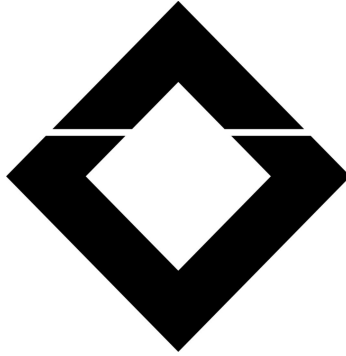




ATHOS

Your Quick How To
Guide



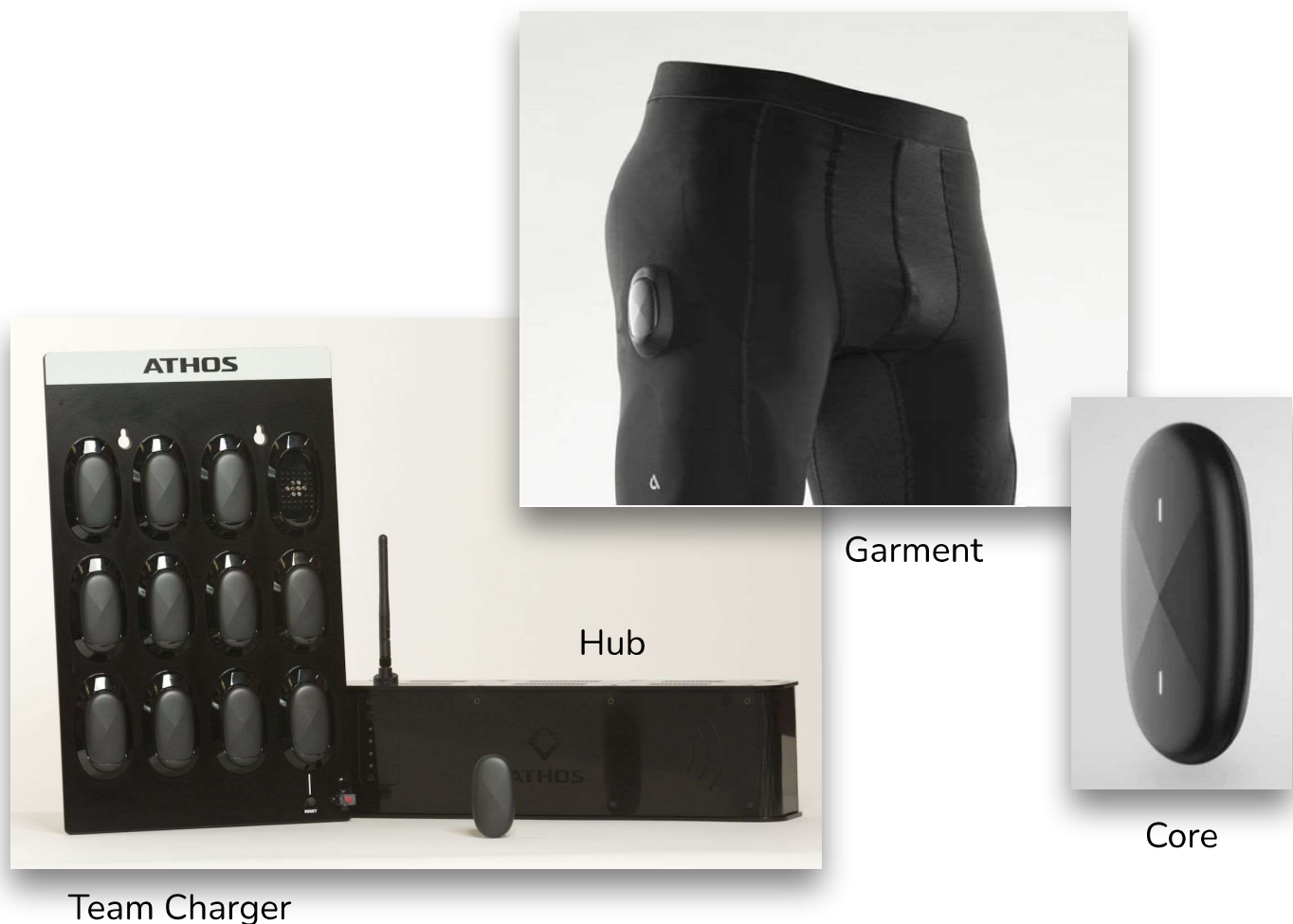
Athos Gear Rundown

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.



Athos Gear Rundown

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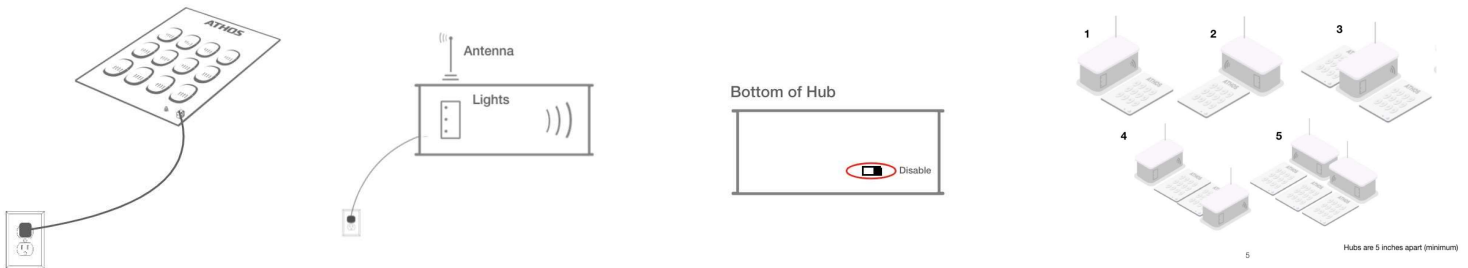
Core - When connected to your phone, it takes the data collected through the sensors and stores it. It has a typical bluetooth range of about 50 feet. Should you be more than 50 feet from your iOS device, you will not be collecting data. Once you're back in range, no need to do anything as your core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



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
	Foldable Bin	0	5
Set Up/Storage	Individual Quick Starts	10	-
Tracking Documents	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 .

WELCOME TO ATHOS

QUICK START GUIDE

We're excited to get you going. It's easy and we will walk you through each step.

You're just a few minutes away from unlocking personalized insights and recommendations to help you perform at your best!

LET'S GET STARTED!

Athos Email: _____ Password: _____

Days to wear garment and grab core: (M) (T) (W) (Th) (F) (S) (Su)

☐ Select garment, label washbag _____ (S) (M) (L) (XL) (XXL)

Garments are compression so should feel snug but not restrict movement

☐ Find Core for first day of data collection (matches email above)

☐ Download Athos App (Scan QR code)

☐ Pair Core with (Tap on the Gear) pick your Core from

Do Not Wear

lotion, oils or hair/body creams
 underwear (Garment is base layer)
 athletic tapes

Washing with gentle detergent

cold water
 shower

And place garment in wash bag

Help Center (Troubleshooting)

CORE + APP US

- # GARMENT WEAR + CARE

Do Not Wear

lotion, oils or hair product creams

underwire garment in your bra area

athletic tapes

Washing with gentle detergent

cold water

shower

Remove your Core

Drying

low heat

air dry

And place garment in washline for washing and drying

CORE + APP USE

1. Collect your Workout Data

Grab your core from the charger. Click it in your garment and go!

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

CORE LIGHTS IN GARMENT

 - Red Light = low battery or full memory
 - Blue Light = Collecting data

2. Upload and Charge your Core

Charge your workout. Click your core into the lean-charger to upload your data and charge your core.

CORE LIGHTS IN CHARGER

 - Red Light = Low battery or full memory
 - Green Light = Ready to go

3. Check your Weekly Summary

After 1 week, go to Performance and click on "Weekly Summary" to learn what your movement deficiency is.

[illegible]

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!

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Athos Email: _____ Password: _____

Days to wear garment and grab core: (M) (T) (W) (Th) (F)

☐ Select garment, label washbag _____ (S) (M) (L)

 Garments are compression so should feel snug but not restrict movement

☐ Find Core for first day of data collection (matches email above) 

☐ Download Athos App and Login using above Athos Email and Password. (Scan QR code with iOS device camera) 

☐ Pair Core with Athos App (Tap on the Gear Tab, tap on "Core 1", pick your Core from the List, tap on "Connect to Core") 

 Help Center (Troubleshooting)

WE'RE HERE TO HELP!
customersuccess@liveathos.com

 @liveathos

GARMENT WEAR + CARE

Do Not Wear

-  lotion, oils or hot/cold creams
-  underwear (garment is your base layer)
-  athletic tapes

Washing with gentle detergent

-  cold water
-  shower

Drying

-  low heat
-  air dry

Remove your Core!
And place garment in washbag for washing and drying.

CORE + APP USE

1. Collect your Workout Data



Grab *your* core from the charger. Click it in your garment and go!

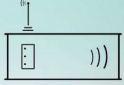
Sweat is good for collecting data. It helps pick up the signal from your muscles - so go get sweaty!

CORE LIGHTS IN GARMENT

- Red Light = low battery or full memory
- Blue Light = Collecting data!

2. Upload and Charge your Core

Back from your workout. Click your core into the team charger to upload your data and charge your core.



CORE LIGHTS IN CHARGER

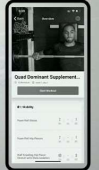
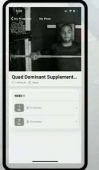
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- Green Light = Ready to go!

3. Check your Weekly Summary

After 1 week, go to Performance and click on "Weekly Summary" to learn what your movement deficiency is.

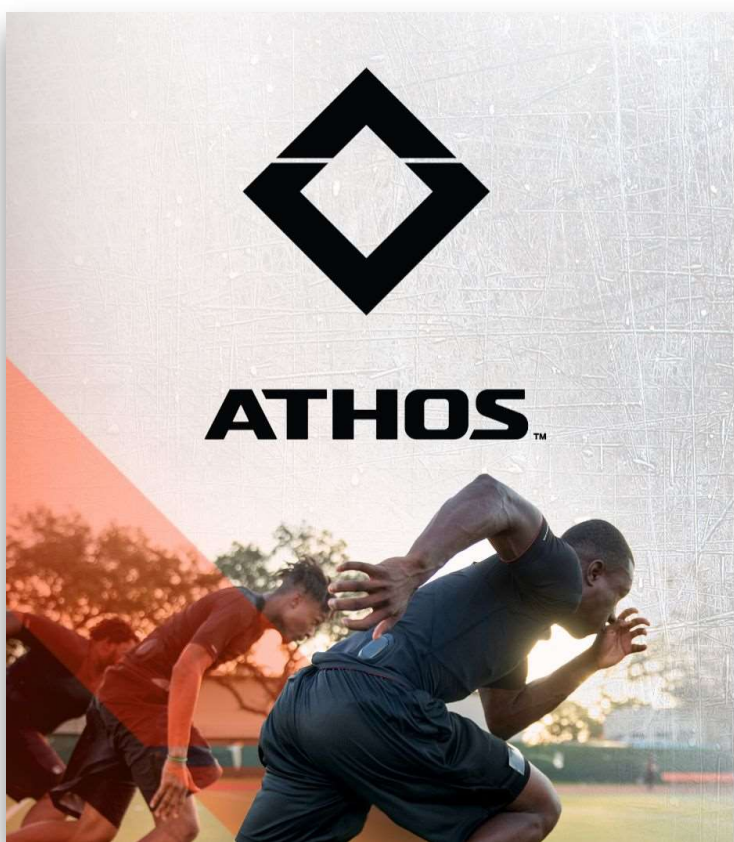


4. Do your Supplementals with Athos App



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.



ATHOSTM

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!

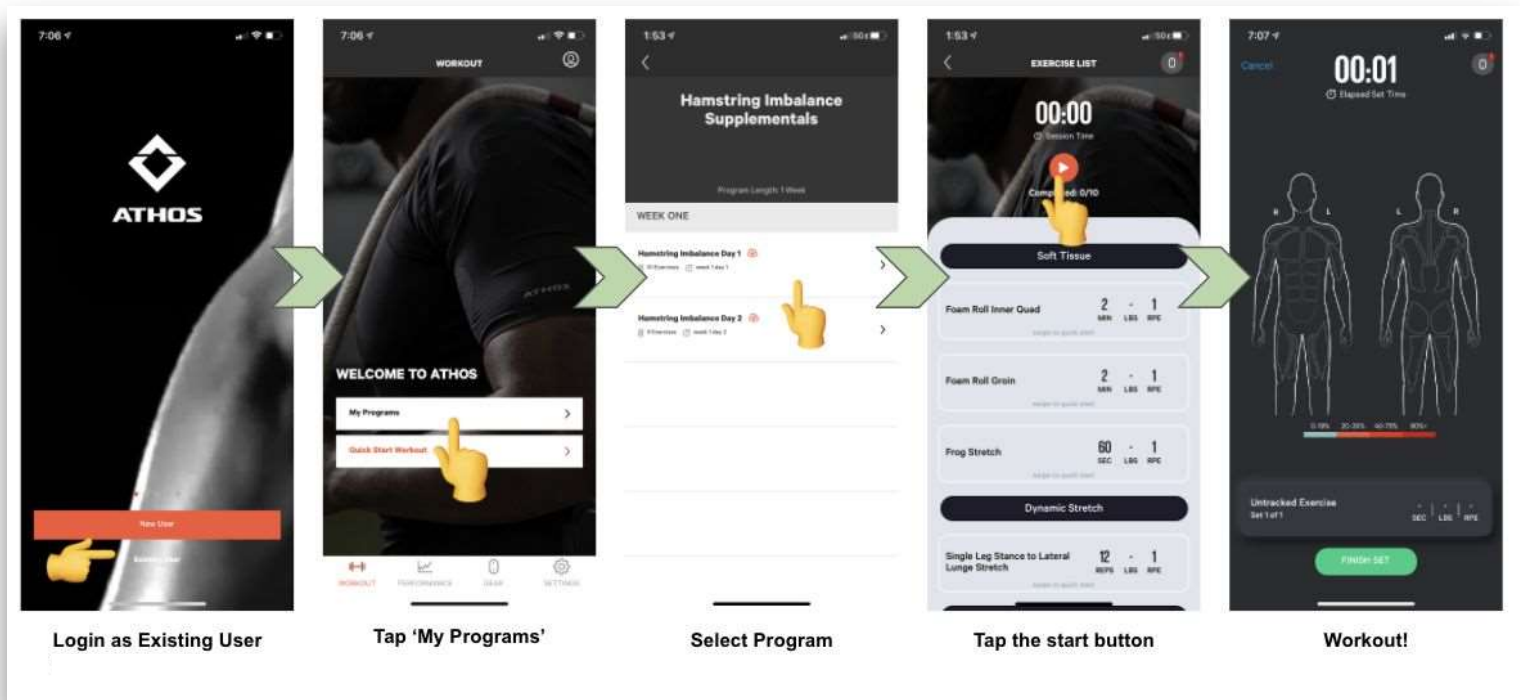
CARE INSTRUCTIONS

- 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.)



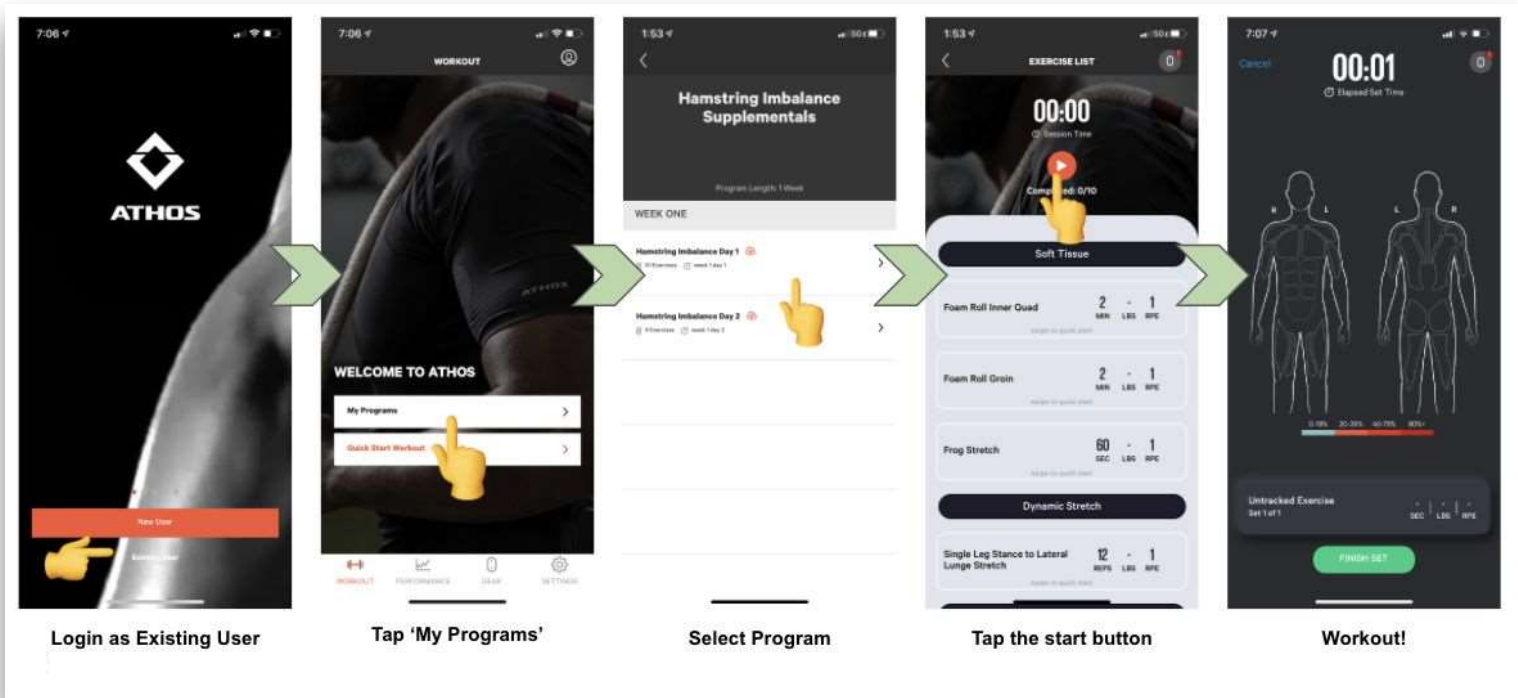
First Week Supplementals

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.



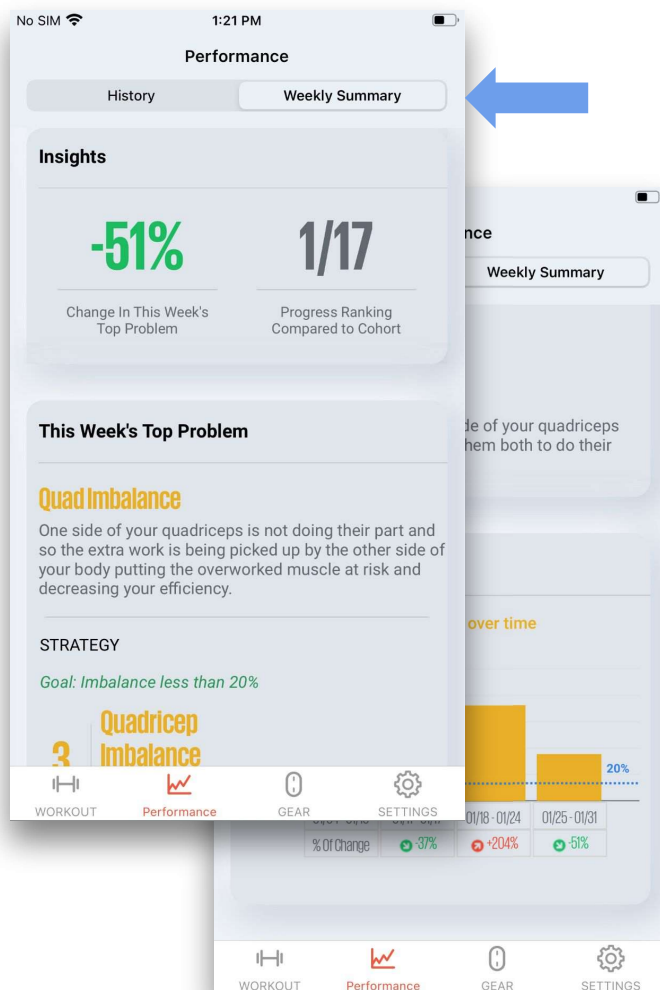
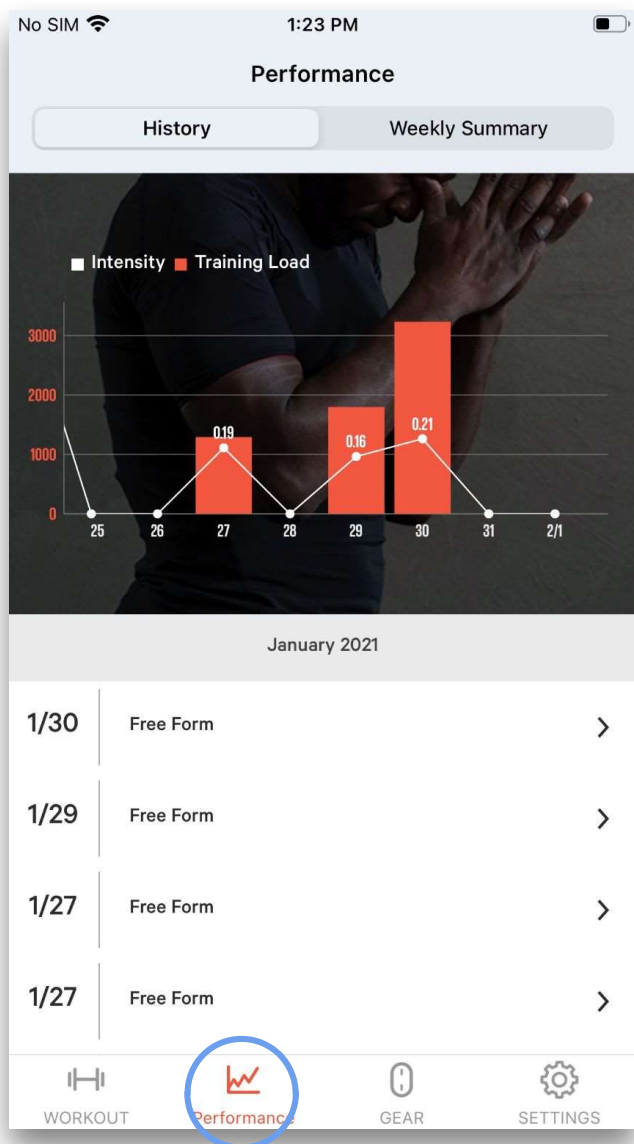
Supplementals

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.



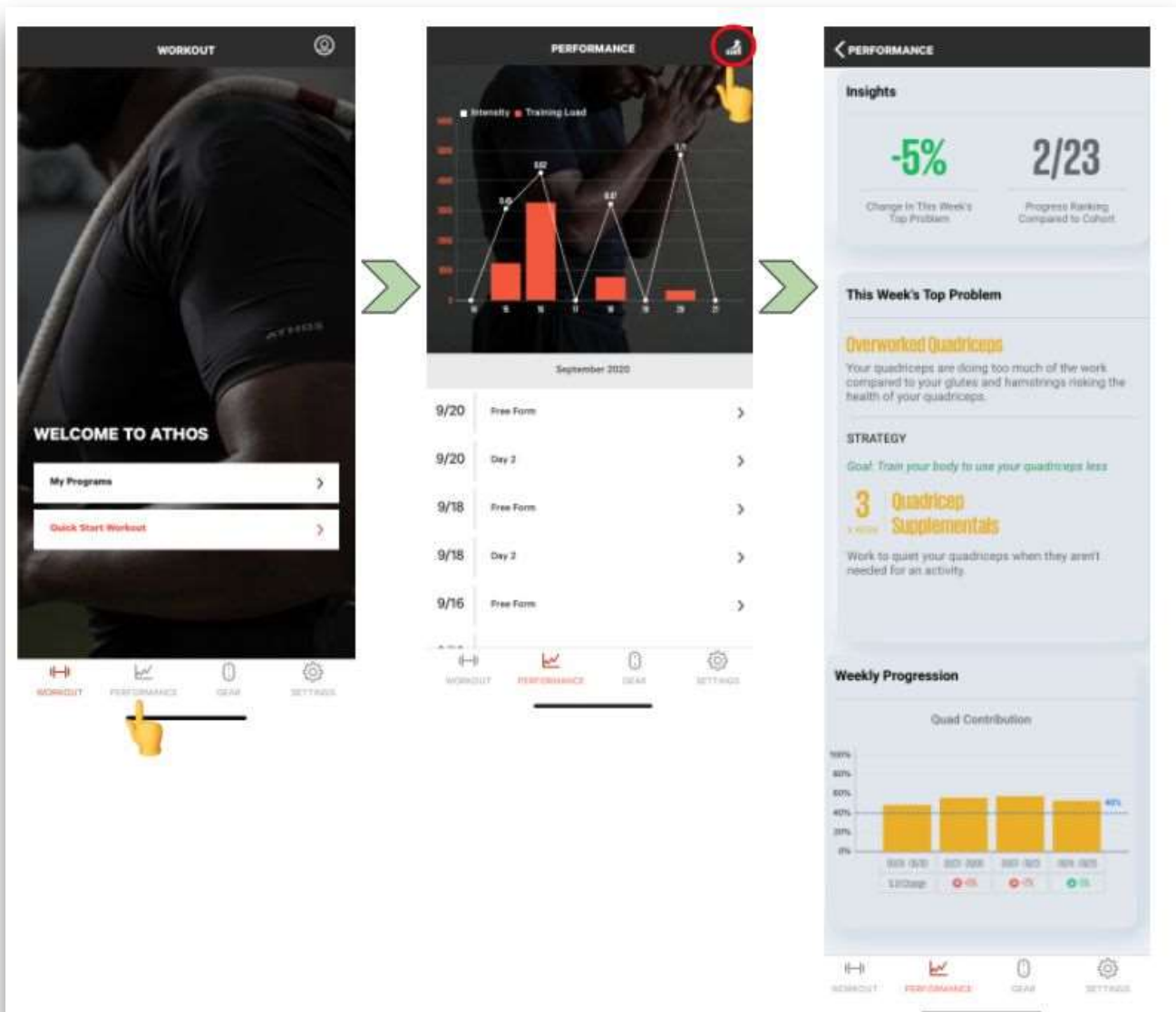
How do Supplementals Help? Weekly Summary

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



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**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.

ISED 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.

