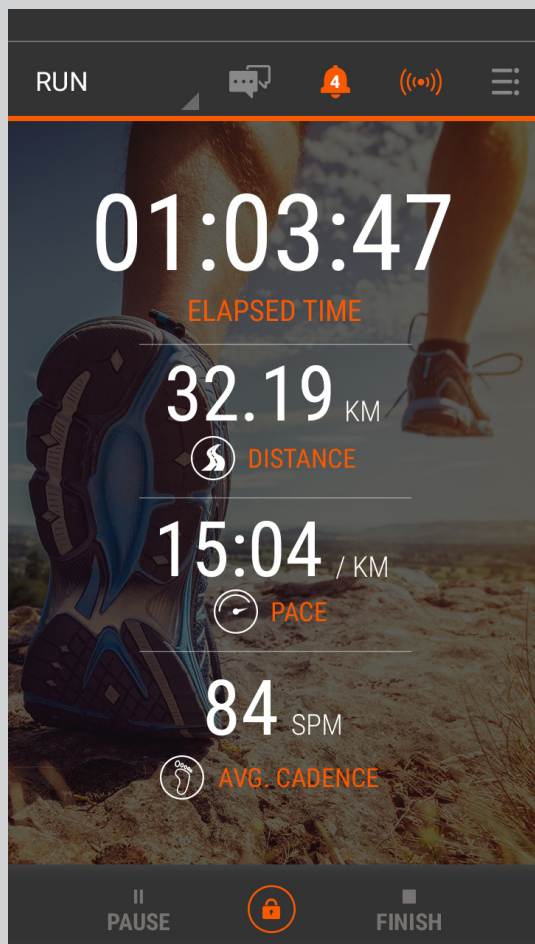
i

Quick Settings

Tap to configure easy-access settings options

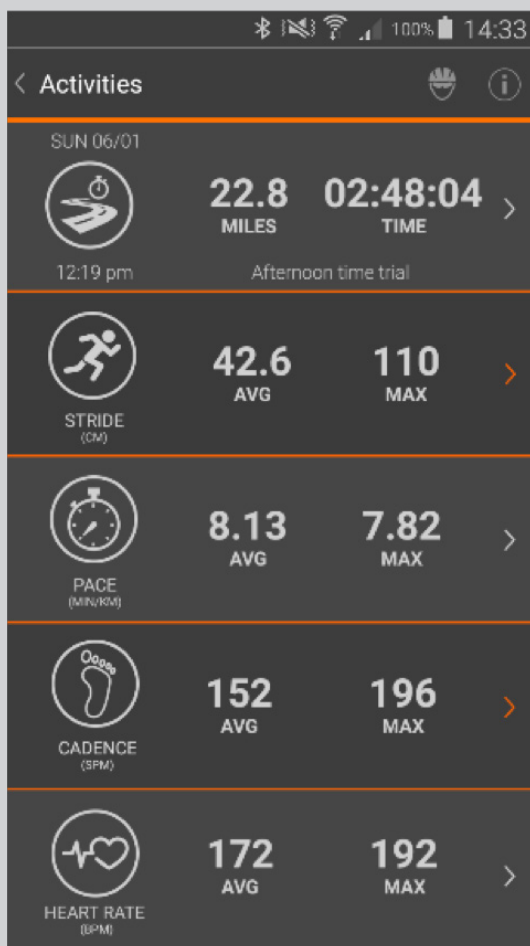
RIDE & RUN SCREEN: DURING & AFTER ACTIVITY

- When you start an activity, you will see live metric updates on the Ride/Run screen
- The activity will automatically be locked to prevent accidental ending of the activity. Long press the lock icon to unlock the pause and finish options
- When you press finish, you will see the End of Ride/Run screen:
 - * You can rename the activity, categorise the activity and enter a description
 - * You will see a summary of your key metrics
 - * You can share your activity
 - * Press 'Save Ride/Run' to progress to the Activities screen (see page 15)



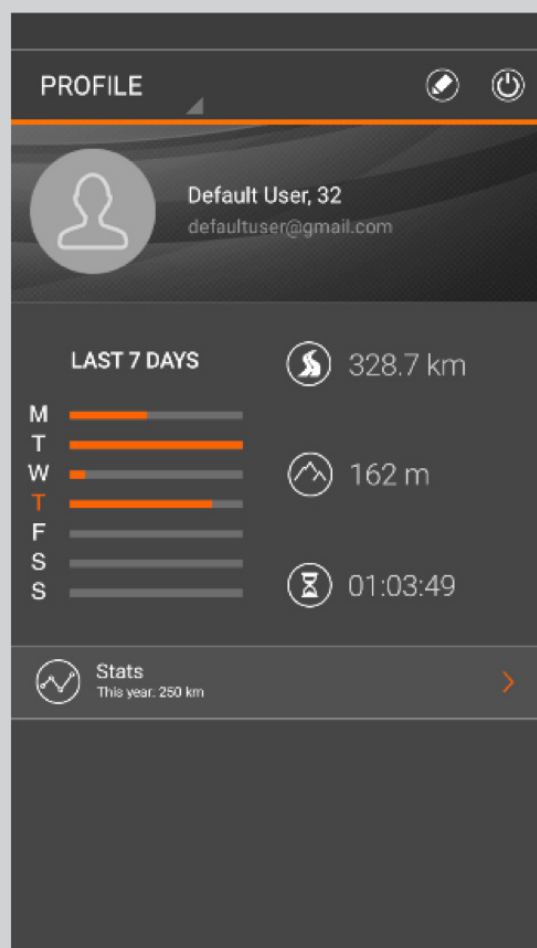
ACTIVITIES SCREEN

- When you have completed your activity, you will be taken to the Activities screen and will be presented with your activity details
- You can also access the Activities section of the app from the main menu at any time to see your activity data
- You can click on any row item to expand it and see a graphical view
- At the top you can select the Target Averages tab to view your performance against your preset targets
- The Activities data will be represented in either metric or imperial format depending on your setting (see page 17 for Settings)



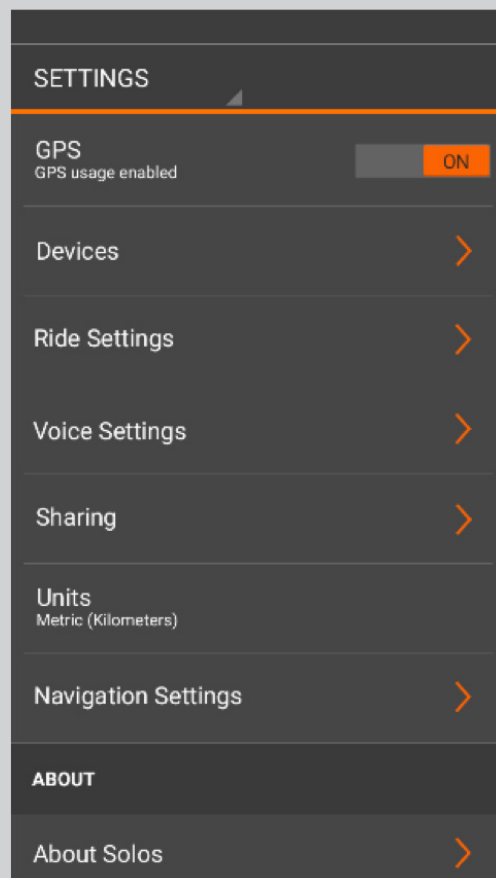
PROFILE & STATS

- In the Profile section of the app you can access your profile information as well as seeing a summary of your metrics for the past week
- Inside the Profile screen you can also access the Stats screen, where you can see detailed cumulative metrics for multiple time periods
- In Ride mode, you can configure your bikes (used to calculate accurate calories consumption)



SETTINGS

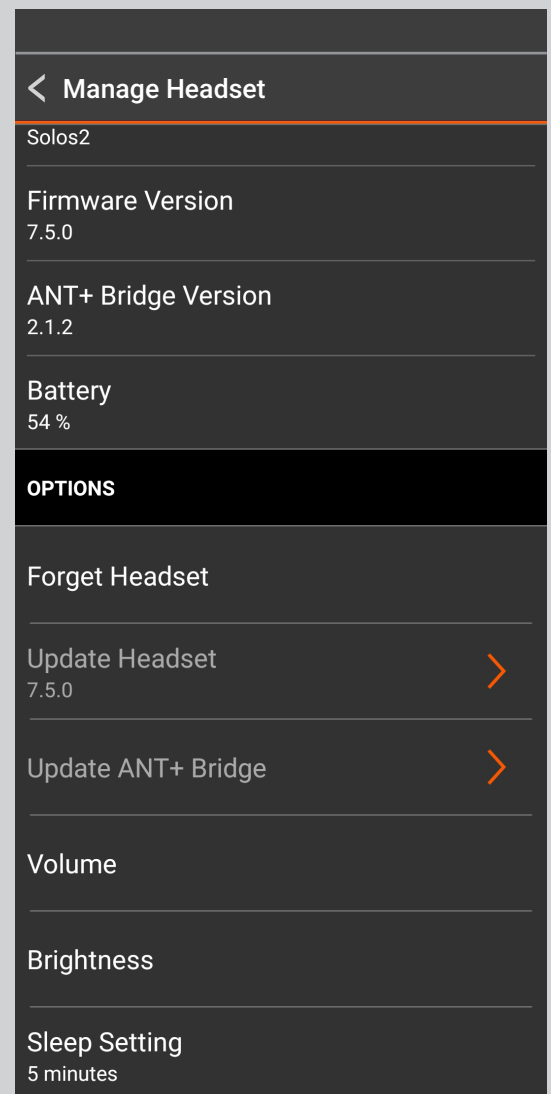
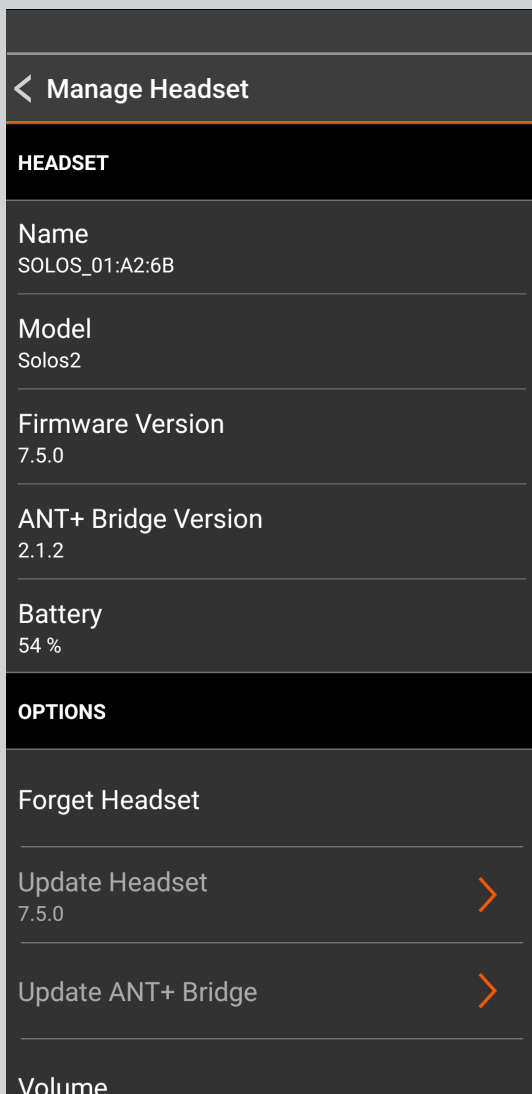
- In Settings you can control various elements of your experience:
 - * Enable/Disable GPS usage
 - * Manage the connection to your SOLOS headset and sensors
- Control your ride/run settings (such as which metrics you want to see during your activity, setting targets to meet and the frequency at which the display updates)
 - * Go to 'Active Metrics' to enable/disable various metric formats on the headset during your activity
- Control your voice settings (managing voice updates during the activity)
 - * You can configure the frequency of voice updates
 - * You can also configure your audio experience for target metrics
- Managing your sharing platforms
- Setting the system to use metric or imperial measures
- Navigation settings



SETTINGS: HEADSET SETTINGS

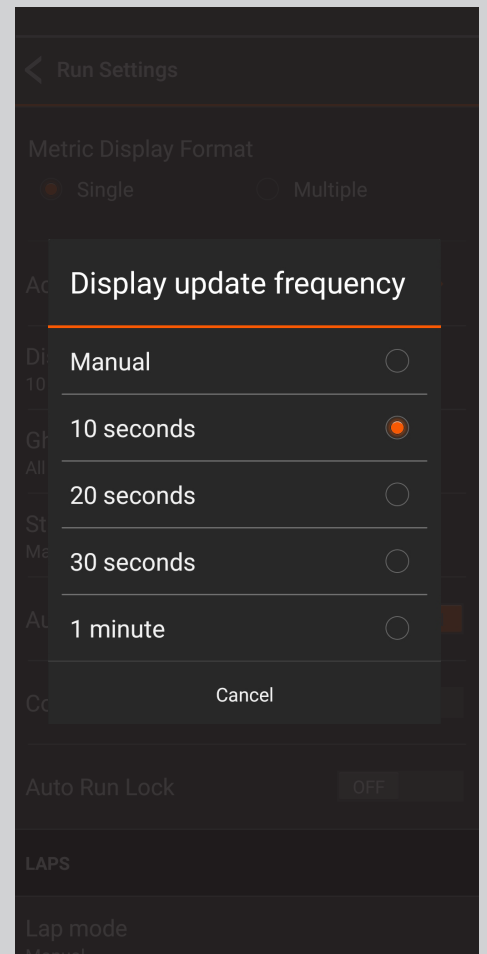
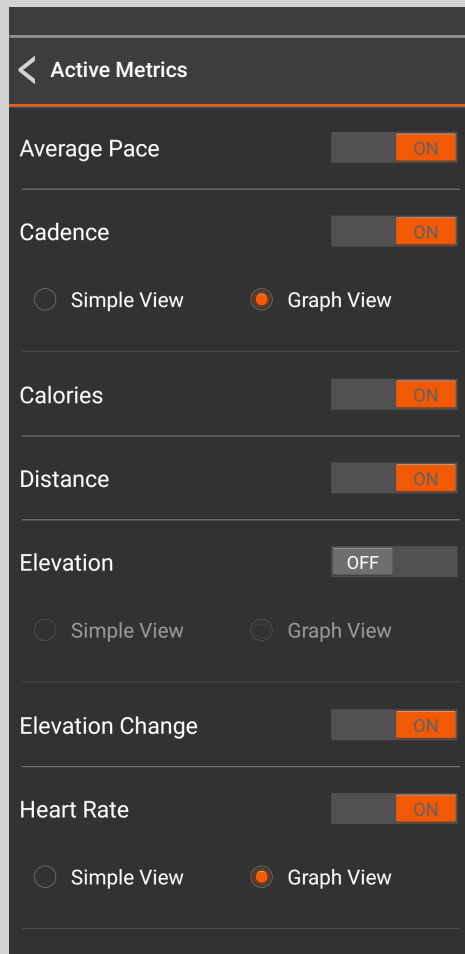
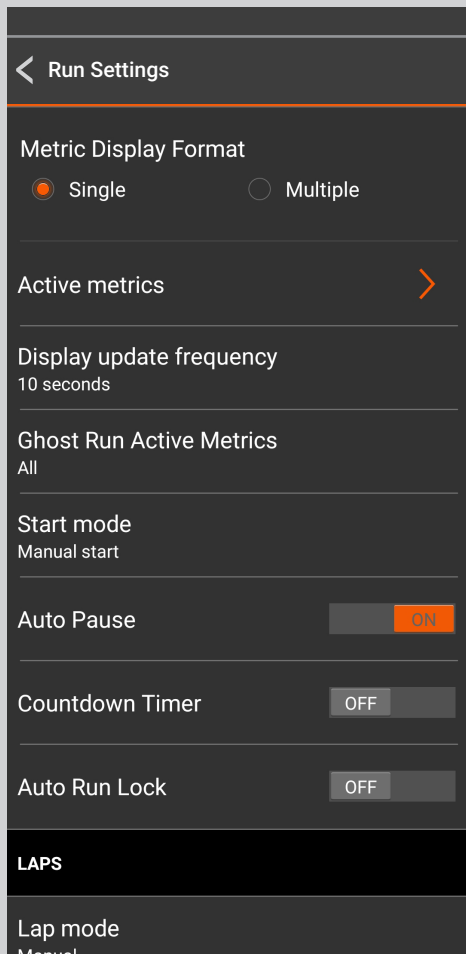
- In Settings > Devices you can:
 - * Rename the headset by tapping on the headset name
 - * Control your headset volume
 - * Adjust the headset brightness levels or set to auto
 - * Set the sleep setting duration
- Firmware Updates
 - * Your headset contains two unique firmware files that are updated independently.
 - * You will be notified if an update is available for either one.
 - * We recommend always running the latest firmware.

*Updates for firmware and Ant+ bridge can arrive at separate times or together, you can update in any order



SETTINGS: RIDE & RUN HEADSET SCREENS

- In Settings > Ride/Run settings you can:
 - * Choose how you would like to display your metrics on your Solos headset, either in a single or multiple view
 - * Control the display update frequency of the screens
 - * Set your preferred lap mode
 - * Select which active metrics you want to see during your activities

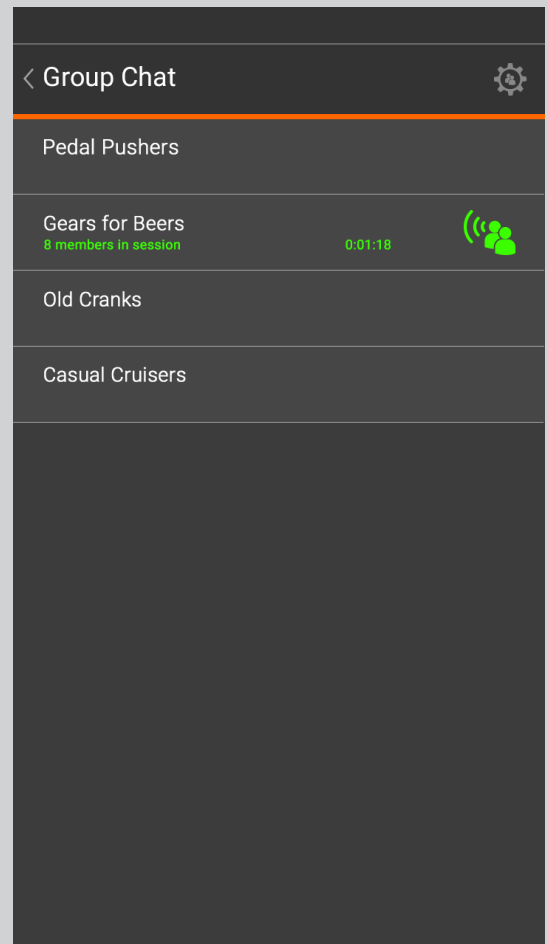
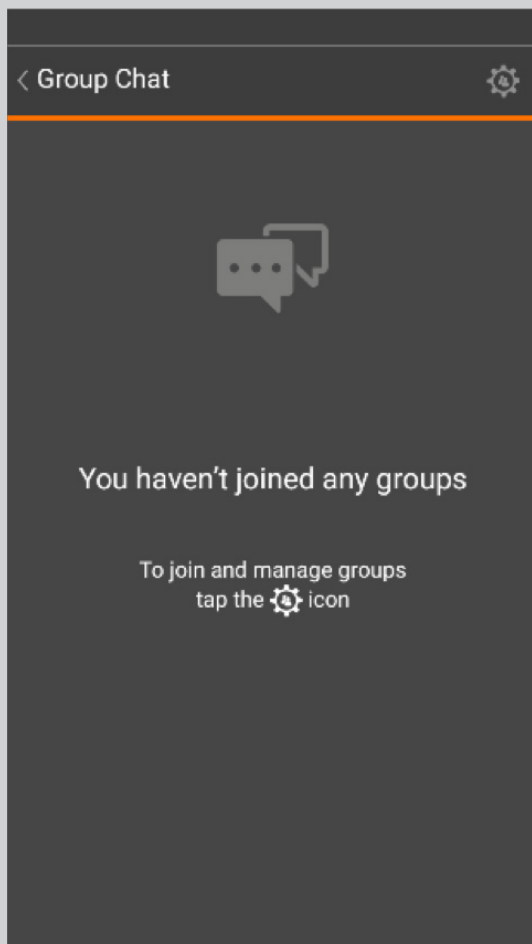


GROUP COMMUNICATION

- Group Communication allows up to ten users to simultaneously connect to a group chat session and speak in real-time
- When you enter the Group Chat screen you will see your list of available groups
- You can manage your groups by pressing the settings icon on the top right hand corner
- When you select a group, the app will connect to that group automatically (two or more users need to be in the group to hear any audio)
- You can press the main SOLOS headset button or double-tap the right side of your unit to enable/disable your microphones (to mute/unmute your channel)



Note: Group Communication requires your phone to have a data connection to the cloud (mobile data or Wi-Fi)

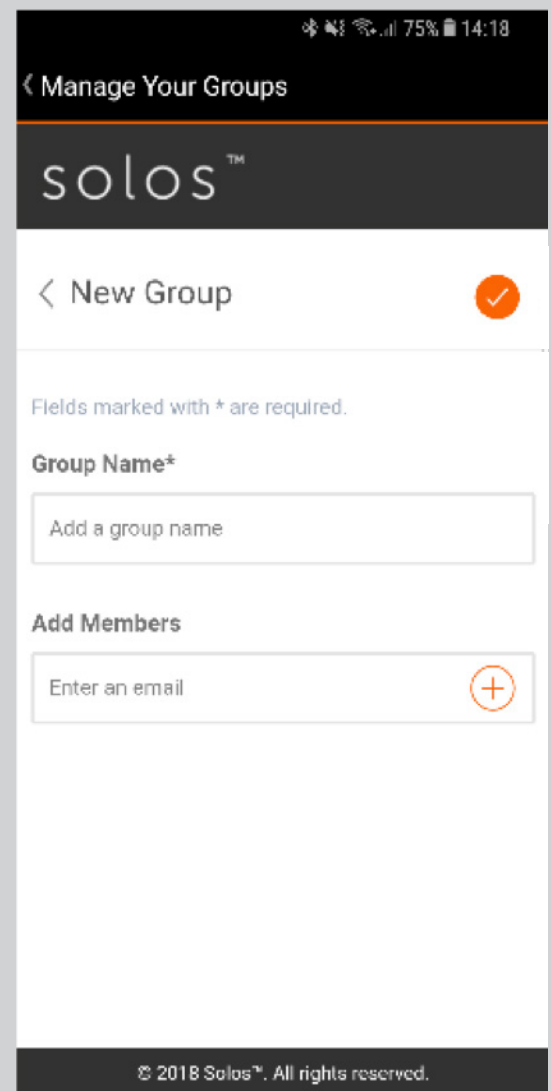
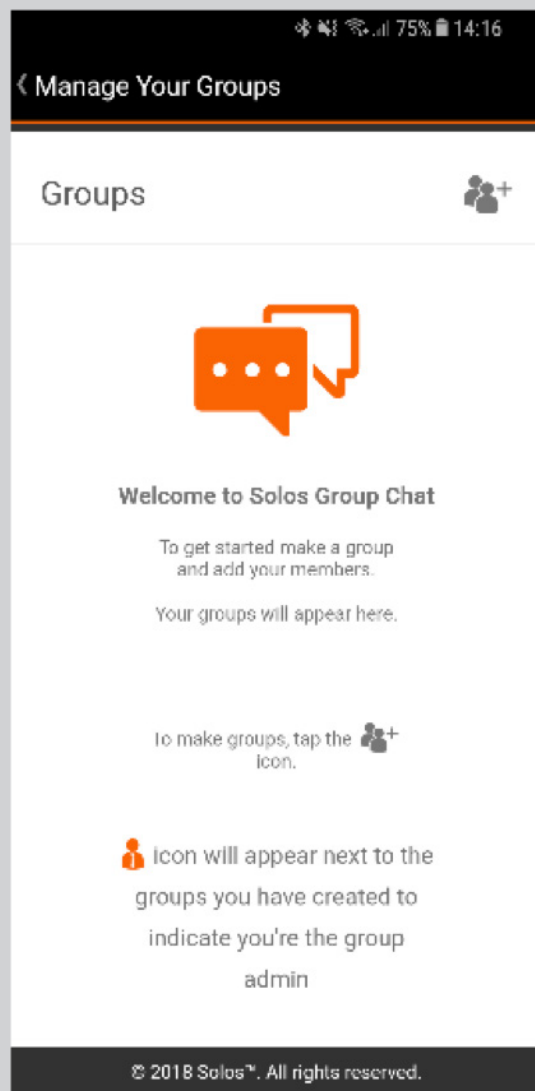


GROUP COMMUNICATION: MANAGE GROUPS

- When you enter the Manage Groups screen, you will see a list of the groups you are a member of.
- You can add a new group by clicking on the icon
 - * Give the group a name.
 - * Add members to your new group by entering their registered email address.



Note: Only the Group Owner can change group settings



VOICE CONTROL

- To enable voice control, click on Quick Settings on the Ride/Run screen and switch on the feature.

There are a variety of commands you can issue, including:

- * "Start ride" (starts the ride)
- * "Show [metric name]" (for example "show time", shows the metric requested)



Note: It will work for metrics that have been enabled for that activity in Settings – active metrics. It also will only respond if that metric has 'active data' (for example it won't trigger the 'Show Heart Rate' command if you have no heart rate sensor connected that is providing data)

Eg: "Show Time" ; "Show Speed" ; "Show Pace" ; "Show Heart Rate" ; "Show Power"

- * "Make a call" (enables you to initiate a phone call to a contact name from your address book on your phone)

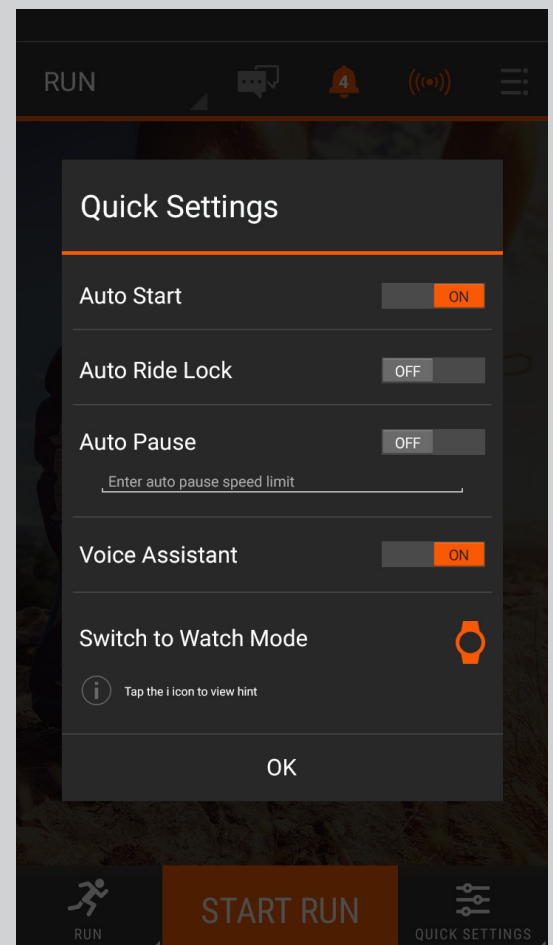


Note: This requires that you granted the app permission to access your contacts database on your phone

- * "End ride/run" (ends the ride/run)



Note: Voice control accuracy can be negatively affected by high wind noise when cycling at speed.



See page 23 & 24 for more voice commands

VOICE COMMANDS

RIDE

Starting - Ending - Basic navigation

Start Ride
Pause/Hold Ride
Resume Ride
Next/Forward Page
Previous/Back Page
End/Finish/Stop Ride

Outgoing calls - messages

Make a Call
Send a Message

Standard metrics

Show Speed
Show Cadence
Show Power
Show Heart Rate
Show Heart Rate Zones
Show Average Speed
Show Calories
Show (Elapsed) Time
Show Distance
Show Elevation
Show Intensity Factor
Show Elevation Change
Show Power Bar
Show Normalised Power

Targets (ensure selected in Settings>Ride Settings)

Show Target Average Power
Show Target Average Speed
Show Target Average Cadence
Show Target Average Heart Rate
Show Target Time
Show Target Distance

Ghost Ride Metrics

(ensure selected in Settings>Ride Settings)

Show Distance
Show Heart Rate Show Cadence
Show Power
Show Speed
Show Time
Show Average Power
Show Average Speed
Show Average Cadence
Show Average Heart Rate

Switch off Vocon

Switch Off

VOICE COMMANDS

RUN

Starting - Ending - Basic navigation

Start Run

Pause/Hold Run

Resume Run

Next/Forward Page

Previous/Back Page

End/Finish/Stop Run

Outgoing calls - Messages

Make a Call

Send a Message

Standard metrics (if to be used in test, each should be selected in Settings>Run Settings.)

Show Cadence

Show Pace

Show Heart Rate

Show Heart Rate Zones

Show Average Pace

Show Calories

Show (Elapsed) Time

Show Distance

Show Elevation

Show Stride

Show Elevation Change

Ghost Ride Metrics

(ensure selected in Settings>Run Settings)

Show Distance

Show Heart Rate

Show Cadence

Show Pace

Show Time

Show Average Pace

Show Average Cadence

Show Stride

Show Average Heart Rate

Switch off Vocon

Switch Off

Targets (ensure selected in Settings>Run Settings)

Show Target Average Pace

Show Target Average Cadence

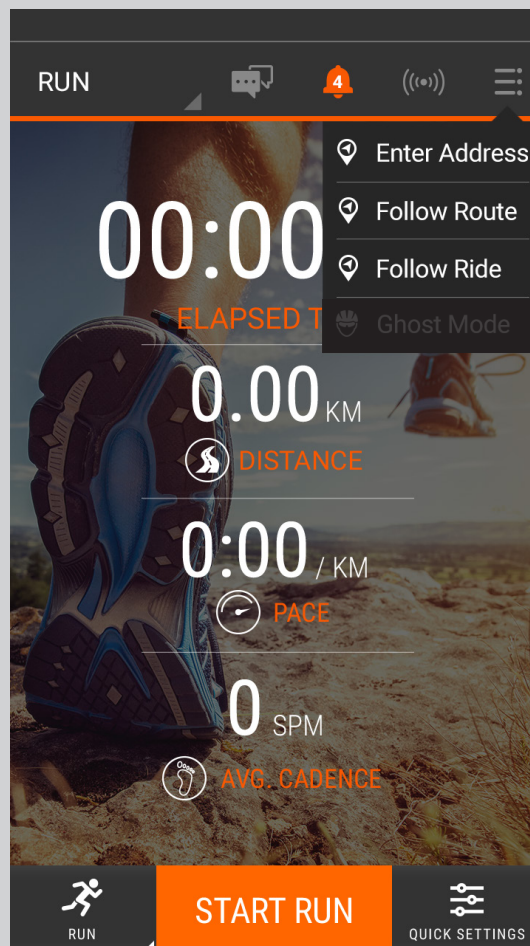
Show Target Average Heart Rate

Show Target Time

Show Target Distance

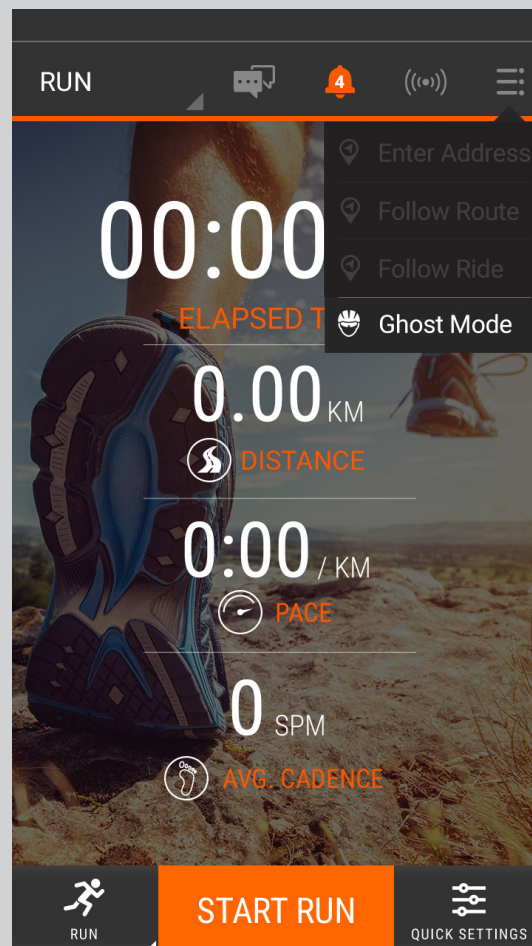
NAVIGATION

- To access Navigation mode, click on the list icon in the top-right corner
- You can select from three navigation options:
 - * Enter Address – enter an address to reach using navigation
 - * Follow Route – follow a saved route
 - * Follow Ride – follow a previously completed ride (repeat ride route)
- After you have selected your navigation mode and proceeded through the instructions, you will see an orange navigation icon where the menu icon is to indicate that navigation is active
- During live navigation, the system will prompt you when a turn is approaching and the severity of the turn. In address-based navigation mode, the system will provide street names



GHOST MODE

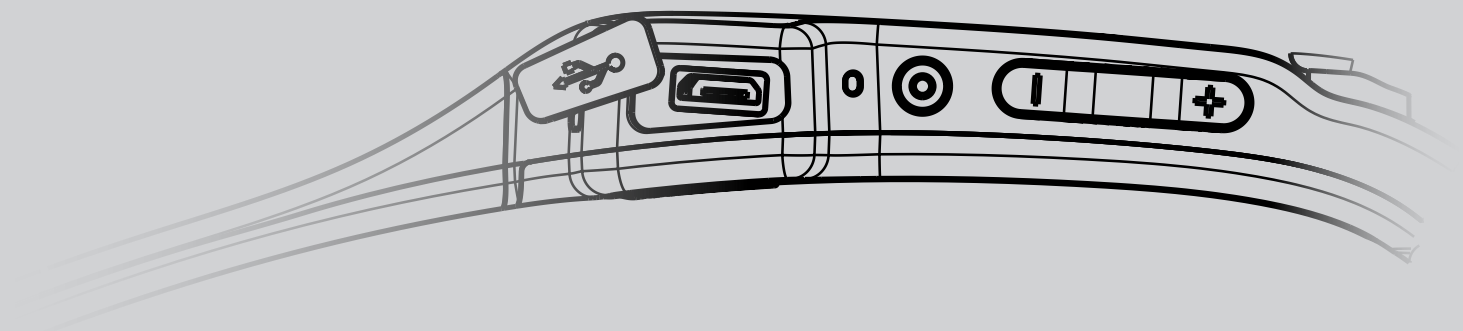
- To access Ghost mode, click on the list icon in the top-right corner.
- In Ghost mode, you can 'race' against a previous performance. The system will tell you whether you are ahead or behind your 'ghost' and by how much time/distance.
- You will also see comparative metrics from that point in the activity.



TROUBLESHOOTING: HEADSET CONNECTION

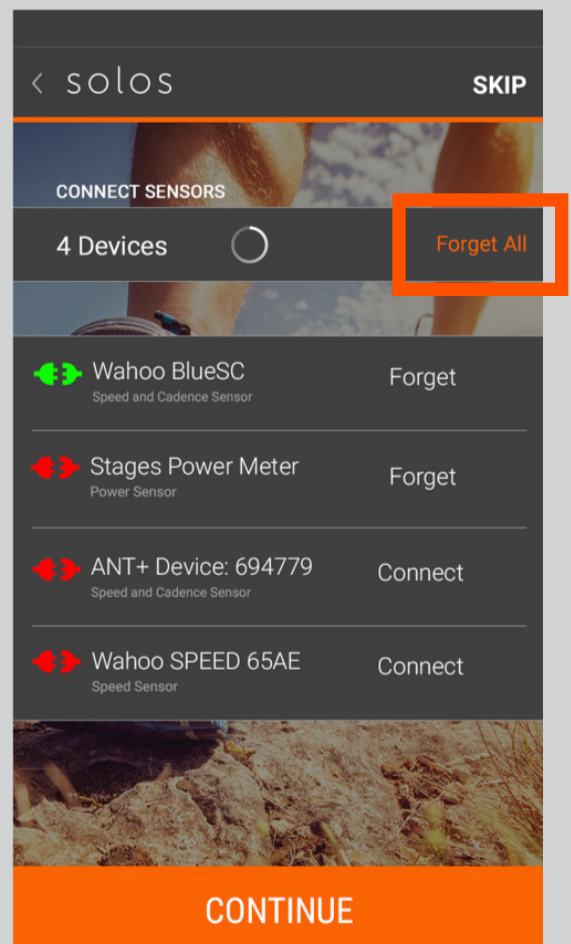
If you find you're having difficulties connecting your headset then this troubleshooting guide will allow you to reset and recover the connection:

- Firstly, restart your headset.
 - * Switch it off by holding down the main button for approximately 5 seconds, wait a few seconds, and then press the main button again
 - * Once the unit says "hello", press and hold the 'minus' button on your headset for about a second to remove the previous paired device(s).
 - * Your SOLOS unit will go into 'pairing mode', meaning that it will cycle three screens with one showing the unit ID (for example SOLOS_##:##:##)
 - * You may now follow the normal pairing instructions in the app to reconnect your headset
 - * Also go to your Settings > Devices and tap on Forget Headset to forget your Solos device before repairing.



TROUBLESHOOTING: SENSOR CONNECTIVITY

- To connect your ANT+ sensors, your SOLOS unit must be switched on and connected to your phone. This is because we use the headset as a 'bridge' due to most phones not containing an ANT+ radio.
- If you find that a sensor you have connected/saved in the SOLOS app will not automatically reconnect, try these troubleshooting steps:
 - * Ensure the sensor has battery power remaining
 - * If the sensor is magnet operated, ensure that the magnet is passing close enough to the sensor to register a reading and wake the sensor from sleep
 - * If the sensor is BLE, ensure that it is not already connected to another device such as a bike computer (BLE sensors can only manage one connection at a time)
 - * Check that the SOLOS app is running and your headset is connected (the headset should show the 'Press Start Ride/Run to Begin' screen or live ride screens)
- If you're still finding it difficult to connect your sensor:
 - * Switch off your headset and then switch it back on again, then head to the Sensor Connection Screen in the app to reconnect it
 - * If the above doesn't work, in the Sensor Connection Screen press 'Forget All' and reconnect your sensors

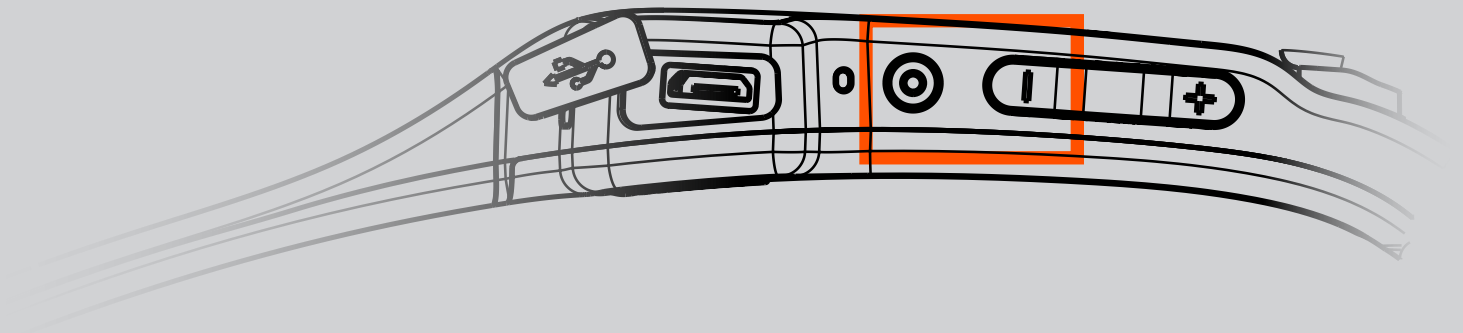


TROUBLESHOOTING: SLOW DOWNS/AUDIO ISSUES

- SOLOS is a Bluetooth-connected product, and the interface is driven from the connected phone/smartwatch over a Bluetooth classic connection.
- Bluetooth is designed for low power consumption but also has restricted bandwidth when compared to other technologies such as Wi-Fi.
- If the Bluetooth connection gets overloaded/saturated, you may find that you can see the screen being drawn slowly, audio becoming choppy, or in rare scenarios, the phone may close the Bluetooth connection causing your headset to disconnect. If this occurs, check whether you have external Bluetooth devices connected at the same time as SOLOS, such as earbuds or a watch. You may need to reduce the Bluetooth traffic from your phone.

TROUBLESHOOTING: FROZEN HEADSET/APP CRASH

- In the unlikely event that your headset freezes and you are unable to power it down, you can force recovery of the headset by holding down the Main and Minus button, highlighted on the image to the right for a approximately five seconds. The screen will go black and then the SOLOS unit will restart automatically. Reconnect the headset to the phone and continue your ride or run.
- If the SOLOS app closes unexpectedly during a ride or run, your data will be retained when you restart the app. On start-up, the app will give you the option to view your lost data and save it (or discard if preferred).





Version 7.0

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