There are a few steps to perform before you can download data from your unit. This document is to help guide you through until you become accustomed to use







Turn your unit on (3-5 second long press until unit lights RED



Your unit will stay red for 30seconds as it is powering up



After 30seconds the colour will change to an amber-orange colour, this indicates ready to download your data

If your unit flashes fast red as soon as turned on, indicates low power. In this case charge your unit before you carry on

## With IOS it is important that you turn off the phones WIFI assist feature before you start, Then turn on your phones wifi if not already on

## Step 1. Turn off WIFI assist Step 2. Ensure your WIFI is on 2. 1. 4 once in mobile data you then need to 3. Go into setting and select Slide your screen up slide the tab to scroll down and turn off wifi assist and check your wifi on here mobile data turn off (usually at the bottom) Mobile Data BT 🤶 84% 🐋 Settings Health + ((†)) Music Mobile Data \delta SurveyMonkey Pete<sup>\*</sup> ierney PT loud, iTun. Apple ID **⇒ D**≵ Mobile Data Options Voice Memos Turn off mobile data to restrict all data to Wi-Fi, including email W Whereby -Airplane N bde $\bigcirc$ eb browsing and push Wi-Fi BTH b6-X9R8 🕽 Wi-Fi Assist BT-C **◄**))) 8 Bluetooth On 3 Wi-Fi Calling Off 3 Automatically use mobile data $\odot$ 0 ٩ han Wi-Fi c 🕐 Mobile Data iCloud Drive Personal Hoten $\bigcirc$ Network Selection

With IOS it is important that you turn **OFF** the phones mobile data before you start, this is because you will be using WIFI to download your session.

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Airplane Mode

Bluetooth

Mobile Data

Personal Hotspot

Settings

PT

Step 3. Turn off Mobile DATA. Follow either of the options below



Go into settings and follow these steps below



## You are now ready to capture the data from your Quantrax GPS unit



Follow these steps to ensure you are connected to your GPS units wifi Once you have connected you can then go back into the Quantrax app



Go back into the App and press Download The download is dependent on the length of session the bar below displays the progress



Once completed you now need to connect to your mobile data or other wifi source





When it comes to uploading your data quantrax is able to perform anywhere. You can use Wifi or Mobile data to upload and view your session by just following the below instructions

Go back into your phones Or turn your mobile settings you will see the data back on Quantrax gps units wifi is still 17.40 connected Settings Mobile Data You now need to Wi-Fi Make sure that you select a local wifi to Mobile Data Allow access to the be able to upload Wi-Fi Quantrax App, Scroll Mobile Data Options Ro... ) your data Quant24-44ead down your apps Personal Hotspot Off > 8f2e788 Wi-Fi Turn off mobile data to restrict 06:18 Wi-Fi all data to Wi-Fi, including email, web browsing and push Mobile Data notifications BTWi-fi ? i BTHub6-X9R8 🔒 🗟 🕤 Unsecured Network WhatsApp BT-C BTWi-fi 225 MB Wi-Fi Calling Off > when you Google Maps 0 BTHub6-X9R8 € <del>?</del> (1) 77.8 MB get to Quantrax if Quantrax Quant24-44ead Q 59.3 MB 1 ? (i) 8f2e788 it is not on NatWest then slide 46.3 MB OTHER NETWORKS the tab to **BBC Sport** on DIRECT-44-HP TestFlight 38.6 MB

## Go back into the APP and click OK



Complete the session description and then select upload



Once your session has been processed you will receive a message



You will now be able to see the summary of your session



For further help see the trouble shooting guide or email <u>supprot@quantrax.co.uk</u> or <u>Contact@quantrax.co.uk</u> visit our website <u>www.quantrax.co.uk</u>