

Get personal training with Smart B-Trainer™

With the sensor in the headphones and the app, you will get an effective training program with music and audio guidance.



Preparation of the device

1. Check what's in the box
2. Charge



Preparation of the app

3. Download the "B-Trainer" app
4. Start the app and wear the device
(Refer to the overleaf for how to wear the device.)



Preparations with this Startup Guide are finished

Follow the instructions of the app

1 What's in the box



Smart B-Trainer™ (1)



USB cradle (1)



Earbuds
(one pair for each size)



Swimming earbuds
(one pair for each size)



Adjustment covers for
Heart rate sensor
(one pair for each size)



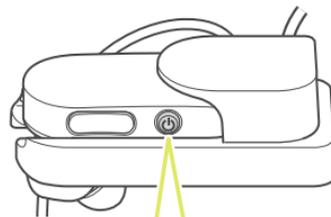
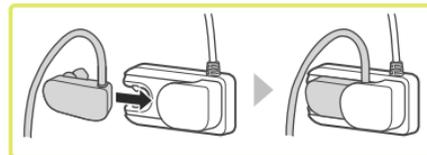
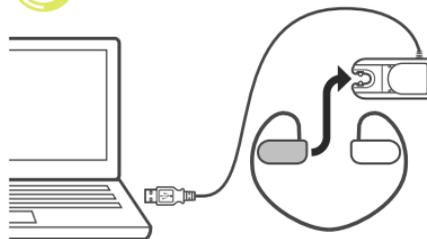
Adjustment band



Carrying pouch

Startup Guide (this document) (1)
Important Information (1)
Warranty card
(depending on your region/country)

2 Charge



- The LED will turn on when charging
- The first charge takes around 1.5 hours

3 Download the "B-Trainer" app

If downloading from App Store™ or Google Play™



You can use your smartphone's NFC to download the app.

1. Make sure your NFC setting is enabled.
2. Touch the N-mark on your smartphone to the N-mark on the headphones.
3. Follow the on-screen instructions.



- The above operation is an example. Refer to the manuals of your smartphone for more information.
- The NFC function may not be available depending on your smartphone or its OS.

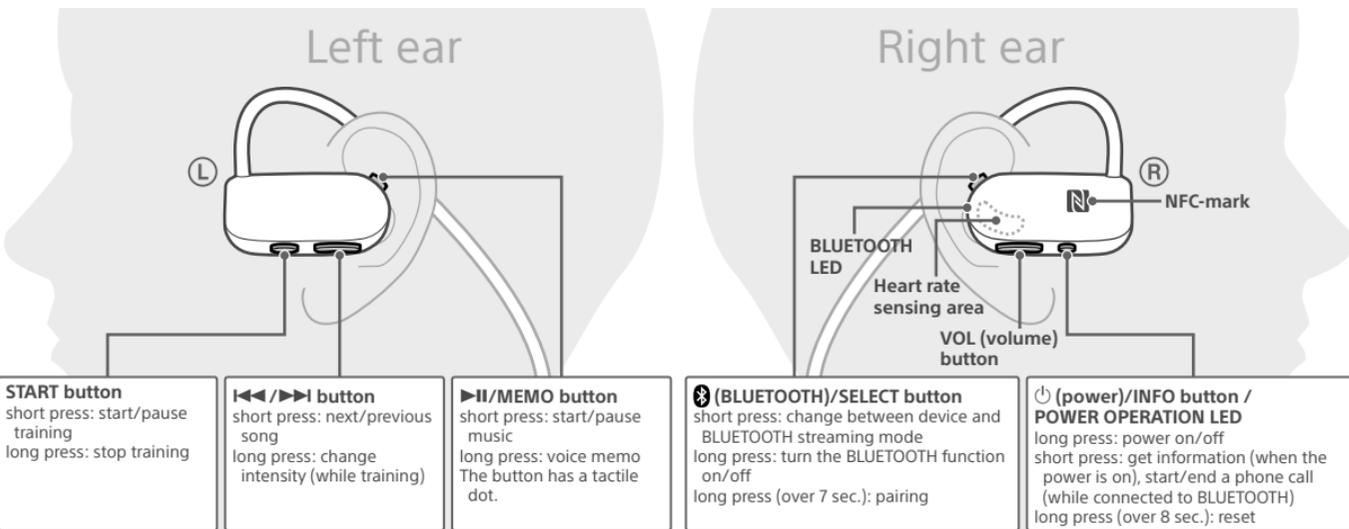
4 Open the app and follow the setup instructions

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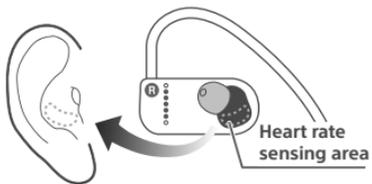


Wearing your Smart B-Trainer™

The Smart B-Trainer™ can measure things like your heart rate and track your location over the course of your workout sessions. To ensure that accurate measurements are taken, make sure to wear it correctly.

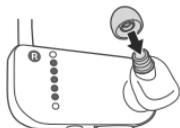


Fit the heart rate sensing area securely inside your right ear.

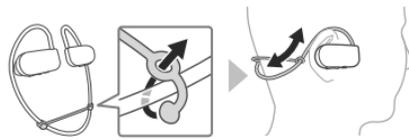


Doesn't feel secure?

- Pick an earbud size that fits you
- Pick a Heart rate sensor adjustment cover that fits you
- Use the adjustment band to help adjust the fit



Remember to use the swimming earbuds while you swim for waterproof protection.



SONY®

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START!

Smart B-Trainer™ Startup Guide

For more details and precautions, refer to the Help Guide (web manual).
http://rd1.sony.net/help/sports/btr1/h_zz/



SSE-BTR1

