



PIVOT YOGA

# User Guide


- Model Number PIVOT Yoga Shirt1.0" for the shirt
- Model Number PIVOT Yoga Pant1.0" for the pants

Practice made perfect. At home.™



## Why should I get PIVOT Yoga?

If you've ever wanted to practice yoga at home, or been frustrated by the lack of feedback in your home practice, then PIVOT Yoga is for you.



Home practice has so many advantages--it's convenient, economical, and for many of us is simply the only viable way to practice yoga given our crazy schedules. And there's a wealth of home video instruction to choose from.

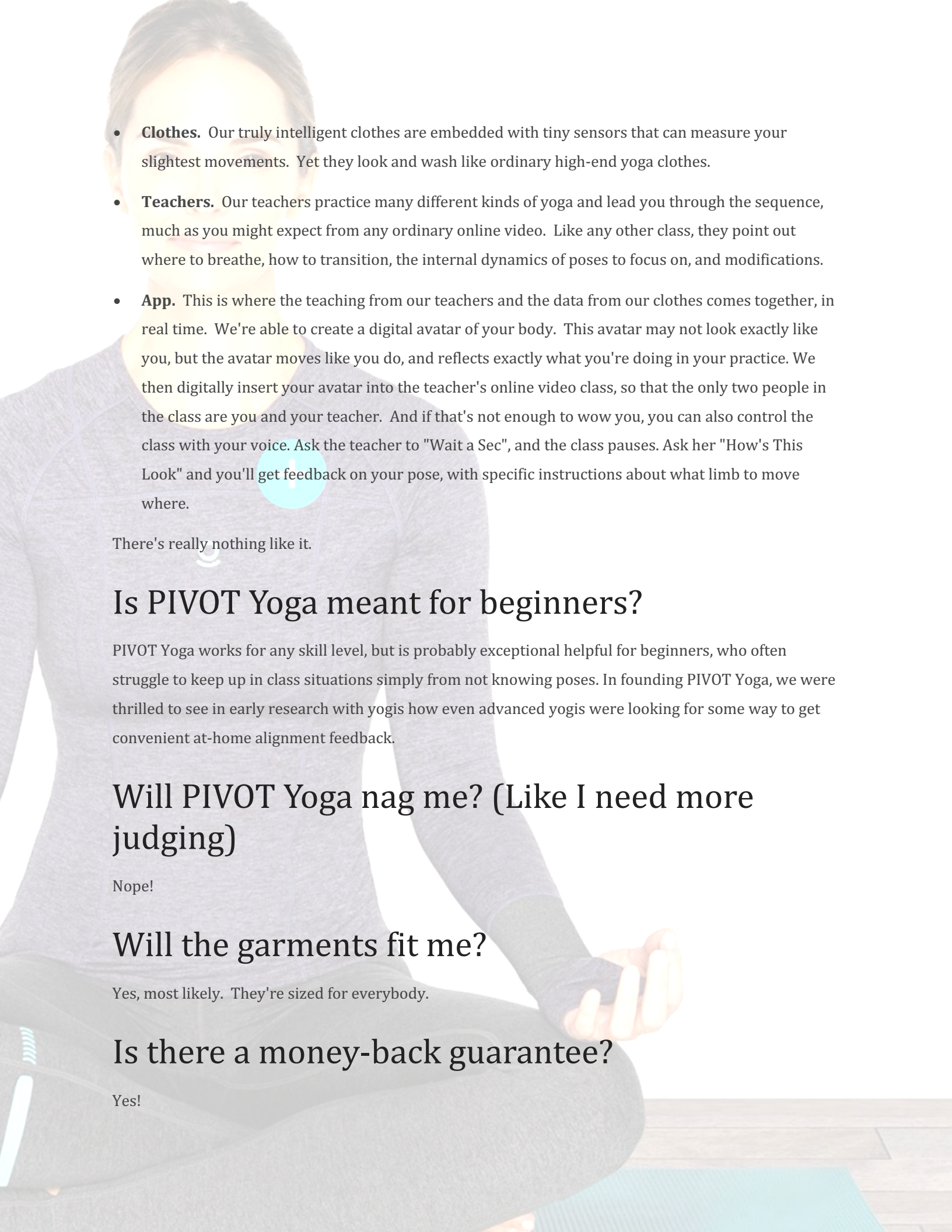
But form matters. It's by no means the only thing (or maybe even the most important thing) about yoga--after all, asana are the *third* limb of yoga, not all eight limbs! But many yogis would love to know more about their alignment, since form is so important to avoiding injury and fatigue, and unless you're enrolled in a teacher training by mail course, it's very difficult to get alignment feedback without making it to a studio. And frankly, class sizes at many studios are so large there isn't much opportunity for alignment feedback anyway. And while there is much activity going on inside a yoga pose, PIVOT Yoga, combined with our teachers, can at least help you with what's going on with the outside of the pose.

So enter PIVOT Yoga. It's a happy medium where you get to practice at home and still get feedback. We can even track the development of your form over time, pose by pose, so that you can reflect and even share what's happening in your practice.

## How does it work?

The first to understand about PIVOT Yoga is that it's a system with three important parts:



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- **Clothes.** Our truly intelligent clothes are embedded with tiny sensors that can measure your slightest movements. Yet they look and wash like ordinary high-end yoga clothes.
  - **Teachers.** Our teachers practice many different kinds of yoga and lead you through the sequence, much as you might expect from any ordinary online video. Like any other class, they point out where to breathe, how to transition, the internal dynamics of poses to focus on, and modifications.
  - **App.** This is where the teaching from our teachers and the data from our clothes comes together, in real time. We're able to create a digital avatar of your body. This avatar may not look exactly like you, but the avatar moves like you do, and reflects exactly what you're doing in your practice. We then digitally insert your avatar into the teacher's online video class, so that the only two people in the class are you and your teacher. And if that's not enough to wow you, you can also control the class with your voice. Ask the teacher to "Wait a Sec", and the class pauses. Ask her "How's This Look" and you'll get feedback on your pose, with specific instructions about what limb to move where.

There's really nothing like it.

## Is PIVOT Yoga meant for beginners?

PIVOT Yoga works for any skill level, but is probably exceptional helpful for beginners, who often struggle to keep up in class situations simply from not knowing poses. In founding PIVOT Yoga, we were thrilled to see in early research with yogis how even advanced yogis were looking for some way to get convenient at-home alignment feedback.

## Will PIVOT Yoga nag me? (Like I need more judging)

Nope!

## Will the garments fit me?

Yes, most likely. They're sized for everybody.

## Is there a money-back guarantee?

Yes!

# What info do you store about me?

In our system, which includes data stored on your device and in our cloud, we do store some things that are essential to providing you the service. Mainly what we store is what we call "metadata" about your practice. That is, we store the angles that each of your major limbs showed during the best moment of each pose, where "best" means closest to the teacher's pose. This, for example, is how we enable the "Now & Then" feature inside the Performance part of the app. With it, you can literally look at your Warrior II has changed over time as your practice has deepened!

Beyond this, we store other metadata, like how often you've used the app and for how long, and what classes you use most often. This helps us make PIVOT Yoga better for you.

Last, we store your email address, height, and a few other basic characteristics. These are never shared with anyone unless needed to provide the service to you. For example, like many companies we use Amazon Web Services to store our cloud data.

## Do I need to be connected to the internet?

You don't need to be connected to the internet in order to practice with PIVOT Yoga. However, you must download your class in advance (it only has to be downloaded once). After that, PIVOT Yoga can be used offline wherever your practice takes you.

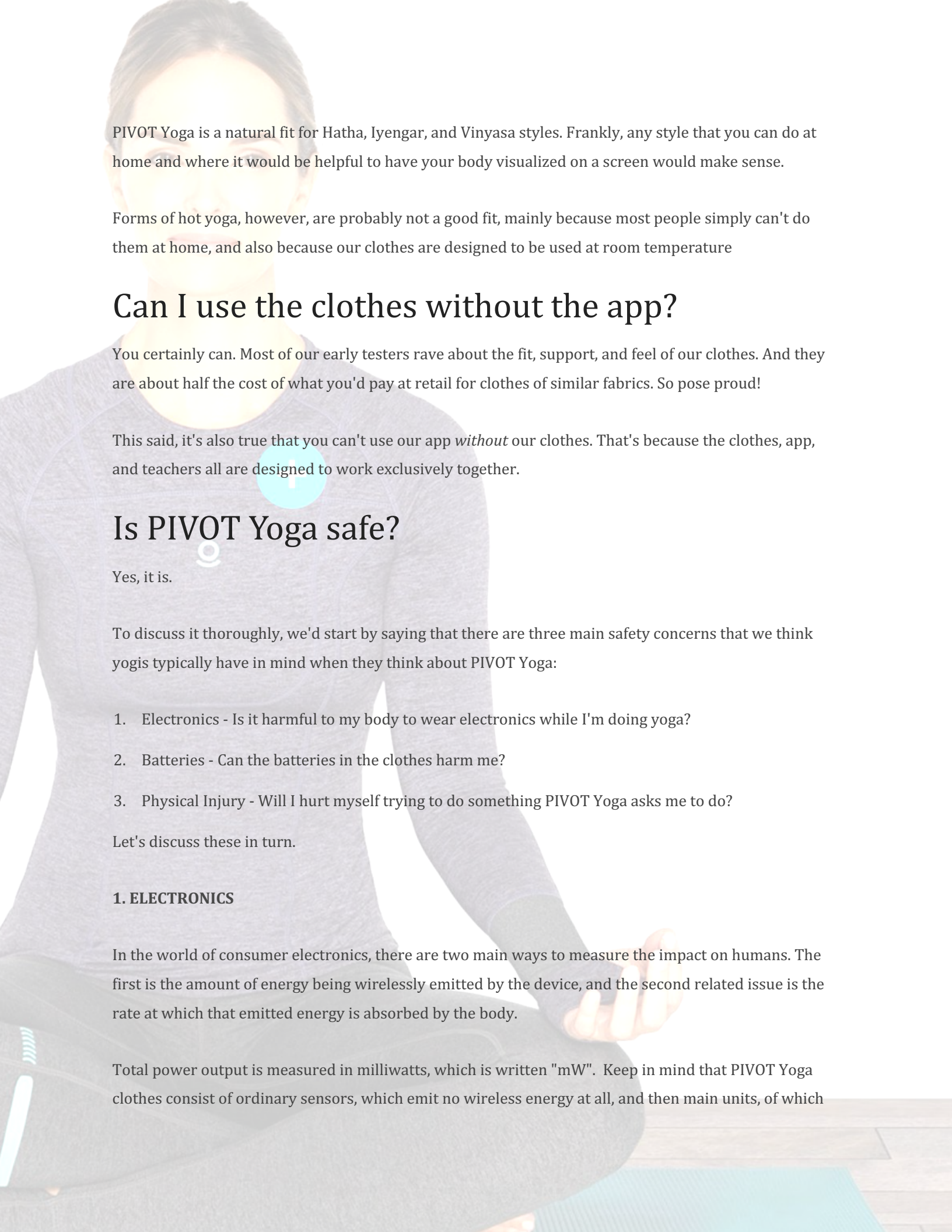
You do need an internet connection to register, and to download classes.

## How many classes are available?

Our class library is just beginning. As of today, we have one class ready in the library, and expect 7 more quite shortly. Thereafter, we expect to be adding multiple classes per month, and don't intent to ever stop. We aim to have a brimming content library with classes in multiple styles, durations, and skill levels.

## What kinds of yoga is PIVOT most compatible with?





PIVOT Yoga is a natural fit for Hatha, Iyengar, and Vinyasa styles. Frankly, any style that you can do at home and where it would be helpful to have your body visualized on a screen would make sense.

Forms of hot yoga, however, are probably not a good fit, mainly because most people simply can't do them at home, and also because our clothes are designed to be used at room temperature

## Can I use the clothes without the app?

You certainly can. Most of our early testers rave about the fit, support, and feel of our clothes. And they are about half the cost of what you'd pay at retail for clothes of similar fabrics. So pose proud!

This said, it's also true that you can't use our app *without* our clothes. That's because the clothes, app, and teachers all are designed to work exclusively together.

## Is PIVOT Yoga safe?

Yes, it is.

To discuss it thoroughly, we'd start by saying that there are three main safety concerns that we think yogis typically have in mind when they think about PIVOT Yoga:

1. Electronics - Is it harmful to my body to wear electronics while I'm doing yoga?
2. Batteries - Can the batteries in the clothes harm me?
3. Physical Injury - Will I hurt myself trying to do something PIVOT Yoga asks me to do?

Let's discuss these in turn.

### 1. ELECTRONICS

In the world of consumer electronics, there are two main ways to measure the impact on humans. The first is the amount of energy being wirelessly emitted by the device, and the second related issue is the rate at which that emitted energy is absorbed by the body.

Total power output is measured in milliwatts, which is written "mW". Keep in mind that PIVOT Yoga clothes consist of ordinary sensors, which emit no wireless energy at all, and then main units, of which

there is one in the pants and one in the shirt. The one in the pants communicates only with the one in the shirt, over quite a short distance, and the one in the shirt communicates with the app, which could be across the room. So in effect, only the shirt is emitting significant energy at all. And even then, it's much less than other typical consumer devices (see Exhibit A below)

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**Exhibit A. Typical Power Output of Consumer Devices (in milliwatts)**

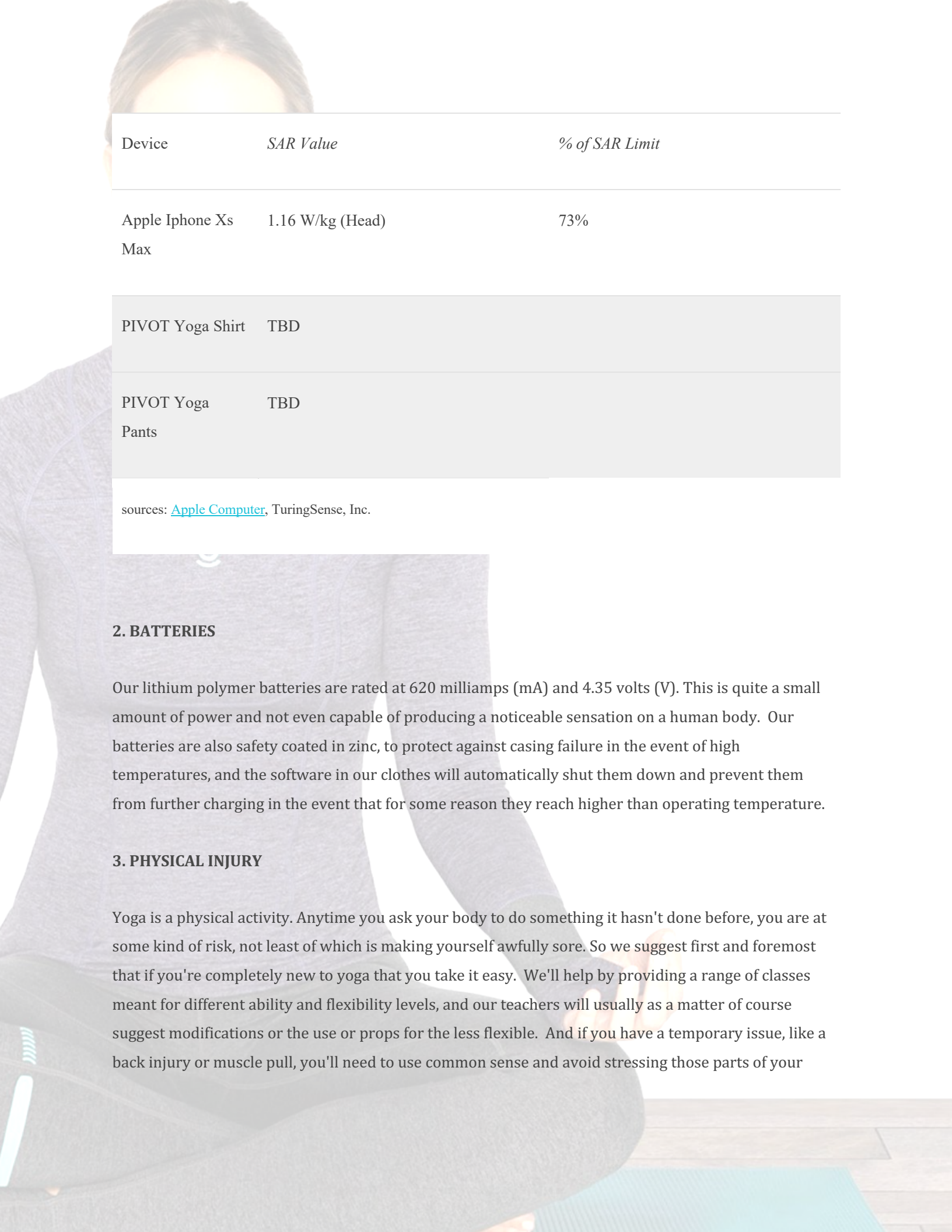
Cell Phone	500 mW
Wi-Fi Router	100 mW
Fitness Tracker	10 mW
PIVOT Yoga Shirt	100 mW
PIVOT Yoga Pants	7 mW

source: TuringSense, Inc.

The second main way to measure the impact on humans is referred to by engineers as the Specific Absorption Rate, or SAR. This measures the unit rate at which the device's energy is absorbed from a certain distance into the body at a specific point. The limit for this in the USA, set by the FCC, is 1.6 watts per kilogram (W/kg), averaged over one gram of simulated biological tissue. It's helpful to compare common consumer devices, and note below that PIVOT Yoga is again substantially less than a typical device like a cell phone.

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**Exhibit B. Specific Absorption Rates for Consumer Devices**



Device	SAR Value	% of SAR Limit
Apple Iphone Xs Max	1.16 W/kg (Head)	73%
PIVOT Yoga Shirt	TBD	
PIVOT Yoga Pants	TBD	

sources: [Apple Computer](#), TuringSense, Inc.

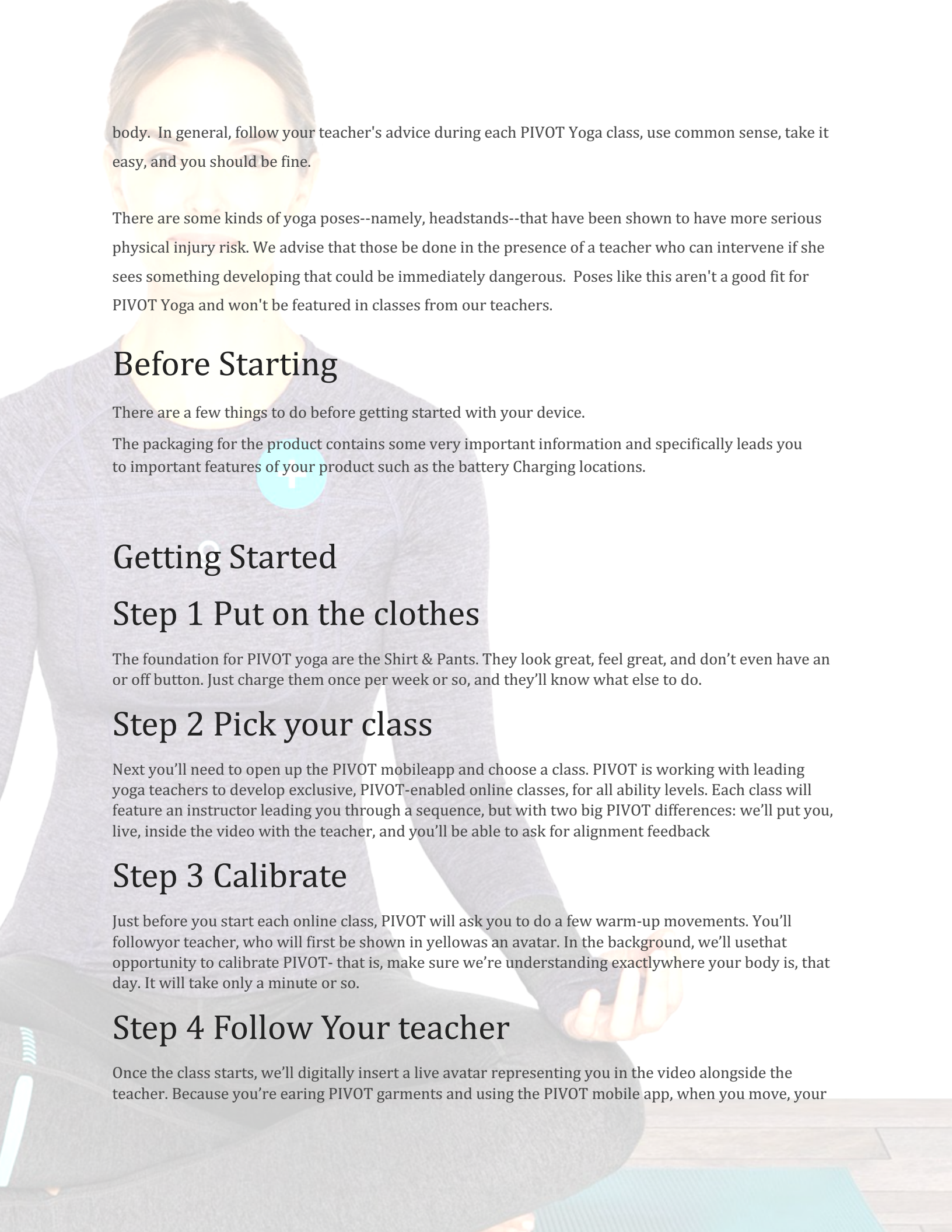
## 2. BATTERIES

Our lithium polymer batteries are rated at 620 milliamps (mA) and 4.35 volts (V). This is quite a small amount of power and not even capable of producing a noticeable sensation on a human body. Our batteries are also safety coated in zinc, to protect against casing failure in the event of high temperatures, and the software in our clothes will automatically shut them down and prevent them from further charging in the event that for some reason they reach higher than operating temperature.

## 3. PHYSICAL INJURY

Yoga is a physical activity. Anytime you ask your body to do something it hasn't done before, you are at some kind of risk, not least of which is making yourself awfully sore. So we suggest first and foremost that if you're completely new to yoga that you take it easy. We'll help by providing a range of classes meant for different ability and flexibility levels, and our teachers will usually as a matter of course suggest modifications or the use of props for the less flexible. And if you have a temporary issue, like a back injury or muscle pull, you'll need to use common sense and avoid stressing those parts of your





body. In general, follow your teacher's advice during each PIVOT Yoga class, use common sense, take it easy, and you should be fine.

There are some kinds of yoga poses--namely, headstands--that have been shown to have more serious physical injury risk. We advise that those be done in the presence of a teacher who can intervene if she sees something developing that could be immediately dangerous. Poses like this aren't a good fit for PIVOT Yoga and won't be featured in classes from our teachers.

## Before Starting

There are a few things to do before getting started with your device.

The packaging for the product contains some very important information and specifically leads you to important features of your product such as the battery Charging locations.

## Getting Started

### Step 1 Put on the clothes

The foundation for PIVOT yoga are the Shirt & Pants. They look great, feel great, and don't even have an on or off button. Just charge them once per week or so, and they'll know what else to do.

### Step 2 Pick your class

Next you'll need to open up the PIVOT mobile app and choose a class. PIVOT is working with leading yoga teachers to develop exclusive, PIVOT-enabled online classes, for all ability levels. Each class will feature an instructor leading you through a sequence, but with two big PIVOT differences: we'll put you, live, inside the video with the teacher, and you'll be able to ask for alignment feedback

### Step 3 Calibrate

Just before you start each online class, PIVOT will ask you to do a few warm-up movements. You'll follow your teacher, who will first be shown in yellow as an avatar. In the background, we'll use that opportunity to calibrate PIVOT- that is, make sure we're understanding exactly where your body is, that day. It will take only a minute or so.

### Step 4 Follow Your teacher

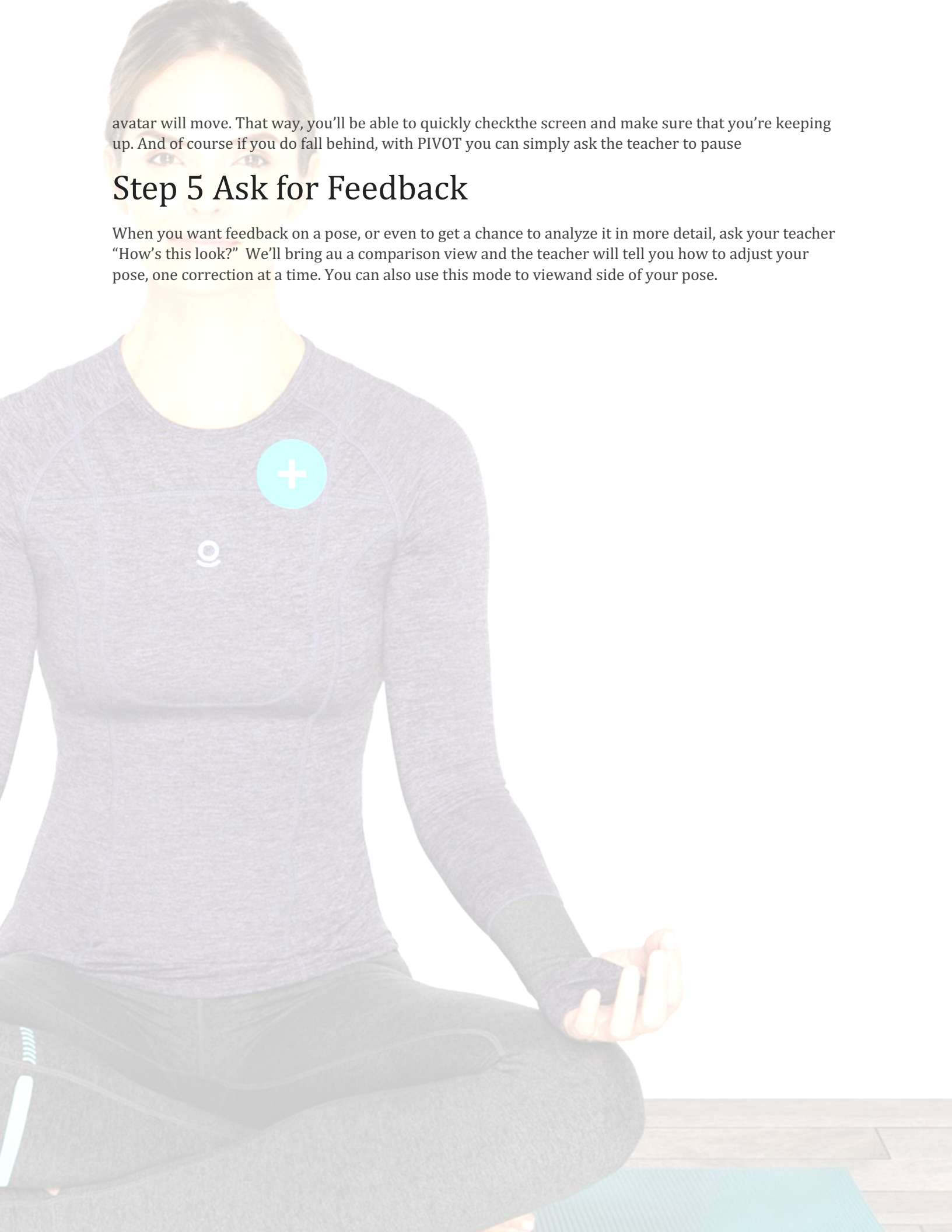
Once the class starts, we'll digitally insert a live avatar representing you in the video alongside the teacher. Because you're wearing PIVOT garments and using the PIVOT mobile app, when you move, your



avatar will move. That way, you'll be able to quickly check the screen and make sure that you're keeping up. And of course if you do fall behind, with PIVOT you can simply ask the teacher to pause

## Step 5 Ask for Feedback

When you want feedback on a pose, or even to get a chance to analyze it in more detail, ask your teacher "How's this look?" We'll bring up a comparison view and the teacher will tell you how to adjust your pose, one correction at a time. You can also use this mode to view and side of your pose.






# How to put on your clothes


The clothes are worn pretty much like any other yoga clothes. The main difference is that it's good to avoid twisting them when you put them on. See below for more tips.

## Tips



The solid part of the stripe on your arm should face out. The dotted part of the stripe should be on the side of your forearm, mostly.

Your thumbs should be through the thumbholes.



The solid part of the stripe on your leg should face front. The dotted part of the stripe should be on the side of your calf, mostly.

If the shirt seems loose through the chest area, tie our optional sash belt on, just under the bra and with the knot to the side.

The pants should not be bunched up in the lower leg. Pull them tight here.

Your ankle should be through the stirrup on the pants. Make sure the forefoot area is flat and not bunched up.





# How to display PIVOT Yoga on your TV

Want to show PIVOT Yoga on a larger, easier-to-see screen than your phone?

We totally understand. There are two easy ways to do this:

1. **Connect your phone with an HDMI dongle** to your TV, if it has an HDMI port (Most new ones do). The official [Apple HDMI to Lightning connector](#) works well, though less expensive options are plentiful. They even make them with an [extra built-in connection](#) to usb for power.
2. **Connect your iPhone X via the latest generation of AirPlay**, which is AirPlay 2. If you have an iPhone X or later, and an AirPlay 2 device already connected to your TV, then you can simply choose to Screen Mirror your PIVOT Yoga app. Earlier versions of AirPlay or iPhone will not work as well, however.

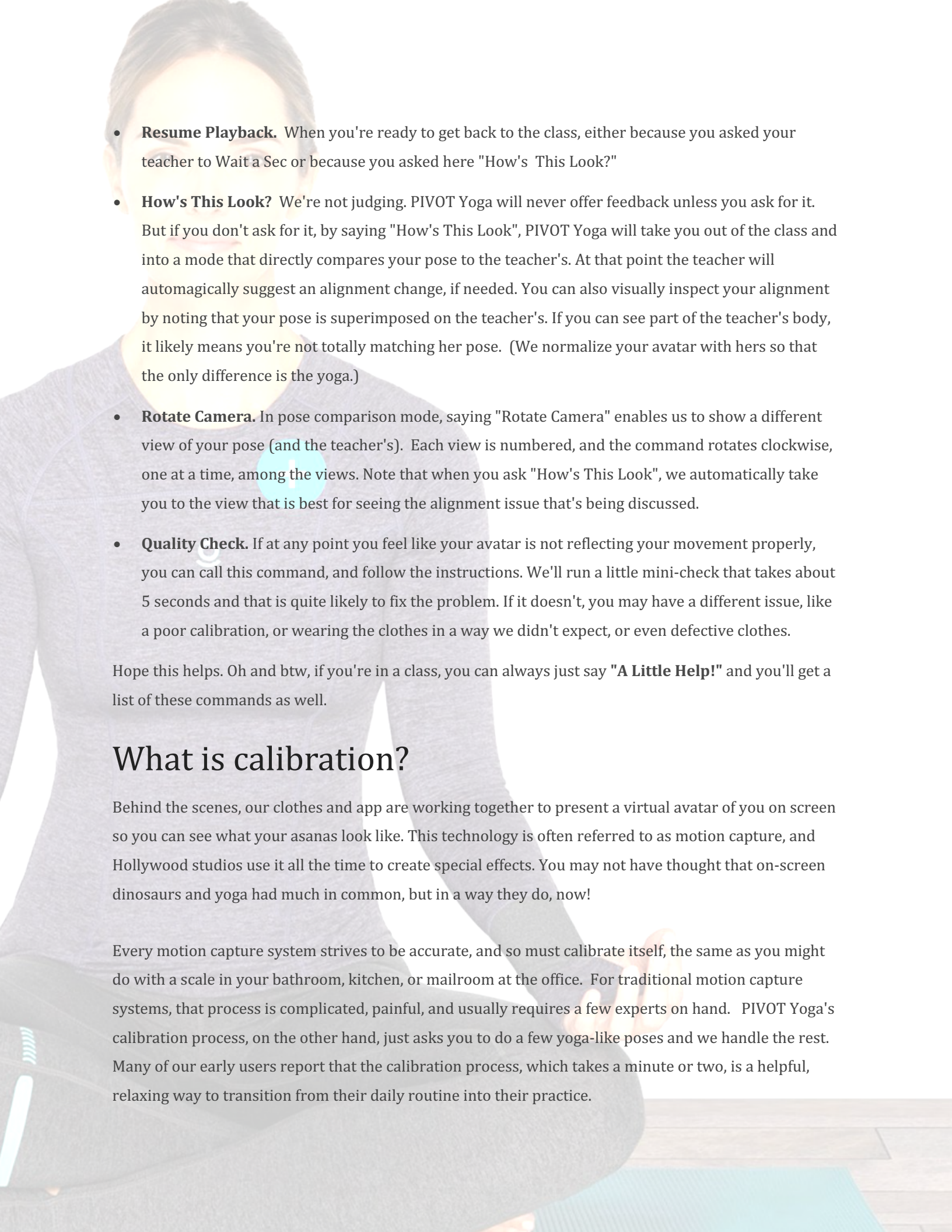
One of these options should totally do the trick.

## Use voice commands to control PIVOT

You can control PIVOT Yoga with your voice, once you've registered your voice. PIVOT Yoga, by the way, only listens to *you*. Your nephew cannot run into the room and hijack your PIVOT Yoga session by shouting commands! (We've all been there with back-seat Siri hijackers.) He can, however, interfere with PIVOT Yoga's ability to hear you, so you might need to tell him to pipe down.

You can tap on the screen of your device at any time to get to a list of commands, but here's a handy list:

- **Wait a Sec.** To pause the class, just say "Wait a sec!" You can even use the name of your teacher, as in "Wait a sec, Molly!" But you must say the command exactly-- "Hang on," "Wait up," and "Whoa now!" will not work. Sadly!

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- **Resume Playback.** When you're ready to get back to the class, either because you asked your teacher to Wait a Sec or because you asked here "How's This Look?"
  - **How's This Look?** We're not judging. PIVOT Yoga will never offer feedback unless you ask for it. But if you don't ask for it, by saying "How's This Look", PIVOT Yoga will take you out of the class and into a mode that directly compares your pose to the teacher's. At that point the teacher will automatically suggest an alignment change, if needed. You can also visually inspect your alignment by noting that your pose is superimposed on the teacher's. If you can see part of the teacher's body, it likely means you're not totally matching her pose. (We normalize your avatar with hers so that the only difference is the yoga.)
  - **Rotate Camera.** In pose comparison mode, saying "Rotate Camera" enables us to show a different view of your pose (and the teacher's). Each view is numbered, and the command rotates clockwise, one at a time, among the views. Note that when you ask "How's This Look", we automatically take you to the view that is best for seeing the alignment issue that's being discussed.
  - **Quality Check.** If at any point you feel like your avatar is not reflecting your movement properly, you can call this command, and follow the instructions. We'll run a little mini-check that takes about 5 seconds and that is quite likely to fix the problem. If it doesn't, you may have a different issue, like a poor calibration, or wearing the clothes in a way we didn't expect, or even defective clothes.

Hope this helps. Oh and btw, if you're in a class, you can always just say "**A Little Help!**" and you'll get a list of these commands as well.

## What is calibration?

Behind the scenes, our clothes and app are working together to present a virtual avatar of you on screen so you can see what your asanas look like. This technology is often referred to as motion capture, and Hollywood studios use it all the time to create special effects. You may not have thought that on-screen dinosaurs and yoga had much in common, but in a way they do, now!

Every motion capture system strives to be accurate, and so must calibrate itself, the same as you might do with a scale in your bathroom, kitchen, or mailroom at the office. For traditional motion capture systems, that process is complicated, painful, and usually requires a few experts on hand. PIVOT Yoga's calibration process, on the other hand, just asks you to do a few yoga-like poses and we handle the rest. Many of our early users report that the calibration process, which takes a minute or two, is a helpful, relaxing way to transition from their daily routine into their practice.



# Calibration mistakes to avoid

The most important thing to understand about calibration is that you get out what you put into it.

That is, the more closely you follow the instructions, the more accurate your avatar will be. Some highlights at each step:

- **Easy Pose.** When we advise you to close your eyes and hold your breath, we do so because we've found that this helps most people be completely still. Tempting as it might be, talking out loud here (or even a few "om's") is probably not a good idea.
- **Stand Still.** We advise you to curl your knuckles under. That's actually quite important. If you don't, your wrists may look a little unusual inside the class!
- **Raise Your Arms/Legs.** Follow the avatar on screen, both in terms of how fast the avatar goes and how far the avatar goes. It's also important to keep the rest of your body still and only move the thing you're supposed to move.

Don't stress. If you don't do all this perfectly, it won't be the end of the world and you'll still be able to use PIVOT Yoga. But if you can follow these tips, you'll certainly get the best results. After all, alignment feedback often comes down to inches!



## Can I wash these clothes in the washing machine?

Generally, yes, so long as you wash them on the Cold cycle. For most machines, that's less than 80 degrees F (27 degrees Celsius).

Certain high-heat wash cycles (say, a "sanitary" cycle or a cycle for bright whites) could cause the clothes to shut down, and at Warm temperatures (over 80 degrees F) there's a chance you could cause some unsightly wrinkling.

So we strongly recommend you wash them in cold.

## Can I put these clothes in the dryer?

To be blunt, no.

In our testing, putting the clothes in the dryer dramatically shortens the life of the garments--so much so, in fact, that we've made it a violation of our warranty. Not only that, but the clothes are intelligent and literally know if they're being put into a dryer. If you do put them into the dryer, the chances are the clothes will automatically shut down and you'll have to send them in for refurbishment. If for some reason they don't automatically shut down, the service life will shorten dramatically.

Instead, simply dry them by laying them flat or hanging them. They will dry quite quickly, so there really isn't much need to put them in the dryer in the first place.



# Troubleshooting

Something not working?

## Voice control doesn't seem to be working. What do I do?

First, check your background noise level. If other people are talking while you are issuing a voice command, it's quite possible that PIVOT won't hear you properly.

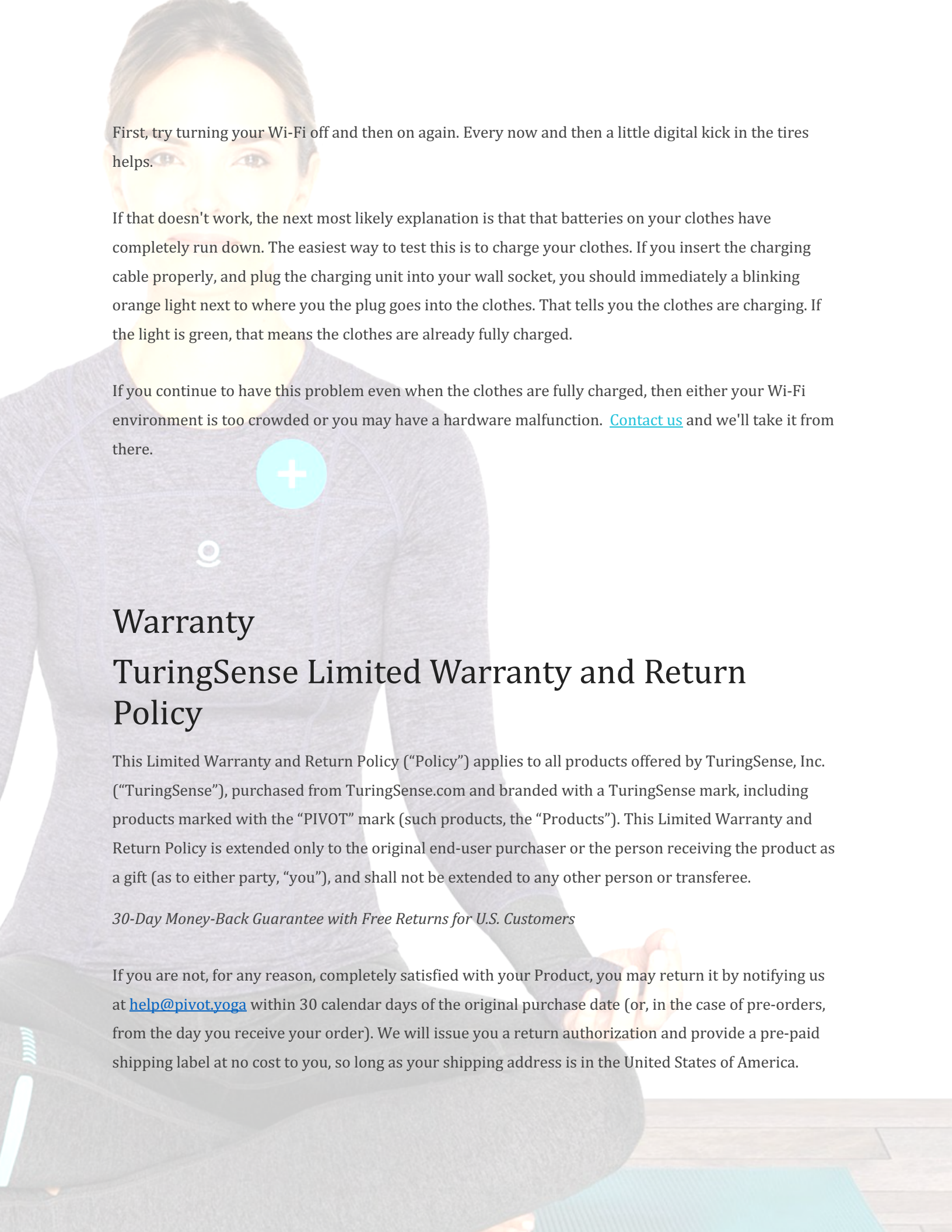
Assuming that's not the problem, the next issue to think about is the quality of your voice registration itself. Before your first class, you must register your voice with PIVOT Yoga. But it's possible to have a bad registration session, which results in poor recognition, and even in some unusual cases it can result in the app getting confused about what command you meant.

The good news is, you can easily re-record any particular command that PIVOT doesn't seem to be understanding well. Simply head in the app to the Account section, then choose Settings, then Voice Setup. Pick the command that's giving you trouble, and re-record it.

## Can't find the PIVOT Yoga network in Wi-Fi settings

We treat your clothes like a Wi-Fi network. That is, they are listed as a network in the Wi-Fi Settings of your phone. The network name will always be something like "PIVOT Yoga XXXXXX", where the X's are replaced with a unique id for your clothes. After you connect the first time, your phone should automatically recognize your clothes from there on out, just as it does with wi-fi networks around your house, like the one you use for internet access.

But what happens if you open up your Wi-Fi settings and don't see your clothes listed? There could be several explanations.



First, try turning your Wi-Fi off and then on again. Every now and then a little digital kick in the tires helps.

If that doesn't work, the next most likely explanation is that the batteries on your clothes have completely run down. The easiest way to test this is to charge your clothes. If you insert the charging cable properly, and plug the charging unit into your wall socket, you should immediately see a blinking orange light next to where you plug it into the clothes. That tells you the clothes are charging. If the light is green, that means the clothes are already fully charged.

If you continue to have this problem even when the clothes are fully charged, then either your Wi-Fi environment is too crowded or you may have a hardware malfunction. [Contact us](#) and we'll take it from there.

## Warranty

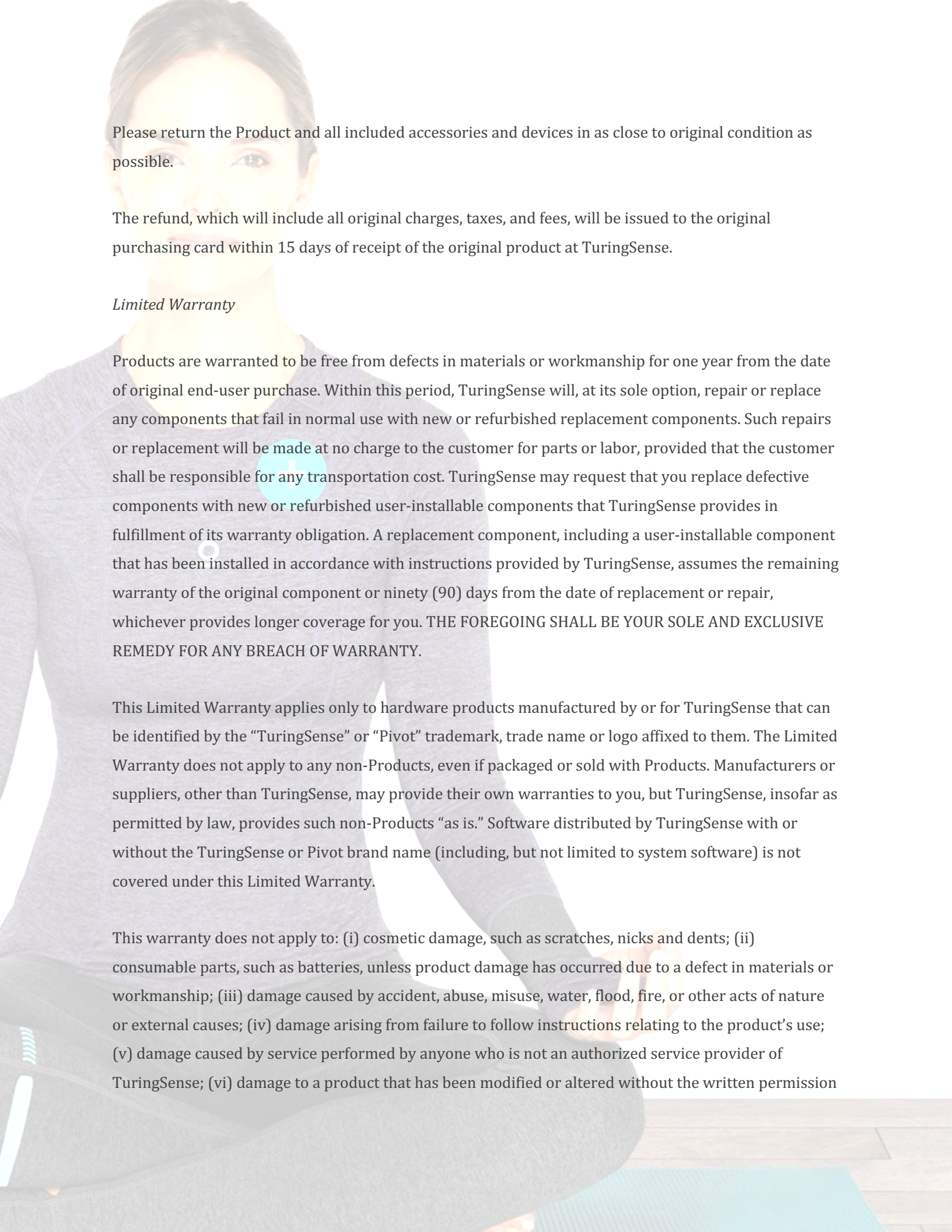
# TuringSense Limited Warranty and Return Policy

This Limited Warranty and Return Policy ("Policy") applies to all products offered by TuringSense, Inc. ("TuringSense"), purchased from TuringSense.com and branded with a TuringSense mark, including products marked with the "PIVOT" mark (such products, the "Products"). This Limited Warranty and Return Policy is extended only to the original end-user purchaser or the person receiving the product as a gift (as to either party, "you"), and shall not be extended to any other person or transferee.

### *30-Day Money-Back Guarantee with Free Returns for U.S. Customers*

If you are not, for any reason, completely satisfied with your Product, you may return it by notifying us at [help@pivot.yoga](mailto:help@pivot.yoga) within 30 calendar days of the original purchase date (or, in the case of pre-orders, from the day you receive your order). We will issue you a return authorization and provide a pre-paid shipping label at no cost to you, so long as your shipping address is in the United States of America.





Please return the Product and all included accessories and devices in as close to original condition as possible.

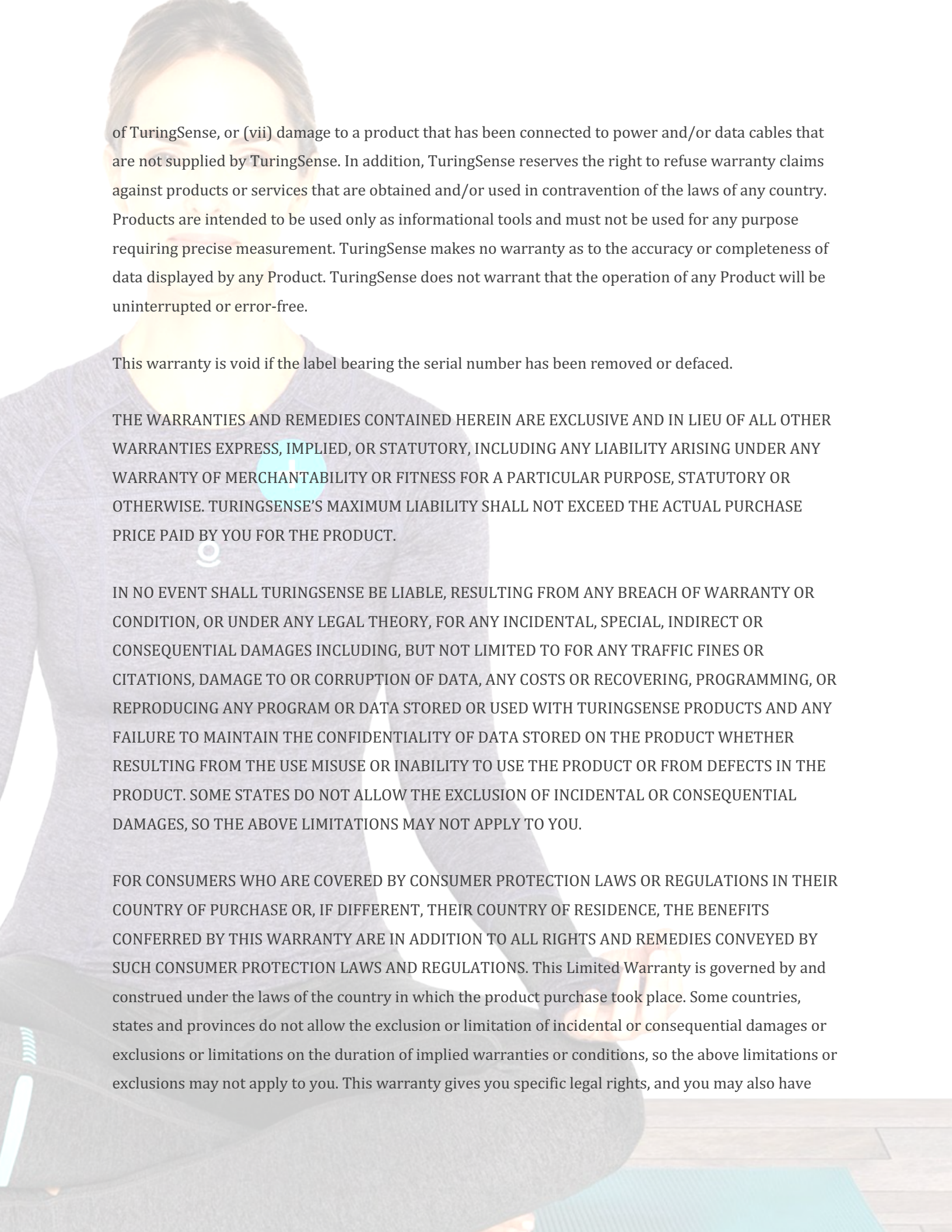
The refund, which will include all original charges, taxes, and fees, will be issued to the original purchasing card within 15 days of receipt of the original product at TuringSense.

### *Limited Warranty*

Products are warranted to be free from defects in materials or workmanship for one year from the date of original end-user purchase. Within this period, TuringSense will, at its sole option, repair or replace any components that fail in normal use with new or refurbished replacement components. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. TuringSense may request that you replace defective components with new or refurbished user-installable components that TuringSense provides in fulfillment of its warranty obligation. A replacement component, including a user-installable component that has been installed in accordance with instructions provided by TuringSense, assumes the remaining warranty of the original component or ninety (90) days from the date of replacement or repair, whichever provides longer coverage for you. THE FOREGOING SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

This Limited Warranty applies only to hardware products manufactured by or for TuringSense that can be identified by the “TuringSense” or “Pivot” trademark, trade name or logo affixed to them. The Limited Warranty does not apply to any non-Products, even if packaged or sold with Products. Manufacturers or suppliers, other than TuringSense, may provide their own warranties to you, but TuringSense, insofar as permitted by law, provides such non-Products “as is.” Software distributed by TuringSense with or without the TuringSense or Pivot brand name (including, but not limited to system software) is not covered under this Limited Warranty.

This warranty does not apply to: (i) cosmetic damage, such as scratches, nicks and dents; (ii) consumable parts, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage caused by accident, abuse, misuse, water, flood, fire, or other acts of nature or external causes; (iv) damage arising from failure to follow instructions relating to the product’s use; (v) damage caused by service performed by anyone who is not an authorized service provider of TuringSense; (vi) damage to a product that has been modified or altered without the written permission



of TuringSense, or (vii) damage to a product that has been connected to power and/or data cables that are not supplied by TuringSense. In addition, TuringSense reserves the right to refuse warranty claims against products or services that are obtained and/or used in contravention of the laws of any country. Products are intended to be used only as informational tools and must not be used for any purpose requiring precise measurement. TuringSense makes no warranty as to the accuracy or completeness of data displayed by any Product. TuringSense does not warrant that the operation of any Product will be uninterrupted or error-free.

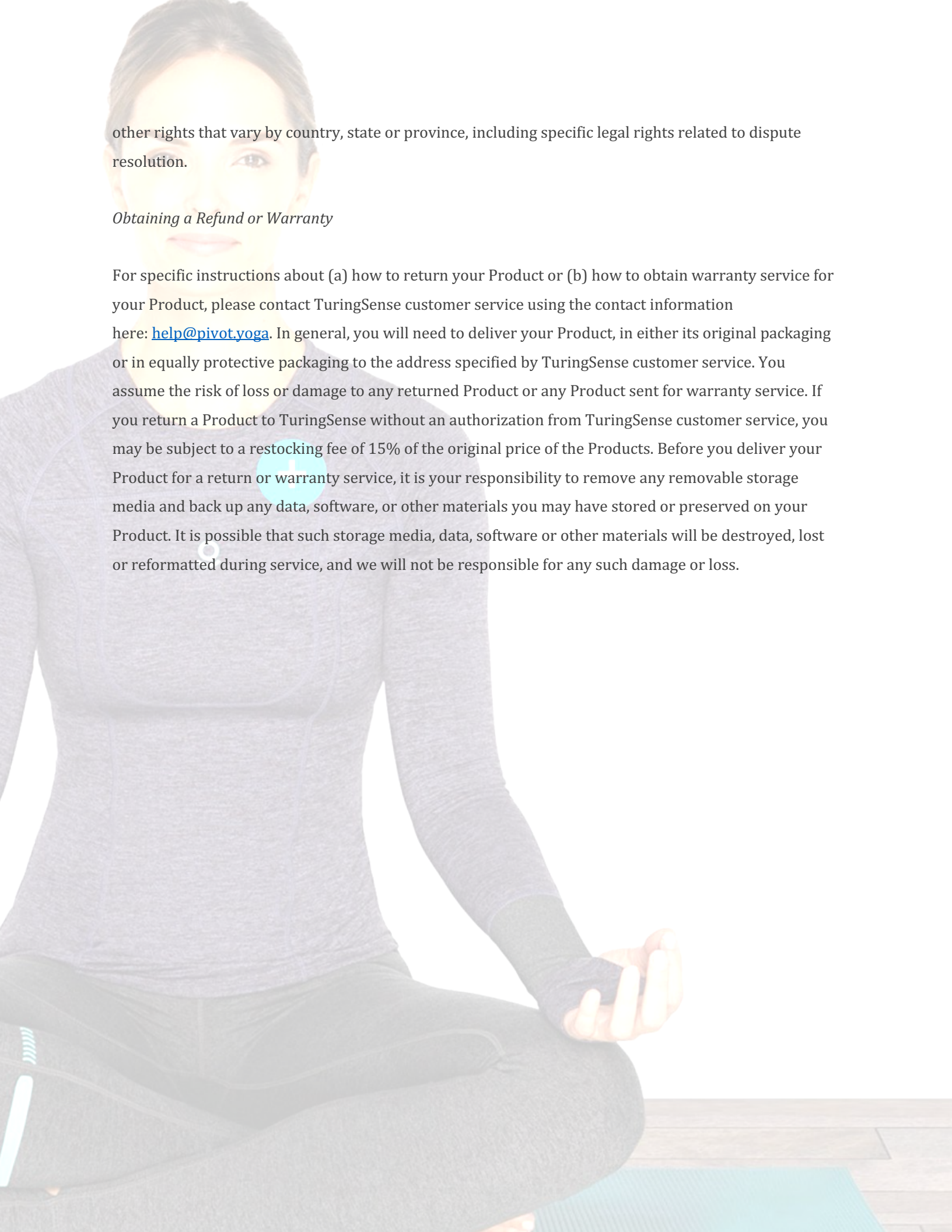
This warranty is void if the label bearing the serial number has been removed or defaced.

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IN NO EVENT SHALL TURINGSENSE BE LIABLE, RESULTING FROM ANY BREACH OF WARRANTY OR CONDITION, OR UNDER ANY LEGAL THEORY, FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO FOR ANY TRAFFIC FINES OR CITATIONS, DAMAGE TO OR CORRUPTION OF DATA, ANY COSTS OR RECOVERING, PROGRAMMING, OR REPRODUCING ANY PROGRAM OR DATA STORED OR USED WITH TURINGSENSE PRODUCTS AND ANY FAILURE TO MAINTAIN THE CONFIDENTIALITY OF DATA STORED ON THE PRODUCT WHETHER RESULTING FROM THE USE MISUSE OR INABILITY TO USE THE PRODUCT OR FROM DEFECTS IN THE PRODUCT. SOME STATES DO NOT ALLOW THE EXCLUSION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

FOR CONSUMERS WHO ARE COVERED BY CONSUMER PROTECTION LAWS OR REGULATIONS IN THEIR COUNTRY OF PURCHASE OR, IF DIFFERENT, THEIR COUNTRY OF RESIDENCE, THE BENEFITS CONFERRED BY THIS WARRANTY ARE IN ADDITION TO ALL RIGHTS AND REMEDIES CONVEYED BY SUCH CONSUMER PROTECTION LAWS AND REGULATIONS. This Limited Warranty is governed by and construed under the laws of the country in which the product purchase took place. Some countries, states and provinces do not allow the exclusion or limitation of incidental or consequential damages or exclusions or limitations on the duration of implied warranties or conditions, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have





other rights that vary by country, state or province, including specific legal rights related to dispute resolution.

#### *Obtaining a Refund or Warranty*

For specific instructions about (a) how to return your Product or (b) how to obtain warranty service for your Product, please contact TuringSense customer service using the contact information here: [help@pivot.yoga](mailto:help@pivot.yoga). In general, you will need to deliver your Product, in either its original packaging or in equally protective packaging to the address specified by TuringSense customer service. You assume the risk of loss or damage to any returned Product or any Product sent for warranty service. If you return a Product to TuringSense without an authorization from TuringSense customer service, you may be subject to a restocking fee of 15% of the original price of the Products. Before you deliver your Product for a return or warranty service, it is your responsibility to remove any removable storage media and back up any data, software, or other materials you may have stored or preserved on your Product. It is possible that such storage media, data, software or other materials will be destroyed, lost or reformatted during service, and we will not be responsible for any such damage or loss.

# Compliance General

The product is currently for release only in the United States and Canada although other geographies are planned. As a result, we will grow into these spaces in this section of the Manual (Europe, Australia, New Zealand, China pending)

The product is also a little unique in that there are two separately certified parts with their own radio systems comprising a body area network.

## US (FCC) Radio Certifications Shirt

FCC ID: **2AH68-PIVOT3HUB**

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. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Specific Absorption Rate (SAR) information:

Your device conforms to U.S. Federal Communications Commission (FCC) standards that limit human exposure to radio frequency (RF) energy emitted by radio and telecommunications equipment. These standards prevent the sale of mobile devices that exceed a maximum exposure level (known as the Specific Absorption Rate, or SAR) of 0.398W/kg. SAR information on this and other model devices can be accessed online on the FCC's website through [transition.fcc.gov/oet/rfsafety/sar.html](http://transition.fcc.gov/oet/rfsafety/sar.html).

In normal use, the actual SAR is likely to be much lower, as the device has been designed to emit only the RF energy necessary to transmit a signal to the nearest base station. By automatically emitting lower levels when possible, your device reduces your overall exposure to RF energy.

The FCC has granted an Equipment Authorization for this model device based on the compliance of all reported SAR levels with the FCC RF exposure guidelines. This device has a FCC ID:

2AH68-PIVOT3HUB and the specific SAR levels for this device can be found at the following FCC website: [www.fcc.gov/oet/ea/](http://www.fcc.gov/oet/ea/).

To maintain compliance with FCC RF exposure requirements, use accessories that maintain a 0mm separation distance between the user's body and the back of the handset. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.



## Canada (IC) RadioCertifications Shirt

English: This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device. The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

- French: Le présent appareil est conforme aux CNR d'Industrie 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, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### Specific Absorption Rate (SAR) information

This Pivot Yoga meets the government's requirements for Canada radiation exposure limits set forth for an uncontrolled environment. This device was tested for typical body-worn operations with the back of the Pivot Yoga kept 0 mm from the body. To maintain compliance with ISED RF exposure requirements, use accessories that maintain an 0 mm separation distance between the user's body and the back of the Pivot Yoga. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with ISED RF exposure requirements, and should be avoided.

### le taux d'absorption spécifique (sar)

ce Yoga pivot répond aux exigences du gouvernement du Canada l'exposition limites indiquées pour un autre environnement. ce dispositif a été testé pour les opérations de portés avec le dos du Yoga pivot a de 0 mm de l'organisme. indicateurs d'exposition aux champs rf pour maintenir la conformité aux exigences, l'utilisation des accessoires que maintenir une distance de séparation entre l'utilisateur 0 mm et l'arrière du téléphone intelligent. l'utilisation de la ceinture des clips, étuis et autres accessoires ne doit pas comportent des éléments métalliques dans l'assemblée. l'utilisation d'accessoires qui ne remplissent pas ces conditions ne peuvent se conformer aux exigences organisé l'exposition aux rf, et devrait être évitée.



IC :25469-PIVOT3HUB

## US (FCC) Radio Certifications Pants

FCC ID **2AH68-PIVOT3SAT**

This device complies with FCC part 15 FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation

### FCC Warning

Changes or modifications not approved by Wearable X Inc. could void the user's authority to operate the equipment.

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. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled Environments.

## Canada (IC) Radio Certifications Pants

IC : 25469-PIVOT3SAT

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

French: L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

### RF Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. L'appareil peut être utilisé en condition d'exposition portable sans restriction.



# Important safety warnings

## General Safety

The device contains electrical equipment that could cause injury if not handled properly.

This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.

Consult your doctor before beginning or modifying any exercise program.

Consult your doctor before using Pivot Yoga if you have any concerns about whether it is suitable for you (e.g. if you are pregnant or have any heart conditions).

Consult your doctor before use if you have any preexisting conditions that might be harmful to your body during the practice of yoga.

Pivot Yoga is not a toy or medical device. Do not let children or animals play with the your PIVOT Yoga e-Garment.

Do not attempt to tamper with/modify/disassemble your Pivot Yoga. Doing so will void the warranty and can result in a safety hazard.

Do not expose Pivot Yoga to abrasive materials.

Do not place Pivot Yoga near open flames, saunas, stoves or other high temperature objects. The battery may explode and resulting fumes can result in a safety hazard.

If for some reason the Pivot Yoga has any fluid leakage and it gets on the skin or in the eye, do not rub. Flush with water and seek immediate medical care.

Do not charge your Pivot Yoga e-garment while wearing it.

Do not expose Pivot Yoga beyond the recommended operating temperatures.

Remove Pivot yoga if it feels warm or hot.



The internal Electronics may contain sharp edges, handle with care.

Do not put Pivot Yoga into the washing machine, dishwasher, dryer or oven.

Follow all washing instructions provided.

Do not leave your Pivot Yoga in direct sunlight for an extended period of time.

### Health precautions

If you have sensitive skin or allergies, prolonged wearing may contribute to skin irritation or allergies in some users.

To reduce the probability of irritation, make sure to wash the pants prior to first use. Keep the pants clean and dry.

If you feel soreness, tingling, numbness, burning or stiffness in your legs or feet while or after wearing the product, please discontinue use.

Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.

Consult your doctor prior to use if you:

- have a medical or heart condition
- are taking any photosensitive medicine.
- have epilepsy or are sensitive to flashing lights.
- have reduced circulation or bruise easily.
- have tendonitis, carpal tunnel syndrome, or other musculoskeletal disorder