SwimBETTER

QUICKSTART GUIDE



VERSION 6.2: NOVEMBER 2026

GET ACCURATE RECORDINGS EVERY TIME

Three things to remember when recording data:

1. **Your handsets need sunscreen too.**
   The sensors in your handsets are sensitive to sunlight. If you're swimming outdoors during the day – or in a pool with direct sun exposure – clip the sunscreens (included in your kit) onto each handset before you start. This prevents sunlight from corrupting your data.

2. **Don't forget the 2-second rule.**
   When both LEDs are flashing green, you're ready to swim. At the start of each lap, fully submerge both hands at the same time for 2 seconds, then complete a minimum of three full strokes. This ensures accurate lap start and turn detection. If you streamline at the start of each lap, this counts towards your 2 seconds.

3. **Remember to stop recording.**
   Always double-press the button on ONE handset to stop recording before turning them off. Otherwise, your swim data won't be saved.

GOOD TO KNOW: You don't need to stop recording between laps. **eo** SwimBETTER automatically removes non-swimming strokes during processing. Only stop and restart if you want to keep your swimming separate from your rest periods.

LED COLOUR GUIDE

Appearance	LED	Handset status	Button presses
No visible light		Off	3-second press on EACH handset to turn on
Both handsets solid green		On and ready to record	With BOTH hands out of the water, double-press ONE handset to start recording
BOTH HANDSETS FLASHING GREEN		**RECORDING IN PROGRESS See page 2 for quick tips**	**With BOTH hands out of the water, double-press ONE handset to stop recording**
Dark blue solid		Handset connected to PC or mobile	
Dark blue flashing		Data transferring and memory clearing	
Yellow solid		Memory full – time to download	
Red flashing		Low battery – approximately 20 minutes power left	
Red solid		Turning off	3-second press on EACH handset to turn off
White flashing		Charging	
White solid		Fully charged	

ABOUT YOUR eo SwimBETTER

1. Start/Stop recording button
2. Pressure sensors
3. Elasticised Velcro strap
4. LED
5. Sensor band
6. Charging clip locator
7. Left/Right hand reference
8. Serial number
9. Charging plates
10. Strap clip
11. Keeper



ABOUT YOUR eo SUNSCREENS

You only need to clip your **eo** Sunscreens on if you're swimming outside during the day or in an indoor pool that gets direct exposure to sunlight.



You can leave them attached for indoor or night swimming – they won't affect your data. You will need to remove them to charge your handsets.

Follow these steps to attach your **eo** Sunscreens to your handsets:



STEP 1:
Clip the **eo** Sunscreen onto the top of each handset.

STEP 2:
Clip the **eo** Sunscreen onto each sensor band making sure it sits flat and is secure.



BEFORE YOU HEAD TO THE POOL

Four things to do before your first swim:

1. Download the **eo** SwimBETTER app – see page 7 – and log in using your **eo** account email and password.
2. Click the "More" button in the bottom right and complete both the **Device setup** and **Your details** sections.
3. Attach your straps – see page 8 for instructions.
4. Charge your handsets. Make sure both are ready for your first session – see page 9 for instructions.

IMPORTANT - YOUR MEASUREMENTS MATTER:

When completing **Your details**, you'll be asked to enter some body measurements. These are used to calculate power, so accuracy matters.

QUICK TIP: Make sure your handsets are paired and saved in your app before recording your first swim.

DOWNLOAD THE APP

The **eo** SwimBETTER app is available for iOS and Android.

Download the app using the links below, or search for **eo** SwimBETTER in the App Store or Google Play.





Log in to the app with your **eo** account email and password, then follow the instructions in the **Your details** and **Device setup** sections to complete your setup and pair your handsets.

APP VS PLATFORM – WHAT'S THE DIFFERENCE?

The app is where you upload your swims and view data on the go.

The platform is where you can explore your technique data in more detail, sync to video and get personalised freestyle analysis with **eo**i.

Access the platform at: **swimbetter.eolab.com**

ABOUT YOUR MEMBERSHIP

You'll need a valid **eo** membership to access all your technique data. If you don't have one yet, you can buy one at: **eolab.com/membership**.

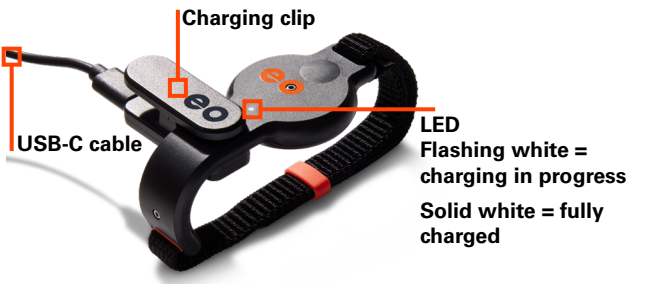
ATTACH YOUR STRAPS

1. Place the handset face down with the sensor band facing away from you.
2. With the **eo** logo on the strap facing up, feed it through the hole from the inside of the sensor band until the orange strap clip clicks into place. When correctly attached, the orange clip should sit flush with the inside of the sensor band.
3. In your straps bag, you'll find two orange keepers to help hold your straps closed during your swim. Slide one of these onto the strap.
4. Now feed the other end of the strap through the hole on the other side of the handset.
5. When the strap wraps around your hand, the Velcro should connect to the strap. If it doesn't, you've got it upside down. Take the strap out, flip it and try again.



TOP UP THE CHARGE

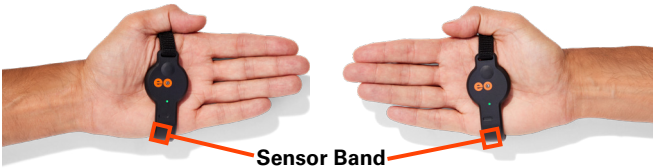
1. With your handsets turned off, attach one charging clip to each handset. The **eo** logo on the charging clips should be facing up – see image below. Align the charging pins with the charging plates on the inside of the sensor band – you will feel it click into place when properly connected.
2. Plug one end of the USB-C cable into the charging clip and the other end into a power adaptor or computer.
3. The LED on your handset will flash white while charging is in progress. If it's not flashing, check the clip is properly connected – give it a bit of a jiggle.
4. Charging is complete when the LED turns solid white.
5. Try not to leave your handsets connected to power once they're fully charged. Overcharging may reduce battery life.



PUT YOUR HANDSETS ON

Make sure you wear your handsets on the correct hands. There's an L and R hand reference on the back to make this easy.

When on correctly – the **eo** logo should read from left to right when you're looking at your palms – see below images.



1. Sit the body of the handset into the hollow of your palm.
2. The sensor band (hard part of the band) wraps around the outside (pinkie side) of your hand.
3. Adjust the Velcro straps for a firm but comfortable fit. Ensure the straps are secure by sliding the orange keeper over the end of the strap.
4. Your straps may loosen slightly on your first swim as they settle. If this happens, just tighten them up – you should only have to do this once or twice.

GET MORE FROM YOUR DATA

Using eoi – your personal swim analyst.

Once you've uploaded your swim to the **eo** app, log in to the **eo** SwimBETTER platform – **swimbetter.eolab.com**. Open a freestyle swim and click the blue **eo**i button in the top right corner.

In around 60 seconds, **eo**i will analyse your stroke and give you personalised insights, key areas to focus on and suggested drills to help improve your technique. **Watch this video to see eoi in action**.

Note: eoi currently supports freestyle only.

Sync to TrainingPeaks or Final Surge – keep your swim, bike and run data in one place.

Connect your **eo** account to TrainingPeaks or Final Surge and every future swim you upload to the **eo** app will automatically sync to your training calendar – complete with power data and other performance metrics.

Click the logos below for connection instructions.

READ THIS BEFORE YOU SWIM

1. Start recording with both hands out of the water. Double-press the button on ONE handset to start recording.

2. Check your LEDs. BOTH LEDs must be flashing green before you start swimming. If they're not flashing green, you're not recording.

3. Remember the 2-second rule. Keep both hands fully submerged for 2 seconds at the start of each lap, then take a minimum of three full strokes. Streamlining off the wall counts towards your 2 seconds.

4. Maintain your stroke rate. For accurate hand path and consistency data, we recommend maintaining a stroke rate of at least 20 strokes per minute. Accuracy may decrease at lower rates.

5. Stop recording before switching off. With both hands out of the water, double-press the button on ONE handset to stop recording. **Always stop recording before turning your handsets off, or your swim data won't be saved.**

6. Protect your handsets. Don't push yourself out of the pool with **eo** SwimBETTER on your hands. The weight of your body could crack them and that would be bad.

Avoid leaving your handsets in direct sunlight, and use your **eo** Sunscreens when swimming in direct sunlight.

7. Upload your swim. You'll need mobile data or Wi-Fi to upload your swim files to the cloud. Processing times may vary depending on the length of your swim.

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Click **HERE** to download the full
eo SwimBETTER Operating Instructions
or to watch the set-up video.

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