

CHAPTER

1

FLUX

QUICK START GUIDE

Get started with your FLUX wearable in just a few simple steps.

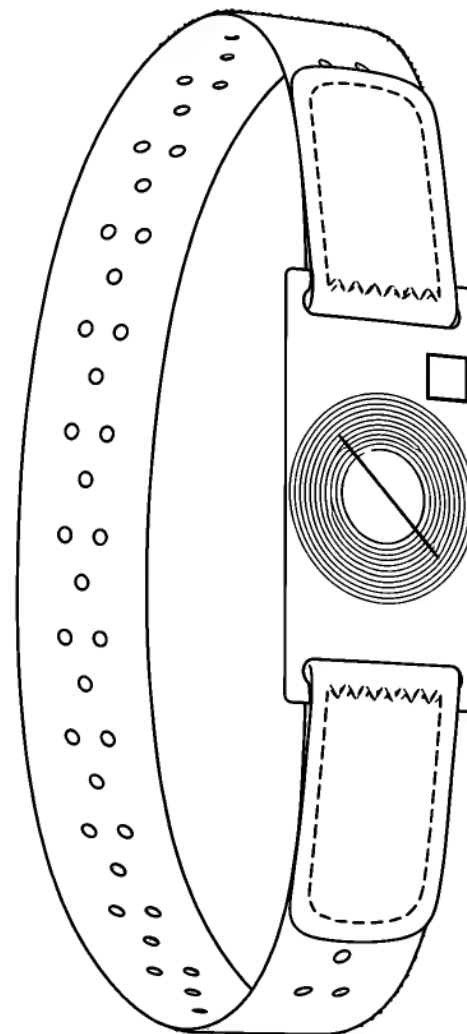


SCAN TO LEARN MORE

Scan the QR code to access the latest resources, support, and help articles for FLUX



Visit
athyx.com/support

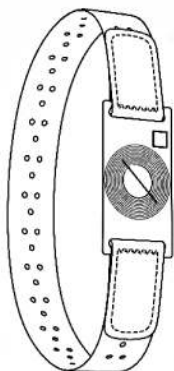


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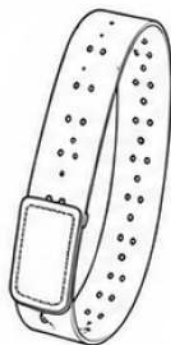
2

PACKAGE CONTENTS

please check that your FLUX package includes all the items listed below

**1. FLUX DEVICE**

Wearable lactate monitoring device.

**2. Adjustment strap**

Adjustable strap for securing the FLUX sensor comfortably during training

**3. Quick Start Guide**

Brief guide to help you get started quickly

**NOTE**

If any item is missing or damaged, contact Athyx Support for assistance.

BEFORE YOU BEGIN

Follow the steps below to prepare for your first use.

**1. INSPECT YOUR FLUX DEVICE**

Before first use, ensure the sensor and strap are cleaned and undamaged

**2. DOWNLOAD THE ATHYX APP**

Download the Athyx App from the App store or Google Play

**3. OPEN THE ATHYX APP**

Open and Follow the on-screen instructions to setup your FLUX device.

**4. CREATE OR SIGN IN**

Create a new Athyx account or sign in if you already have an account

**5. KEEP YOUR DEVICE NEARBY**

Keep your mobile device within range during setup and use.

**TIP**

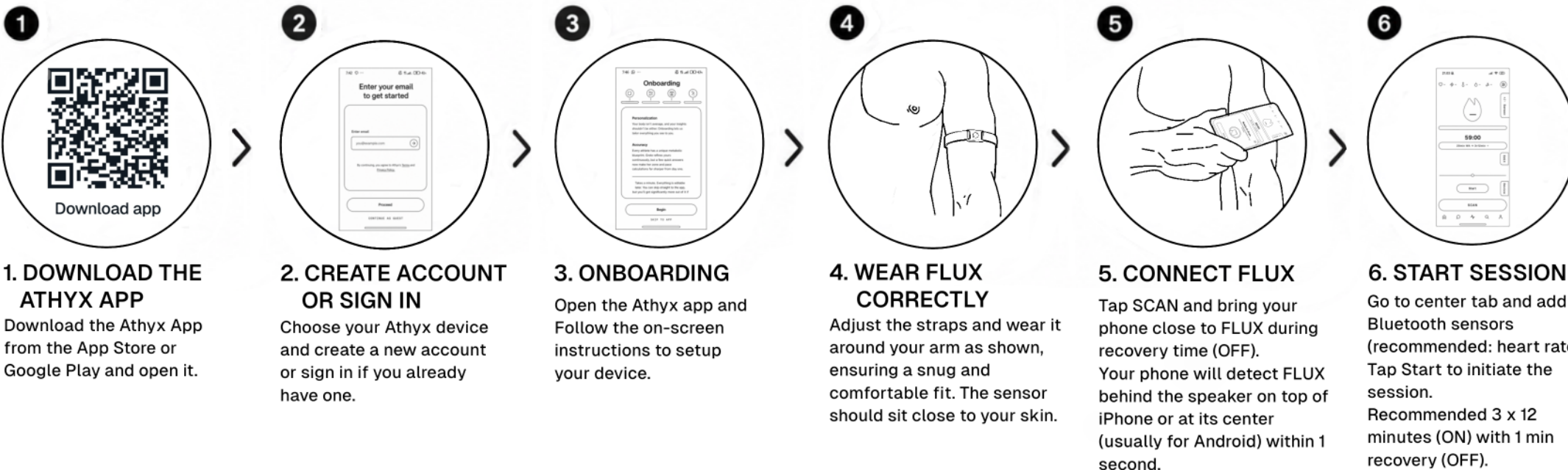
For the best experience, ensure your mobile device has the latest OS version and the Athyx App is updated.

CHAPTER

3

QUICK SETUP

Follow these simple steps to set up your FLUX device and start your session.



NOTE

For the most accurate readings, ensure flux is worn correctly, your Athyx app is up to date, and connect a Bluetooth heart rate sensor before starting your session.



TIP

You can find more detailed information about features and usage in the FLUX User manual (Chapter 7)

CHAPTER

4

WEAR FLUX CORRECTLY

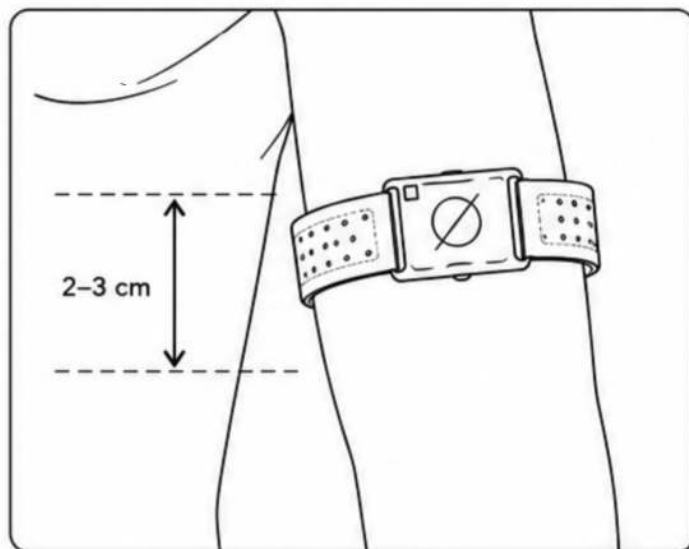
Correct placement and fit are essential for accurate, lactate readings

Follow the steps below to wear FLUX right away

1. POSITION

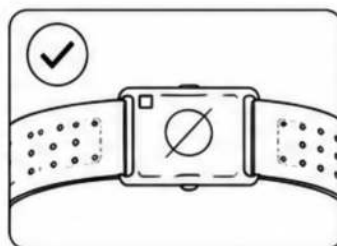
Wear flux on the inside of your upper arm, approximately 2-3cm (one finger width) below the armpit crease

The sensor should sit flat against your skin

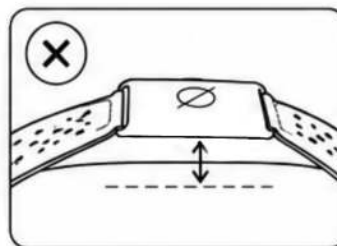


3. CHECK THE FIT

Ensure the sensor remains stable when you move your arm it should not slide or shift



Correct: Snug and stable



Incorrect: Too loose (sensor not in contact with skin)

NOTE

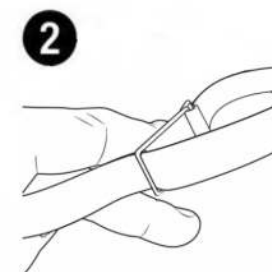
For the most accurate reading, ensure FLUX is worn correctly and the Athyx App is up to date

2. ADJUST THE STRAP FOR A FIT SNUG

Pull the free end of the strap through the rectangular loop to tighten. The fit should be snug and comfortable, tight enough to keep the sensor in place but not so tight that it restricts circulation. The sensor should sit close to your skin.



Open either end of the strap close to the rectangular loop and insert the strap.



Pull the strap back through the loop to tighten.



Continue pulling until the strap is snug and secure



IMPORTANT

- Wear FLUX on your upper arm only
- Keep the sensor in contact with your skin during your session
- Re-adjust the strap if it feels too loose or too tight
- Proper Fit helps ensure accurate and reliable lactate device