

Quick Start Guide

Thank you for purchasing SPREE

You are now a proud owner of this unique device on your way to increase your training efficiency and convert your effort into real results.

Spree was designed to bring valuable insights to your workout with a simple headband device and easy to use app that displays a variety of data.

The data captured from your head is organized in a way that charts your exertion and gives you visual indicators when you hit your goals in each area of activity.

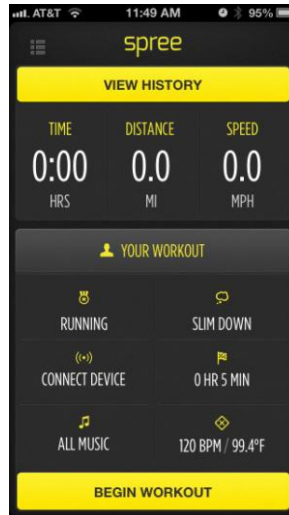
Features include Body Temperature, Distance Traveled, Speed, Time, Heart Rate, Calories Burned, Optimal Work Out Zones, and more. All of this data is captured in our headband unit that is simple to wear and designed for comfort and accuracy.

How to use your Spree



1. Place Spree on your head

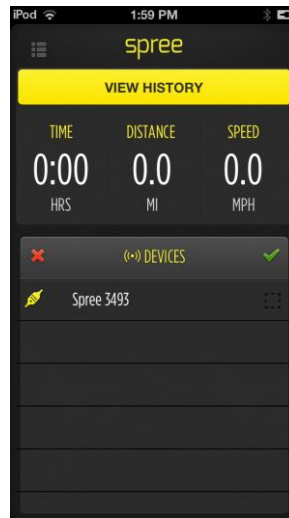
Insert the Performance Optimization Device (POD) into the headband, with logo facing inside the band. Make sure the band is tight around your head and is not shifting, while you move around. Tighten or loosen the band using the adjustment rings on the back of the band.



2. Open the Spree app

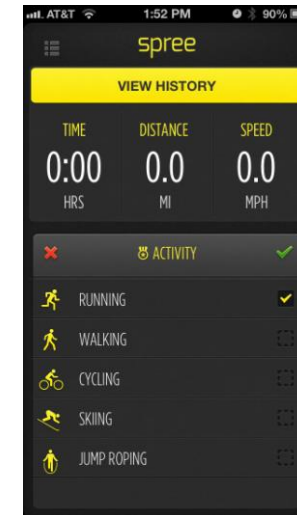
First you will have to connect your headband to the app. This is necessary only when you first start using the device.

On the lower left side of the screen, tap on **CONNECT DEVICE**.



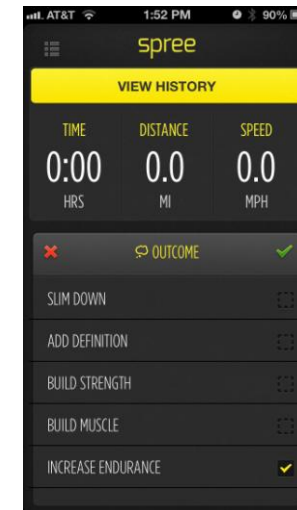
3. Connect to your Spree

The connection window will open and in a few seconds you will see your Spree device appear. Tap on the checkbox next to the device name. Once checked, tap on the green checkmark above. You will return to the main screen and your device will connect to the app.



4. Select your activity

Tap on the top left field in the section **YOUR WORKOUT**. This will let you select your exercise. Tap on a checkbox next to the activity you would like to select and then on the green checkmark to return to the main screen.



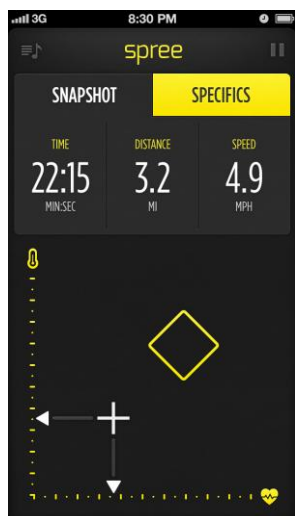
5. Select your goal

Tap the top right corner of **YOUR WORKOUT** section to access the selection of your goal. Tap on the checkbox next to the goal to select it and then tap on the green checkmark to return to the main screen.

6. Begin workout

Now after you set up your device, you can start your activity. Tap on **BEGIN WORKOUT** bar at the bottom of the main screen and you are ready to go.

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7. Prepare for workout

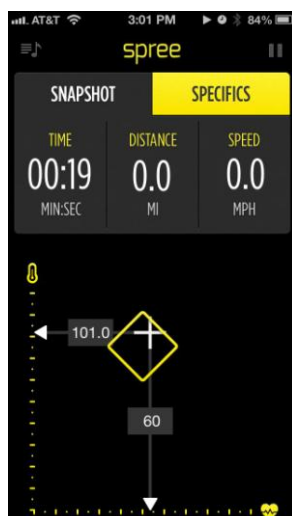
The SNAPSHOT screen will appear after you tap on BEGIN WORKOUT. This screen provides an overview of your workout and your goal in form of the yellow square in the graph. On top you will see the Time, Distance, Speed and other metrics based on your type of activity and/or your selection.

Below the basic info you see a graph that maps your heart rate (horizontal axis) and body temperature (vertical axis). Your real-time personal metrics are shown in form of a “+” sign. In order to achieve the most effective workout based on your selected activity and

goals (see Steps 4 and 5), you should lock the “+” in the yellow square, which is your optimal goal.

8. Warm up

Start with your regular warm up routine, until your temperature reaches 97.5° F (36.4° C). At that point numbers should appear by your “+” with the actual values for your body.



9. Push yourself to your goal

Once you are warmed up you can start pushing yourself to your target zone. As your heart rate and temperature rises your “+” will get closer to the yellow square = your optimal workout zone.

When you reach your zone, your heart rate and temperature indicate that you are on target to reach your goals. Make sure

you stay within your zone during the rest of the exercise, before you start to cool down.

If you prefer numbers rather than graphics, you can tap on SPECIFICS where you will see all metrics in detail.

10. Cool down

Before you stop your workout, you should cool down and stretch in order to ensure that your muscles properly recover. Your Spree app will show your body temperature and heart rate declining.

11. Review your results

You can take your Spree off now and see how you did during your activity. Tap on a HISTORY tab to review your body temperature, heart rate, step count, distance, average speed, pace or cadence, calorie burn and other metrics related to your exercise.

12. Charge Spree

Remove the Spree POD from the headband and insert

the provided USB cable into the USB port on the Spree. Plug the other end into a computer or standard USB charging power supply (not supplied).

12. Clean your Spree

Remove the POD from the headband and wipe it with a soft cloth or disinfecting wipe. (Caution! Do not rinse the POD or submerge in water.)

The headband itself (without the POD) can be rinsed under warm water with a soap or mild detergent and to left air-dry.

Limited Warranty

Hothead Technologies warrants this product to be free from defects in material and workmanship, under normal use for one year from the date of the original purchase. Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper packing, lightning, power surges or unauthorized tampering, alteration or modification are not covered. Hothead Technologies will, at its discretion, repair or replace with a comparable product, at no charge to the customer for parts or labor, so long as customer is responsible for the shipping costs. Products may be new, refurbished or reconditioned and are warranted for the unexpired period of the original purchase, or 60 days from return, whoever is greater. Any products replaced become the property of Hothead Technologies.

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE IN LIEU OF ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL HOTHEAD TECHNOLOGIES BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT DAMAGES. SOME PLACES DO NOT ALLOW LIMITATIONS ON THE EXCLUSION OR LIMITATION OF LIABILITY TO SPECIFIED AMOUNTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY.

To obtain warranty service, contact Hothead Technologies for shipping instructions and RMA numbers. Return your device, shipping prepaid along with the original sales receipt (keep a copy for your records), with the RMA number on the outside of the package and mail to Hothead Technologies.

Hothead Technologies, Inc.
Support contact: support@spreesports.com
Tel: +1- 214-468-0000
www.spreesports.com

Important Product Information

This Important Product Information Guide contains safety and handling, regulatory and warranty information for the Spree device.

User Warnings

Spree is not a medical device nor does it claim to diagnose any condition, it is for recreational use only. It is designed to provide information about a person's forehead temperature, heart rate, and motion in order to provide information for the individual's own use. Spree must be fitted and worn according to the information provided with the unit in order for Spree to operate properly. All Spree monitoring functions may not work or work accurately on every person. If an alert is triggered from the smart phone application, it is recommended that the workout be terminated and the person seeks qualified medical attention. Never start a workout routine without first consulting your doctor or qualified medical professional to ensure that you are healthy enough to participate in the desired activity. Also consult your physician before using Spree or any other heart rate monitoring product if you have a pacemaker or other implanted electronic device. If you use this device with the app, always be aware of your surroundings and do not fixate on the screen. Set user inputs before you start exercising so that you can concentrate on your activity and avoid accidents. Do not leave the device exposed to excessive heat or cold and do not submerge the POD under water.

FCC Rules

Compliance Statement (Part 15.19)

The enclosed hardware 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.

FCC ID: SR6-SPOD101
IC: 10933A-SPOD101

Warning (Part 15.21)

Changes or modifications not expressly approved by Hothead Technologies could void the user's authority to operate the equipment. Manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment.

Compliance Statement (Part 15.105(b))

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

Industry Canada (IC) regulatory information

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.

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.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

European Regulations and Conformity

Technologies, Inc. declares this Spree device is in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our website at www.spreesports.com. If there are electrostatic disturbances in the environment, the device may malfunction or display an error. In this case, reset the device or relocate to an area without such disturbances.

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to your local recycling service.



This crossed out wheeled bin marking shows that Hothead Technologies products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators.

These products and batteries/accumulators inside Hothead Technologies products should thus be disposed of separately in EU countries.

Bluetooth QD ID: B019756