User Manual

3BaysGSA ZONE - Golf Swing Analyzer

EMPOWER YOUR SWING

PREFACE

Congratulations on purchasing the 3BaysGSA ZONE (MX-G106). The unique combination of features and ease of use of your new swing analysis device will allow you to record your swing motions and parameters. Through GSA ZONE app, you are able to review your swing information and playback your swing arc on iPod, iPhone and iPad.

WARNING:

The signals used by this monitor may interfere with a pacemaker or other implanted devices. Consult the manufacturer of the implant device and your physician before using this monitor.

SAFETY PRECAUTION

Please read all safety information prior to using the Golf Swing Analyzer. Failure to do so may result in unnecessary injury.

1. Please read all the information in this manual or any other literature included in the box before using the device. Please keep this manual for future reference.
2. Do not make judgments yourself regarding the measurement results or self-treat yourself. Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
3. Consult your physician before using this device when pregnant.
4. Operate the device only as intended. Do not use for any other purpose.
5. Do not replace heavy objects on the device and keep the device away from humid, dusty and smoky environments.
6. Do not use water, chemicals or detergent to clean the device. Clean the surface with a soft cloth.
7. Do not use excessive force on the buttons.
8. Keep out of extreme heat or cold. The device is only operable between 0° C and 40° C.
9. To avoid damage, make sure you do not drop, smash, bend or crash the device.
10. Keep the device away from strong magnetic fields.
11. Do not disassemble or modify the device yourself.
12. Use only 3Bays Corporation Limited authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
13. When you upload or download files using a USB cable, do not disconnect the USB cable during data transfer or turn the device off.
14. Data can be damaged because of physical impact, lightning and power failure.

DISCLAIMER

Accuracy of Collected Information
3Bays Corporation Limited will on its own initiative, correct or erase any personal data which is incomplete, inaccurate or outdated for the purposes for which it is used. You always have the right to access and correct the personal information you have provided, and you are encouraged to ensure that your contact information and any other information you have provided is accurate, complete and up-to-date by visiting 3BaysGSA website: www.3bayslife.com/gsa.

Disclarimer

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Introduction

3BaysGSA ZONE is a patent innovation in golf swing technology. It records your swing motion and sends the information straight to your mobile phone through its unique GSA ZONE app, which compares each swing against your own or your instructor's best swing for greater accuracy.

The following table lists out the definition of some specific names using in this manual.

| Item	Description
Club Head	The head of the golf club which strikes the ball
Grip	Grip is how you hold the club. Your hands should be fixed on the club; they don't move. Their only job is to hold, like clamps. They don't manipulate it by snapping the wrist or forcing the club.
Club Face	The surface on the head of a golf club used to strike the ball directly.
Consistency	This compares each swing information and shows you how close each swing is to being repeated.
Club Head Speed	This gives you how fast the club heads is travelling as it hits the ball.
Face Angle	This gives you where your club face is at impact relative to the target, OPEN, SQUARE, CLOSED
Swing Path	This gives you what path your club is just before impact, INSIDE, SQUARE, CLOSED
Swing Tempo	This gives you the rhythm of your swing speed during the backswing and downswing (in ratio)
Backswing Time	This gives you the time taken to swing from setup to the top of the backswing in seconds
Downswing Time	This gives you the time taken to swing from the top of the backswing down to the impact, in seconds
Carry Distance	This gives you the attainable distance in the golf shot, from start to landing area.

Device and Accessories
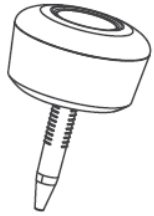
3BaysGSA
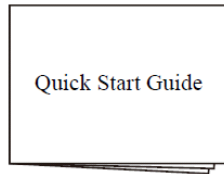
Quick Start Guide

USB cable
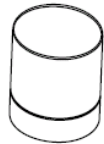
Leather Bag

Charging your device

Please charge your 3BaysGSA ZONE via USB adaptor as following before use.
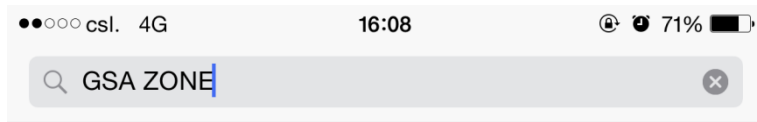

Charging: Red LED lights up
Full Charged: Blue LED lights up
Low Battery: Red LED is flashing

How to install

1a. iOS user

a) Search "GSA ZONE" app from App Store.

b) Install the app on your iPhone or iPad.

1b. Android OS user
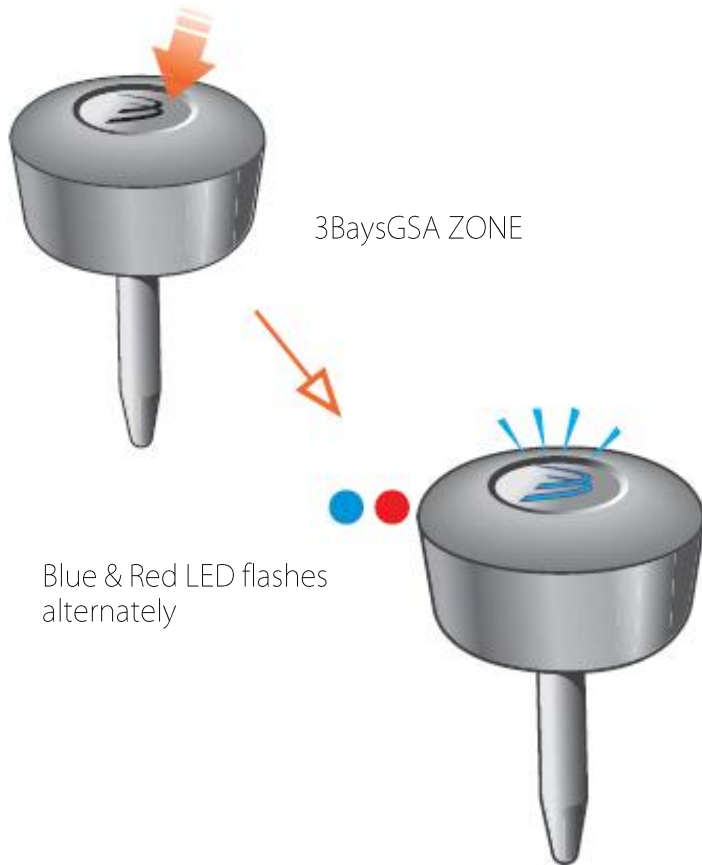
a) Search "GSA ZONE" app from Google Play Store.

b) Install the app on your Android phone or tablet.
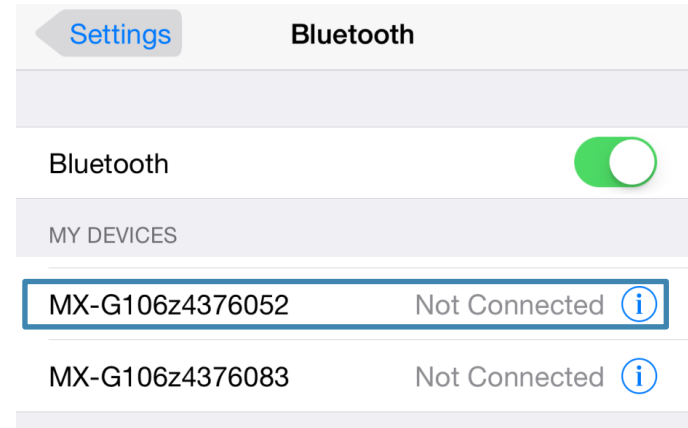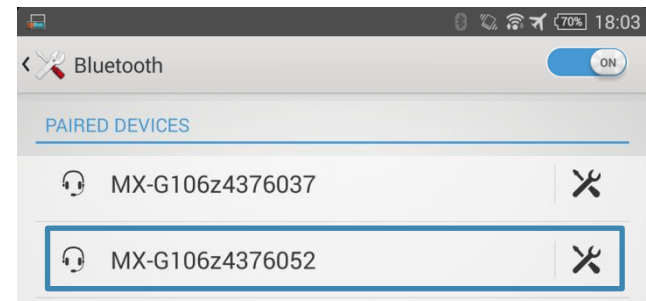
2.

Switch on by pressing and holding for 4 sec.

3BaysGSA ZONE

Blue & Red LED flashes alternately

Bluetooth pairing procedure

3.

a)   Go to "Settings" menu.
b)   Select "Bluetooth" and turn on.
c)   Turn Bluetooth on.

iOS user

Settings	Bluetooth
Bluetooth	
MY DEVICES	
MX-G106z4376052	Not Connected ⓘ
MX-G106z4376083	Not Connected ⓘ

Android OS user

Bluetooth	ON
PAIRED DEVICES	
🎧 MX-G106z4376037	✕
🎧 MX-G106z4376052	✕

Select the 3BaysGSA ZONE from device list (check the serial no. on bottom of your device and packaging).

4.

Blue LED flashes slowly

3BaysGSA ZONE

Successfully paired!

* For Android user, please switch off and then switch on the unit once after pairing successfully.

How to record your swing motions

1. Swing
1.1 Keep your GSA ZONE app running.
1.2 Align the triangle mark of 3BaysGSA ZONE device with Square club face.

Plug 3BaysGSA ZONE at the top of your golf club, then align the arrow of unit with the mark of the club

1.3 Standstill at setup position for 2 seconds. Blue LED lights up.
1.4 When Blue LED lights up, start your swing.
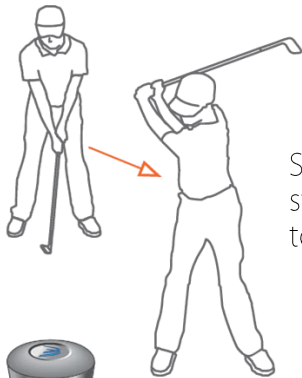
Set up and keep the club still for 2 sec, you can start to swing.

Blue LED lights up
(Ready to swing)

2. Swing data transmission
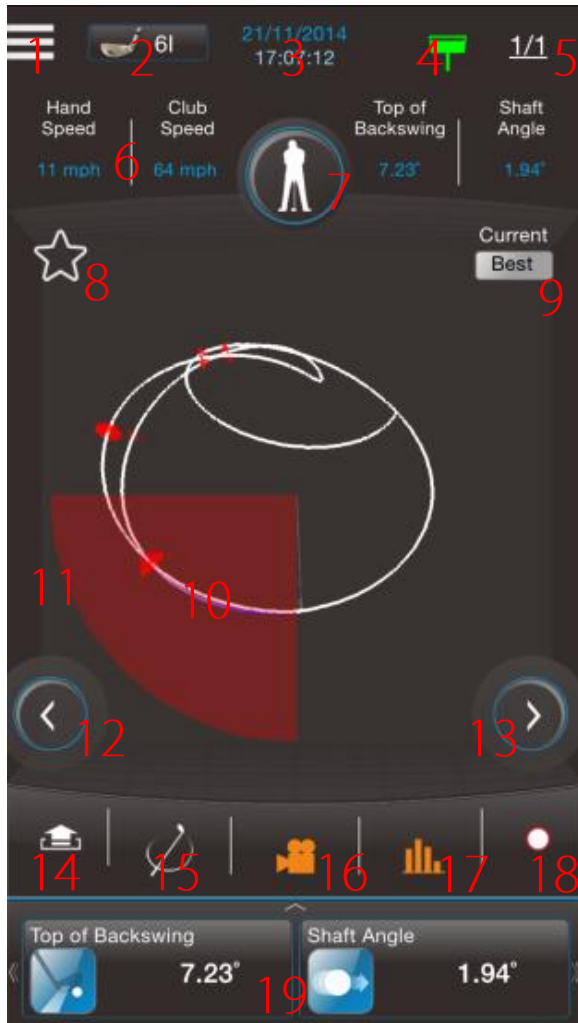2.1 After you swing, blue light is flashing quickly when swing data is transmitting to mobile phone.

Blue LED flashes

* Avoid having obstacles between 3BaysGSA ZONE and smart device when data is being transmitted.

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How to use GSA ZONE app

Function keys on main screen

1. Settings menu
2. Club Selection
3. Swing date and time
4. GSA battery and connectivity indication
5. Swing history button and swing record number
6. Swing parameters along the swing path
7. View selection
8. Best Swing settings menu
9. Show or hide the best swing data
10. Start to release power point
11. Guideline of power release zone
12. Previous record review
13. Next record review
14. Sharing the swing record via social media channels
15. Playback of swing simulation
16. Playback of swing video motion
17. Change view to swing parameters
18. Video Recording
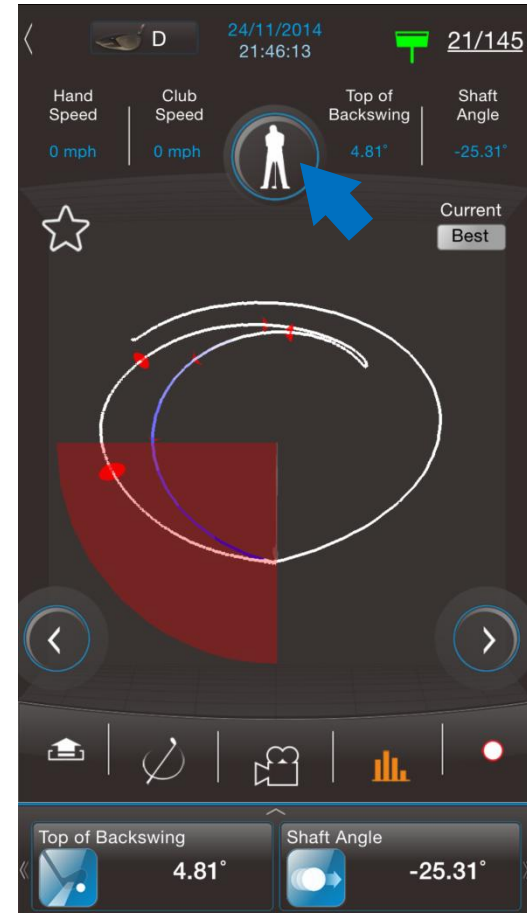19. Current swing parameters

Club selection

1. You can select which club you are using before getting new swing record.
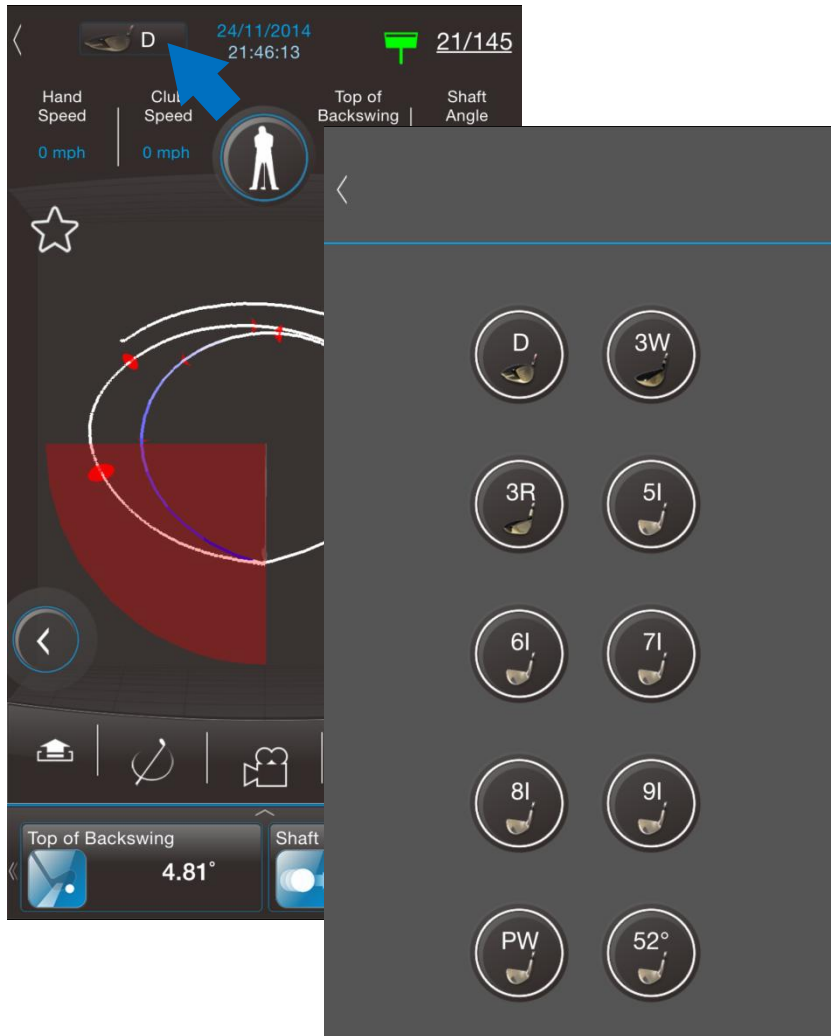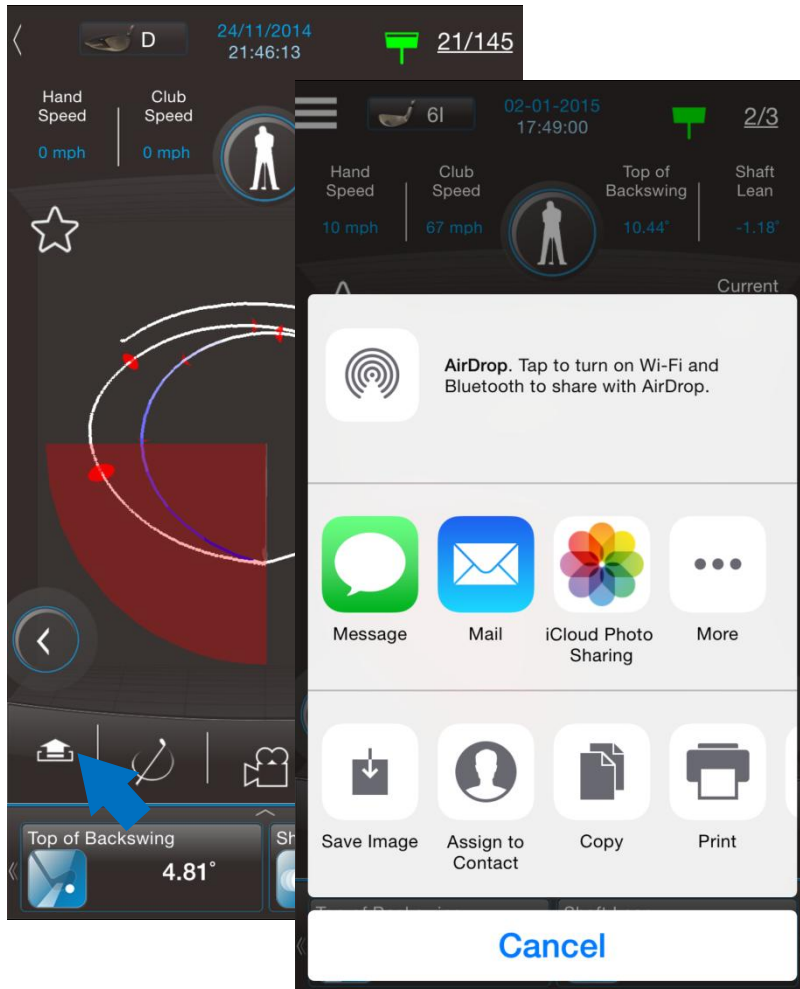

View selection of your swing arc

1. You can change the view angle by switching view selection button (Front, Right, Left, Top).

Sharing

For iOS user,
1. Please select which screen /result you would like to share to your friends.
2. GSA ZONE can capture the screen and you can share to your friends by installed apps, e.g. email, whatsapp, etc.

1. Please select which screen/result you would like to share to your friends.
2. GSA ZONE can capture the screen and you can share to your friends by installed apps, e.g. email, whatsapp, etc.
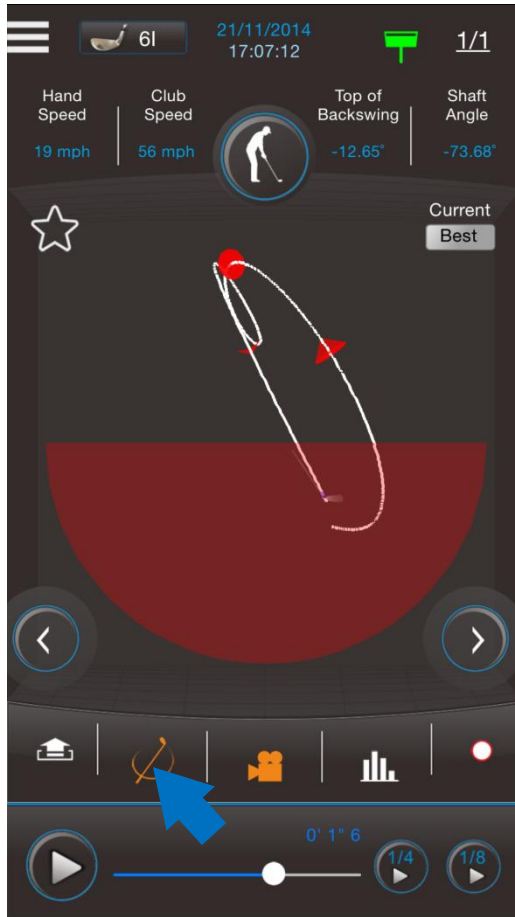

12
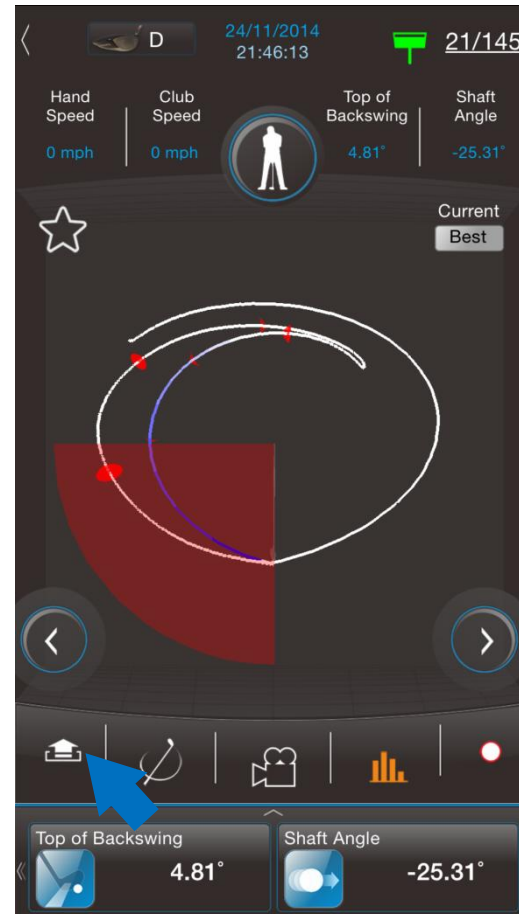
Playback of your swing arc

You can press swing playback button ![swing playback icon] to review your swing in normal speed or slow motion (1/4 speed or 1/8 speed).

Playback of your swing video

When the swing video is recorded in the swing record,

you can press video playback button ![video playback icon] to review the actual swing motion.
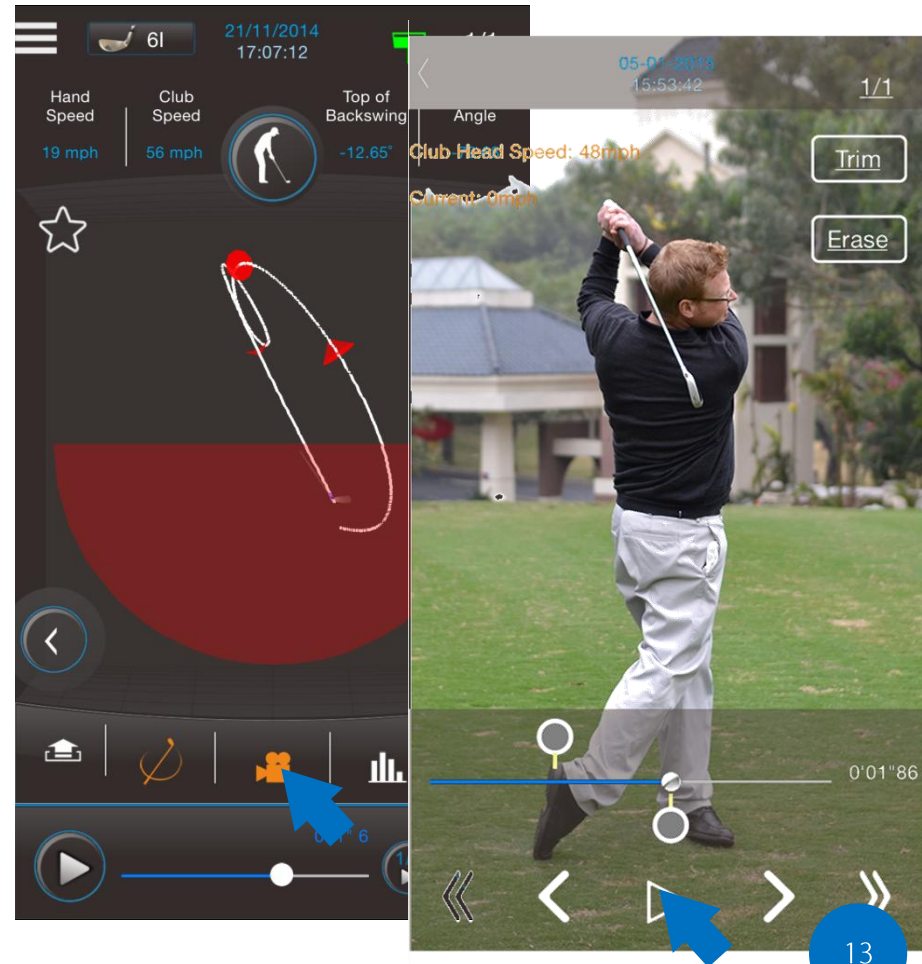
Review all parameters

You can swipe up from parameter box to check all the swing parameters.

Auto-video Recording

Recording:
1. Press Video Recording button
2. Fit the golfer just within the red color frame
3. Press the "Record" button on the bottom bar
4. Swing with 3BaysGSA ZONE device. The recording will be stopped automatically when the swing is recognized and data start transmitting.
5. An alert sound is heard, you are ready to swing again.
6. Press "Record" button to quit the recording.
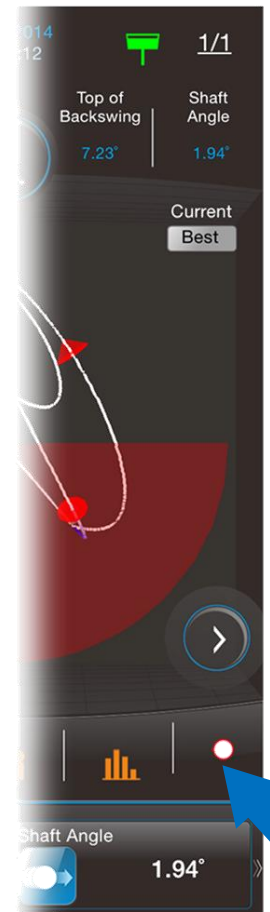
Auto-Video Recording

Settings:
An alert sound can be set when 3BaysGSA ZONE is ready to capture the swing data and take video.

Auto-video Recording
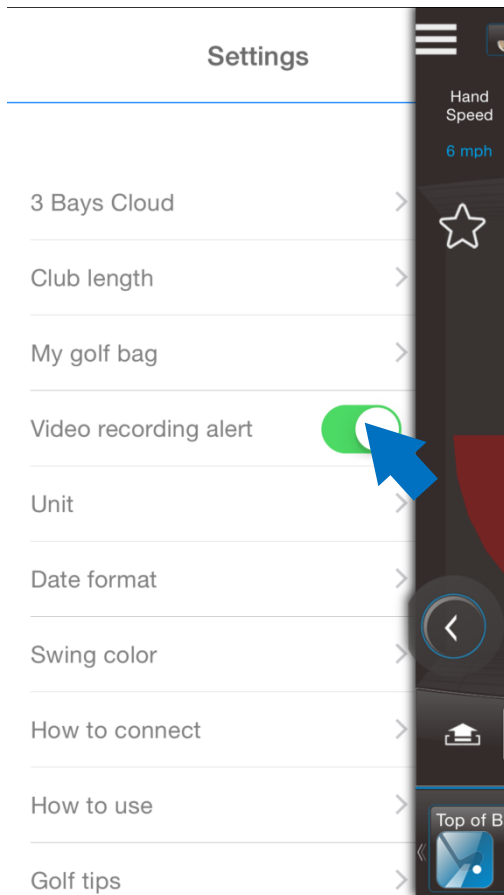
Trimming:
1. Lines can be drawn on screen to determine swing plane, spin angle or head position. Press "Erase" button to clear up the screen
2. Press "Trim" button and navigate the control panel to identify the moment at impact. Then press "Set" button. The video will be automatically trimmed down to the swing-only footage.

15
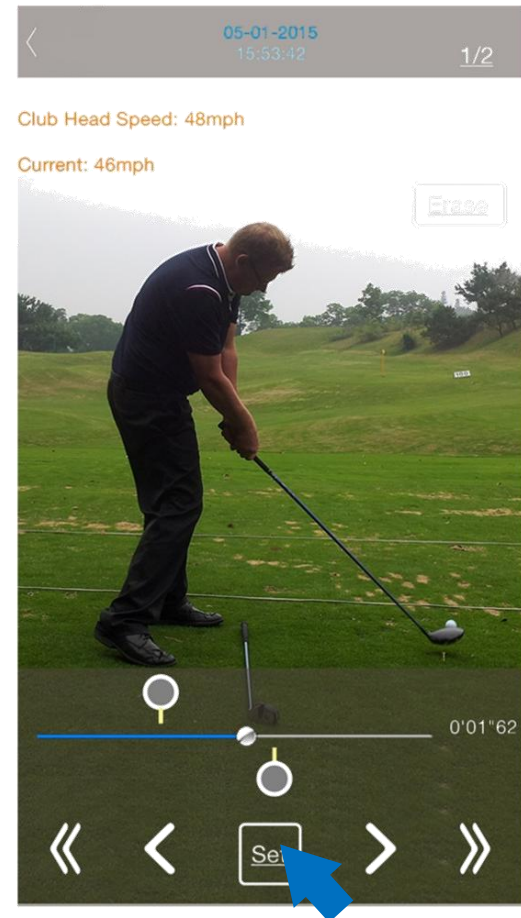
Auto-Video Recording

Erase:
Lines can be drawn on screen to determine swing plane,
Spin angle or head position. Press "Erase" button to clear
Up the screen.

Best Swing setup

1. Select one record and show on the home page
2. Press the Star button
3. Press "Use as Best Swing"
4. The swing path color will be changed
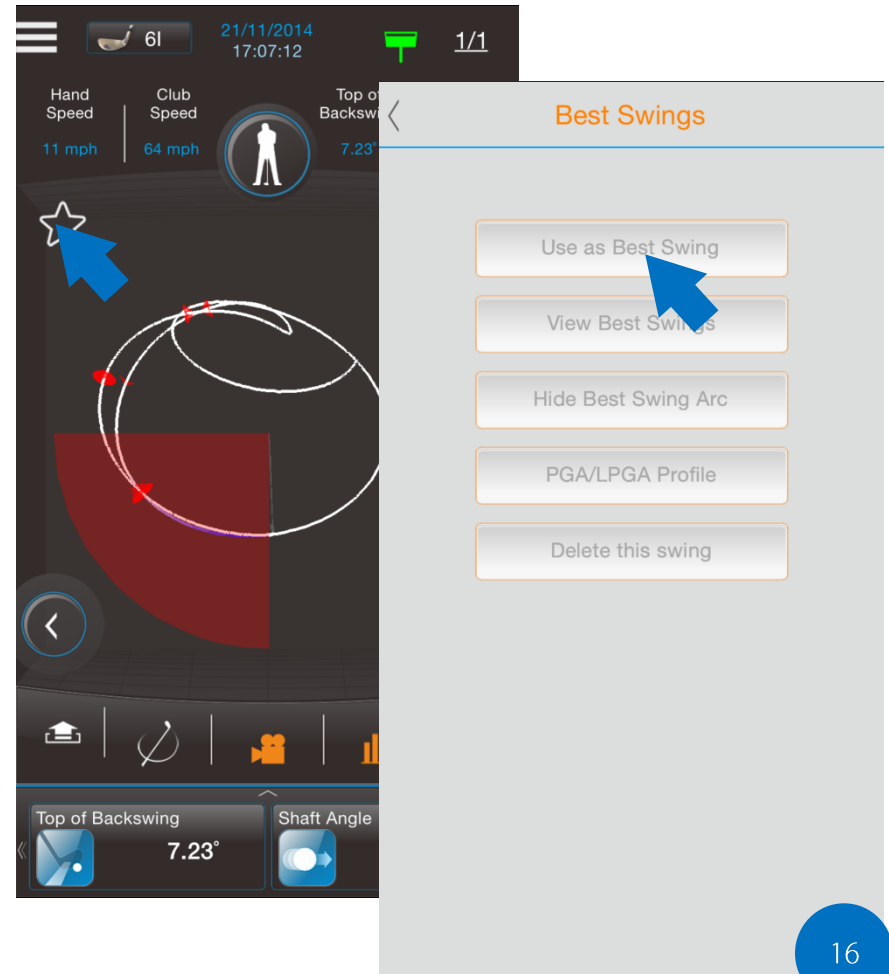
Compare your current swing with your best swing

You can press "Best Swing" button to turn on/off the best swing record to compare the current one.

Settings

1. Press "Settings" button
2. Press "Settings" button again to go back to home screen

Settings

3BaysCloud – account setup
1. Press "Create New Account" button
2. Fill in all information and press "Sign Up" button
3. You will get a confirmation email, please reply to activate the account

Settings

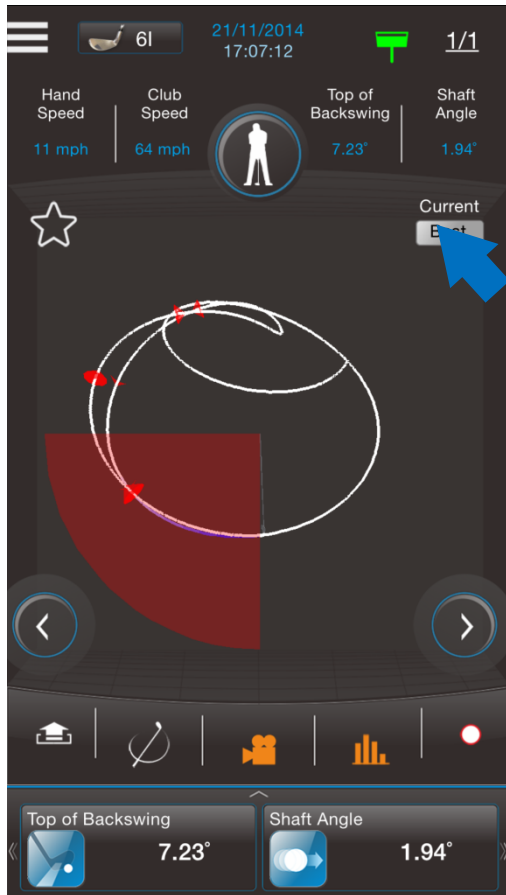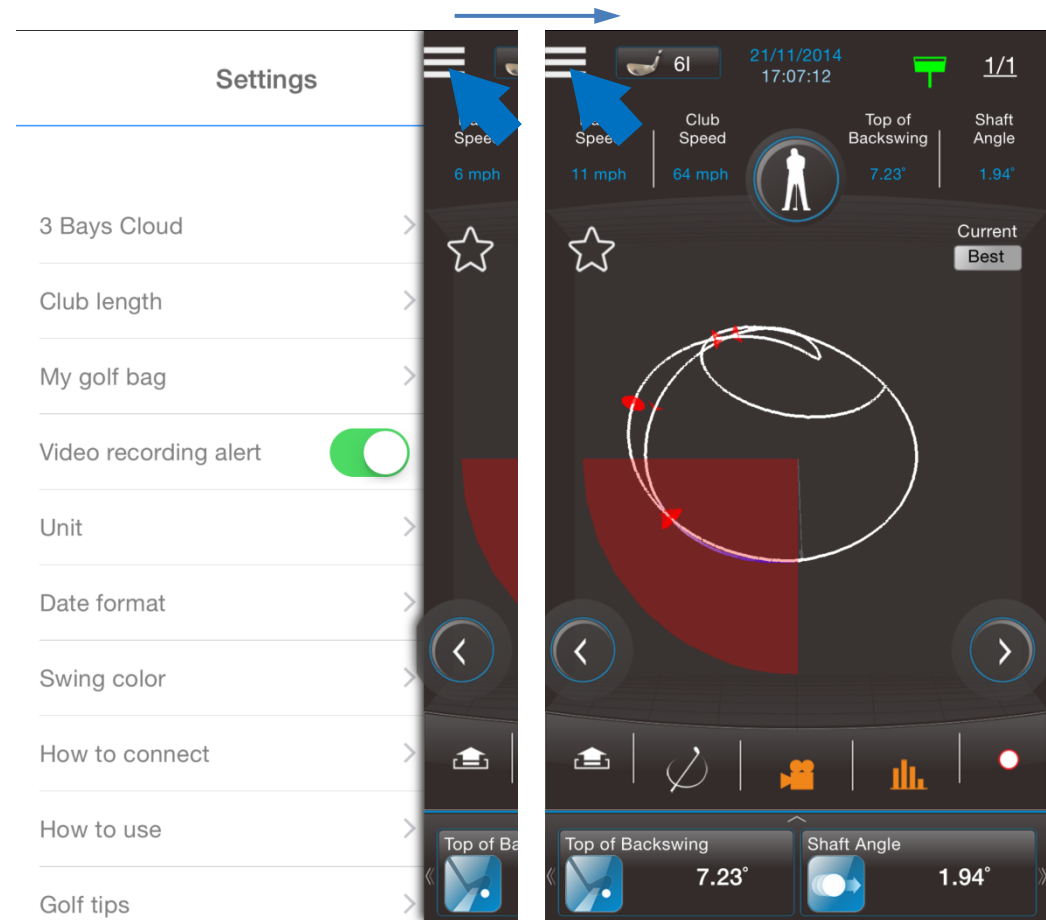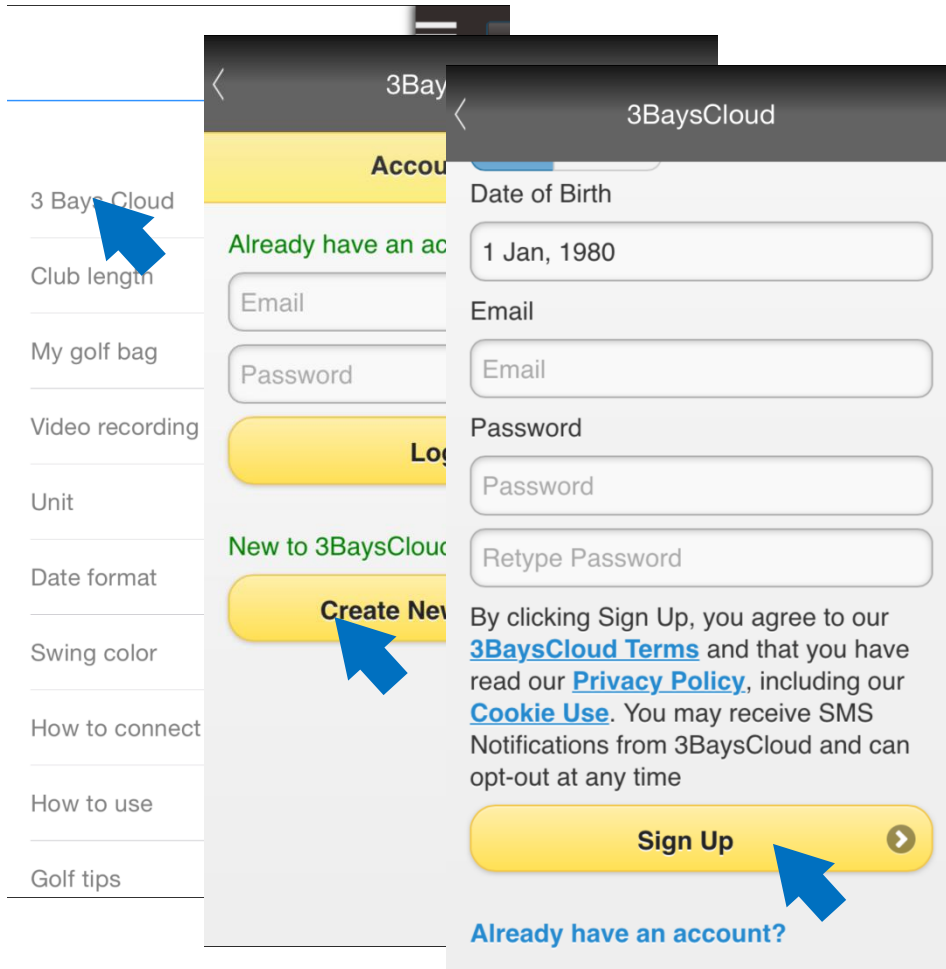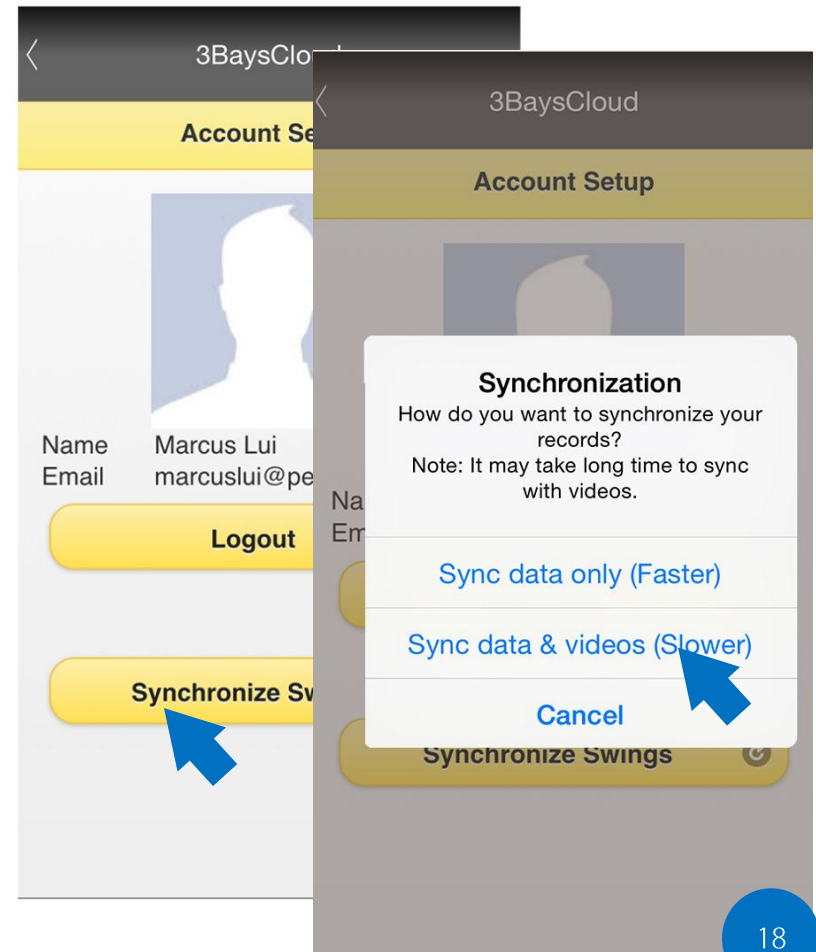3BaysCloud – Swing record upload
1. Press "Synchronize Swings" button
2. Press "Sync data & videos (Slower)" button to upload all records
3. Press "Sync data only (Faster)" button to upload swing records only (without video records)

3 Bays Cloud

Club length

My golf bag

Video recording

Unit

Date format

Swing color

How to connect

How to use

Golf tips

Accou

Already have an ac

Email

Password

Lo

New to 3BaysClou

Create Nev

3BaysCloud

Date of Birth

1 Jan, 1980

Email

Email

Password

Password

Retype Password

By clicking Sign Up, you agree to our **3BaysCloud Terms** and that you have read our **Privacy Policy**, including our **Cookie Use**. You may receive SMS Notifications from 3BaysCloud and can opt-out at any time

Sign Up

Already have an account?

3BaysClo

Account Se

Name Marcus Lui
Email marcuslui@pe

Logout

Synchronize Sv

3BaysCloud

Account Setup

Na
Em

Synchronization
How do you want to synchronize your records?
Note: It may take long time to sync with videos.

Sync data only (Faster)

Sync data & videos (Slower)

Cancel

Synchronize Swings

Settings

Club length adjustment
1. Press "Club length" button
2. You can adjust the length in each club
3. All adjustments will be saved when you press "Done" button
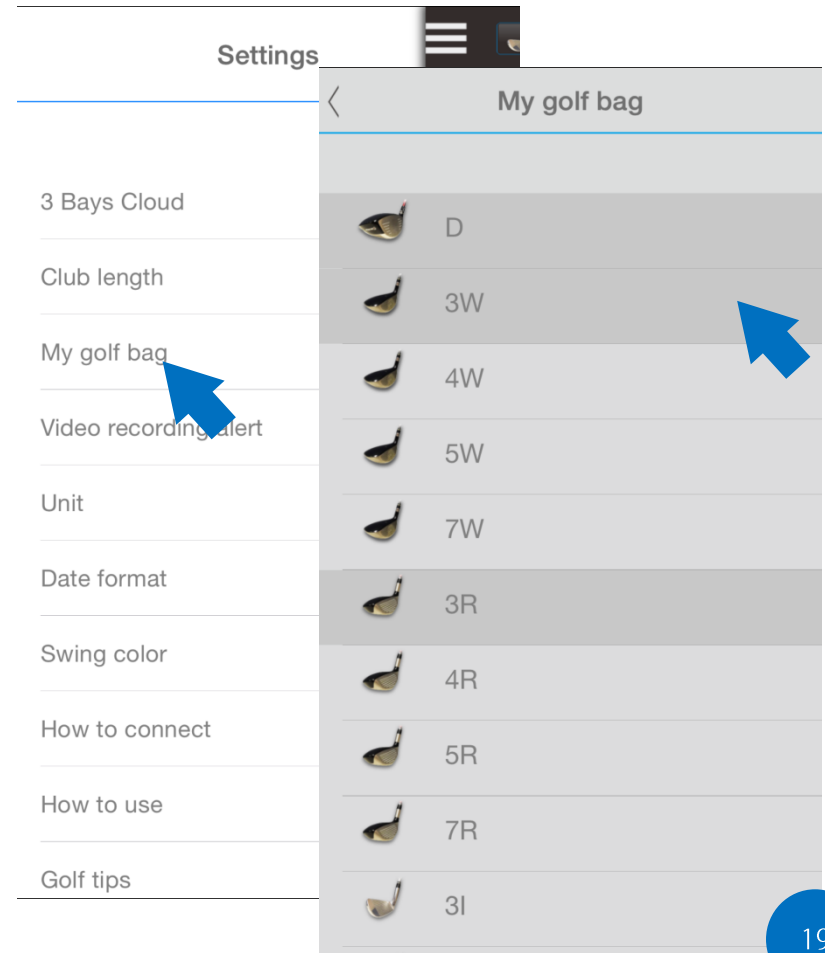4. Press "Back" button to go back to Settings menu
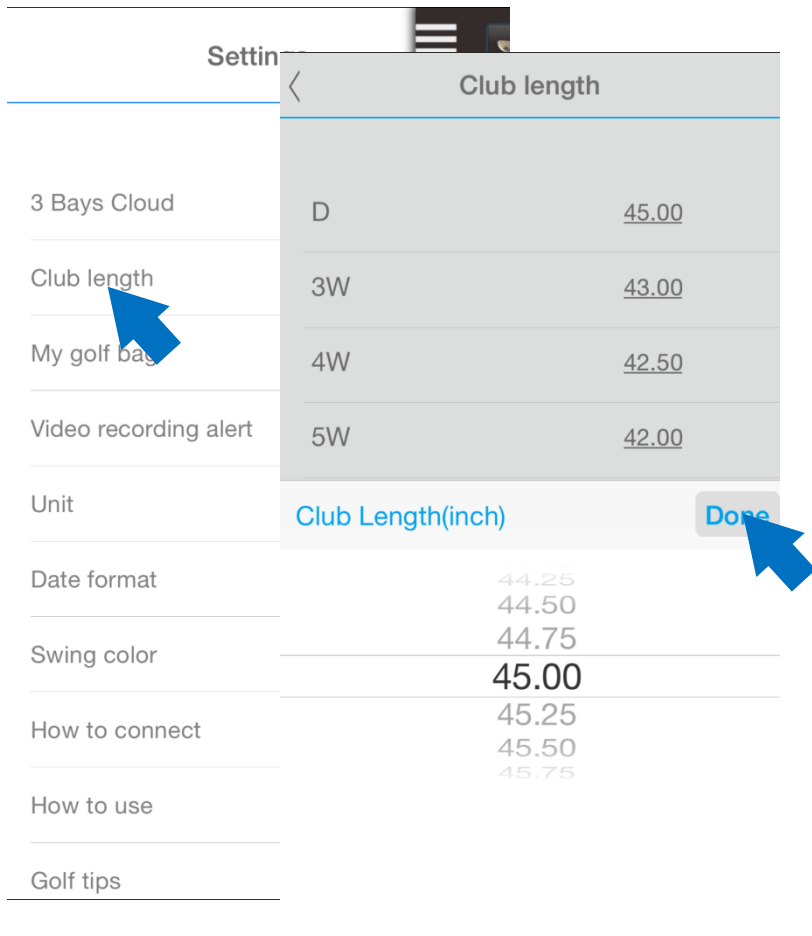
Settings

My golf bag
1. Press "My golf bag" button
2. Select and highlight your clubs which you want to add into the club selection list
3. Press "Back" button to go back to Settings menu

Settings

Video alert alarm
1. When you switch ON, a notification will be alerted when 3BaysGSA ZONE is ready to capture data during Auto-Video Recording mode.
2. Press "Back" button to go back to Settings menu
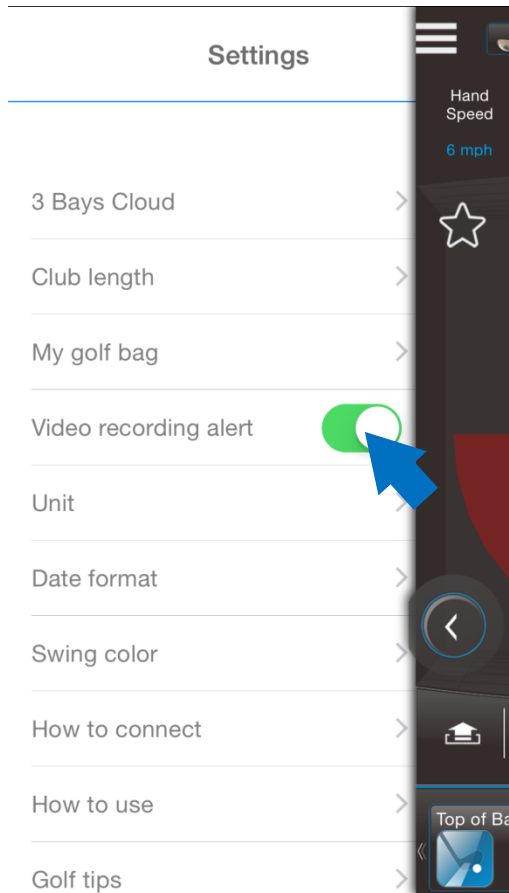
Settings

Unit format settings
1. Select and highlight unit format
2. Press "Back" button to go back to Settings menu

Settings

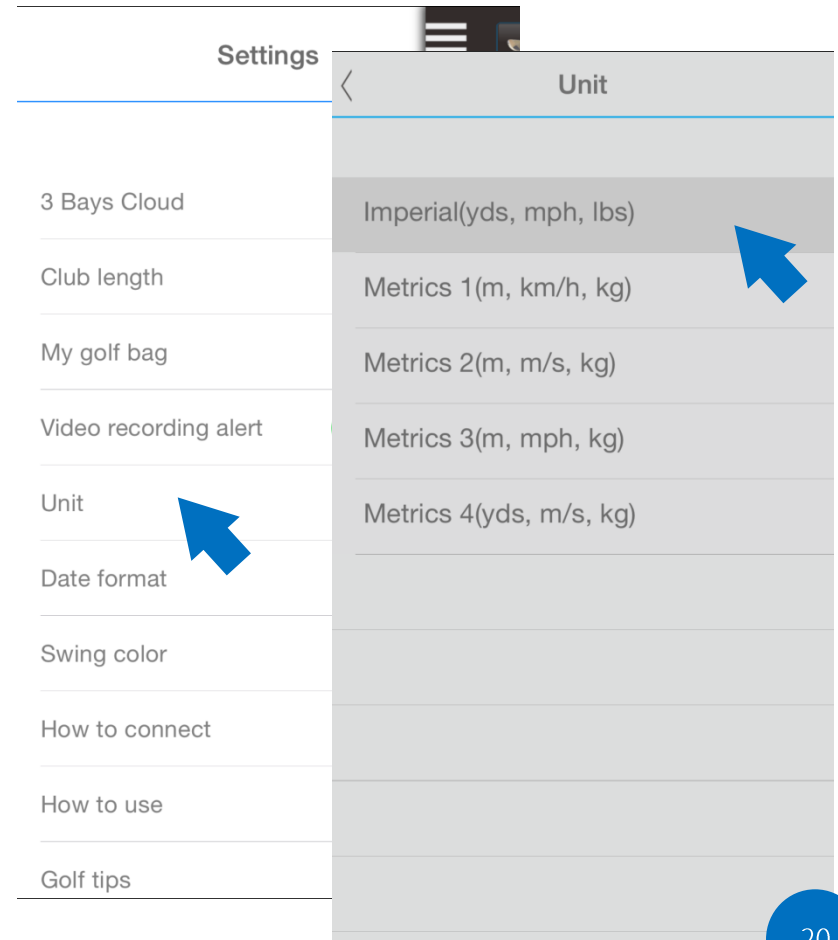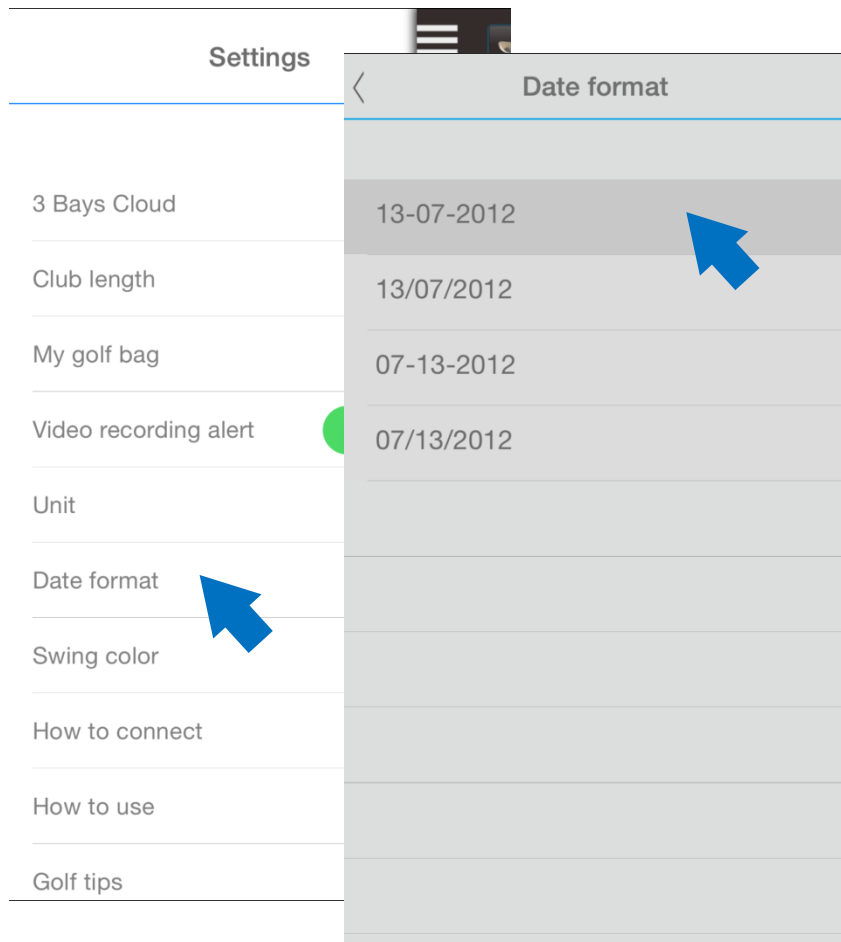Date format settings
1. Select and highlight date format
2. Press "Back" button to go back to Settings menu

Settings

Swing arc color settings
1. Select and highlight swing arc color
2. Press "Back" button to go back to Settings menu

Settings

Settings

Date format

Swing color

3 Bays Cloud

Club length

My golf bag

Video recording alert

Unit

Date format

Swing color

How to connect

How to use

Golf tips

13-07-2012

13/07/2012

07-13-2012

07/13/2012

3 Bays Cloud

Club length

My golf bag

Video recording alert

Unit

Date format

Swing color

How to connect

How to use

Golf tips

Set 1 (white, blue, orange, black)

Set 2 (blue, green, orange, black)

Set 3 (white, red, blue, grey)

Settings

How to connect
1a. For iOS user, please find the Bluetooth pairing procedure.
1b. For Android OS user, you can pair 3BaysGSA ZONE device in GSA ZONE app. Please follow the instruction to pair up the device.
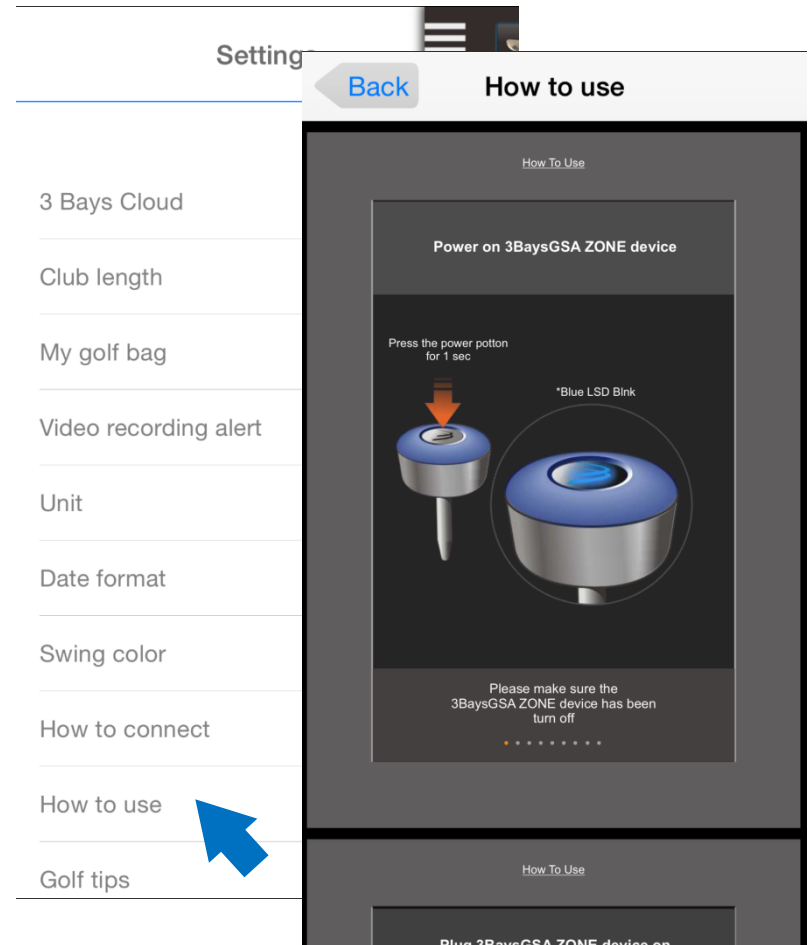2. Press "Back" button to go back to Settings menu
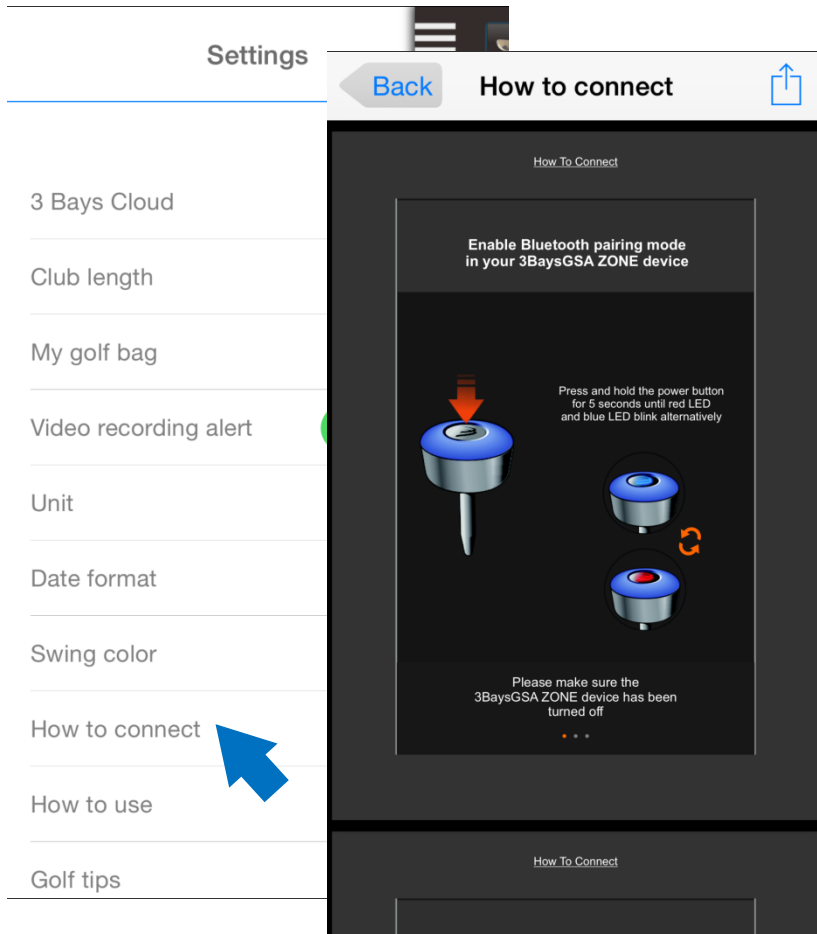
Settings

How to use
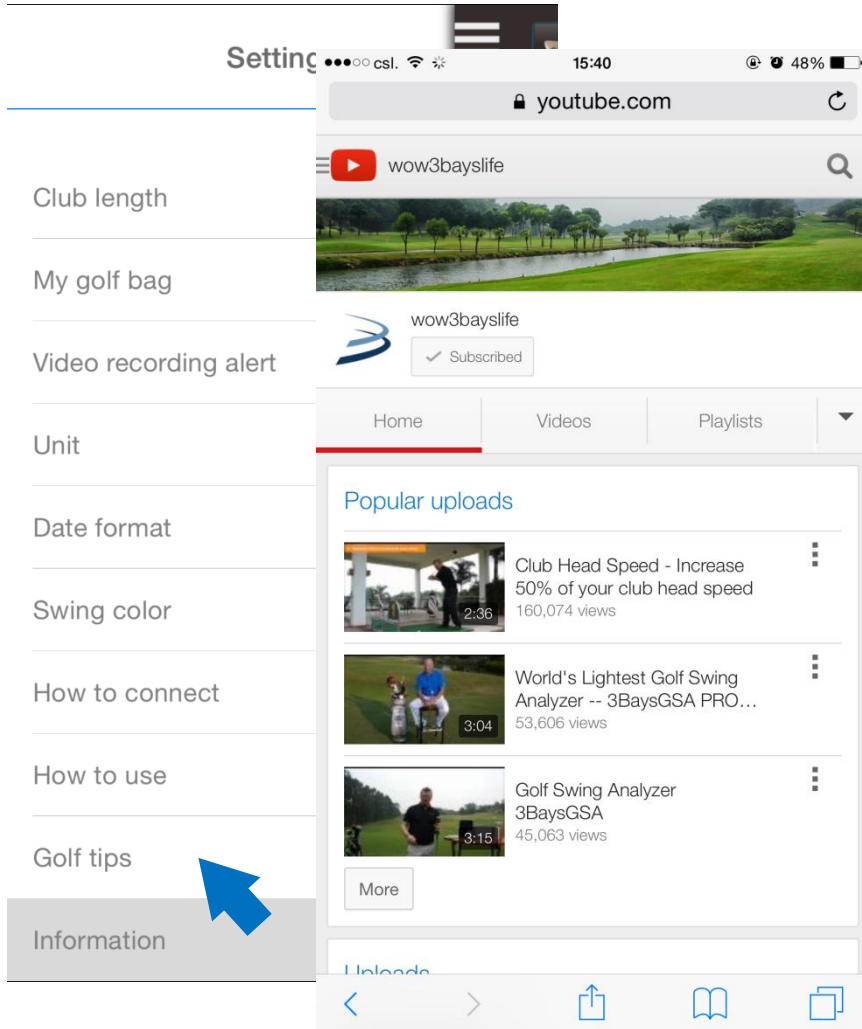1. Please find how to receive GSA swing data from device to GSA ZONE app
2. Press "Back" button to go back to Settings menu
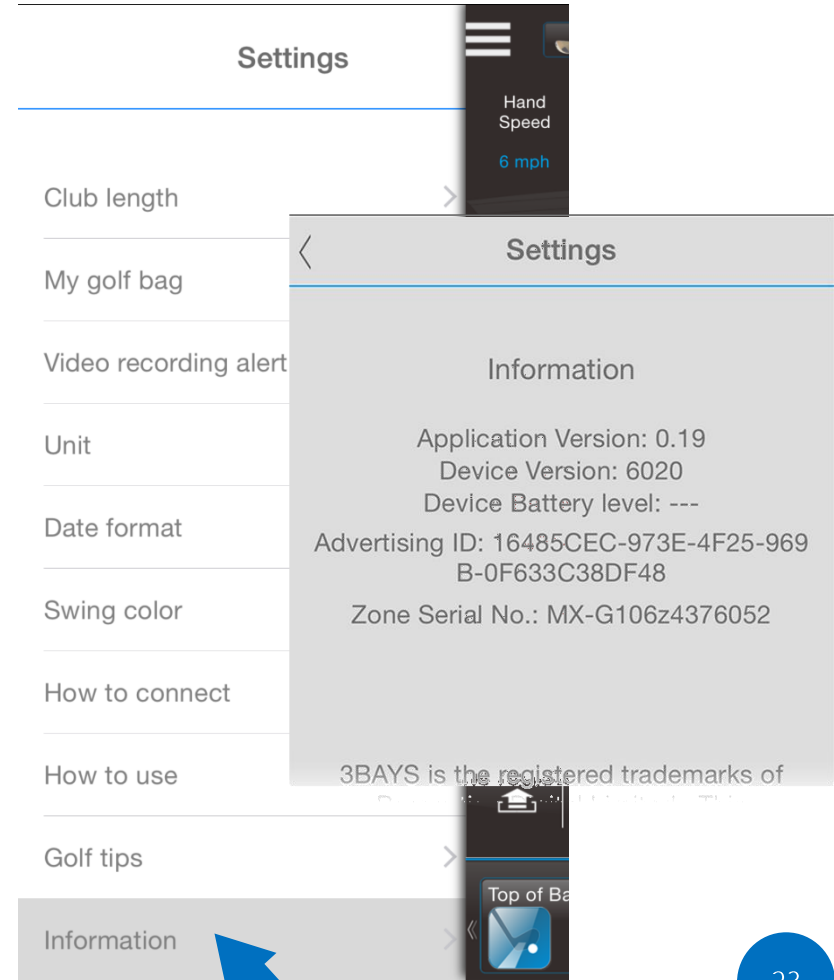
Settings

Golf tips
1. You can go to 3BaysGSA YouTube channel to get more golf tips videos

Settings
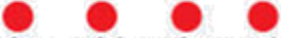
Information
1. You can check the app version, device version, serial number and battery level of ZONE device
2. Press "Back"" button to go back to Settings menu

LED light indication

Swing Status	
Pairing	● ● ● ● ● alternating (continuous)
Standby	● ● ● ● flashing blue (continuous)
Ready for Swing	▬▬ blue

Data Transfer	
Normal	● ● ● ● ● flashing blue (continuous)
Error	● ● ● ● ● flashing red (several time)

Battery status	
Low battery	● ● ● ● flashing red (continuous)
Charging	▬▬ red
Fully Charged *	▬▬ blue

* When 3BaysGSA ZONE is connected to power source

Trouble Shooting

Q1:   I can't pair my 3BaysGSA ZONE to smart phone or tablet
A: For iPhone or iPad or Android device users:
1.   Go to System Settings in your iPhone/iPad
2.   Turn on the Bluetooth in your iPhone/iPad
3.   Power off 3BaysGSA ZONE device
4.   Long press power button of 3BaysGSA ZONE device for 4 – 5 seconds until blue-red light is flashing
5.   You can find and select the serial number (MX-G106zXXXXXXX) in the Bluetooth scan list
6.   Bluetooth pairing finished
7.   After finishing the Bluetooth pairing, you can go to GSA ZONE app and start to use
For Android device users,
You can also pair the device in GSA ZONE app. Please press "Settings" button and then select "How to connect". Please follow the working instruction to pair 3BaysGSA ZONE device.
Remark:
Please charge up 3BaysGSA ZONE device before Bluetooth pairing.

Q2:   I can't search my 3BaysGSA ZONE device on the Bluetooth list.
A;   Please reboot your smart phone or tablet and try the Bluetooth pairing procedures again.

Q3:   After I swing, the Blue LED of the device doesn't flash quickly and transmit data.
A: You may have some practice swing movements at the setup position before you actually swing. Please keep your club still at the setup position for 2 seconds before swinging. (Blue LED is on and ready to swing)

Q4:   After I swing, 3BaysGSA ZONE starts transmitting data to the mobile but it stops without data transmission complete.
A: 3BaysGSA ZONE device may be at low battery level, please charge the device for an hour (when Blue LED is on, it is fully charged) and then you can swing again.

Trouble Shooting

Q5:   After I swing, 3BaysGSA ZONE does not flash quickly and transmit data

A: 3BaysGSA ZONE device may be at low batter y level, please charge the device for an hour.

Q6:   Blue LED never goes on during setup position even I keep my club still.

A: 3BaysGSA ZONE device may not be applied correctly on the end of your club. Please align the triangle mark on 3BaysGSA ZONE device with the SQUARE club face.

Q7:   I can't playback my swing arc animation.

A: You can press "Playback" button . You can even playback in slow motion by pressing the 1/4 and 1/8 button.

Q8:   My Club Head Speed is unreasonably high or low.

A: Please choose the golf club you are using to get the accurate reading. Please make sure that no gap/space in between the end of grip and 3BaysGSA ZONE device.

Q9:   How to share my swing information to Facebook friends?

A: You can share your swing information screen with your friends and coaches via Facebook and other social media channels.

You can press "Share" button, then the screen will be captured and you can find in your photo gallery. Please go to Facebook or other social media to upload the captured screens in photo gallery.

Q10:   How to switch off and restart the device?

A: To turn off the device, please press and hold the power button for 2 seconds until you see the Red LED flashing.

To restart the device, please press and hold the power button for 1 second until you see the Blue LED flashing.

Product Specification

Size (W x H):	29.3 x 43 mm (with pin)
	29.3 x 18 mm (without pin)
Weight:	9.8g or 1/3 oz
Operation time:	up to 6 hours
Standby time:	7 days
Connectivity:	Bluetooth version 2.1 + EDR
USB port:	Micro USB 2.0 for charging purpose only
Compatible device:	iPhone , iPod touch (4th generation) and iPad, iPad mini, iPad Air (iOS 5.0 or later)
	Android phone, tablet (OS version 2.3 or later)
Dedicated mobile app:	GSA ZONE

Customer Service

If you have any questions about this product, please email your question to:
wow@3bayslife.com

or you can visit our website to see more product details.
www.3bayslife.com/gsa

LIABILITY EXEMPTION STATEMENT

1. All the information included in this manual was produced with our great caution, but there may still be some errors and mistakes. 3Bays Corporation Limited will not be held responsible for those errors and mistakes.
2. As we can't control users' understanding of this manual, 3Bays Corporation Limited will not be held responsible for any accident or other loss caused by misunderstanding of this manual. We shall not be held responsible either for any loss caused by using this product or for any claim by any third party.
3. 3Bays Corporation Limited will be held responsible only for the inherent problem of the device itself, but not for data loss, modification of the device or other indirect loss resulting from mal-operation of software, maintenance or other accidents. 3Bays Corporation Limited will not be held responsible for restoration of any personal data lost.
4. 3Bays Corporation Limited reserves the right to modify software, hardware and user manual of this device without prior notice.
5. To make copies, publish, transfer, store in a traceable system, or translate to any other language without written authorization from 3Bays Corporation Limited is strictly prohibited.

TRADEMARKS

3BaysGSA™ is the registered trademarks of 3Bays Corporation Limited.

REGULATORY INFORMATION

Declaration of Conformity Trade Name: 3Bays Corporation Limited

For customers in USA or Canada

This device complies with part 15 of 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.

FCC Notice:

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. If this equipment does cause harmful interference to radio and television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-   Reorient or relocate the receiving antenna,
-   Increase the separation between the equipment and the receiver,
-   Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-   Consult the dealer or an experienced radio/TV technician for help.

For customers in Europe

1)   This product conforms to the following European Directives: 89/336/EEC (EMC Directive)
2)   This product complies with EN55022/A1:2000 and EN55024/A1:2001 for use in the following areas: residential, commercial and light indurstrial.

DISPOSAL OF YOUR OLD PRODUCT

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused.

When this crossed-out wheeled bin symbol is attached to a product, it means the product is covered by the European Directive 2002/96/EC.

To prevent any potential negative consequences for the environment and human health, please act according to your local rules regarding the disposal of this device.