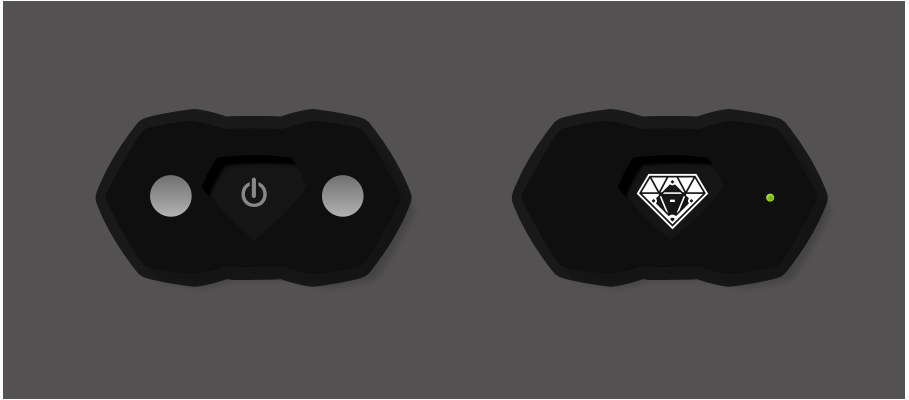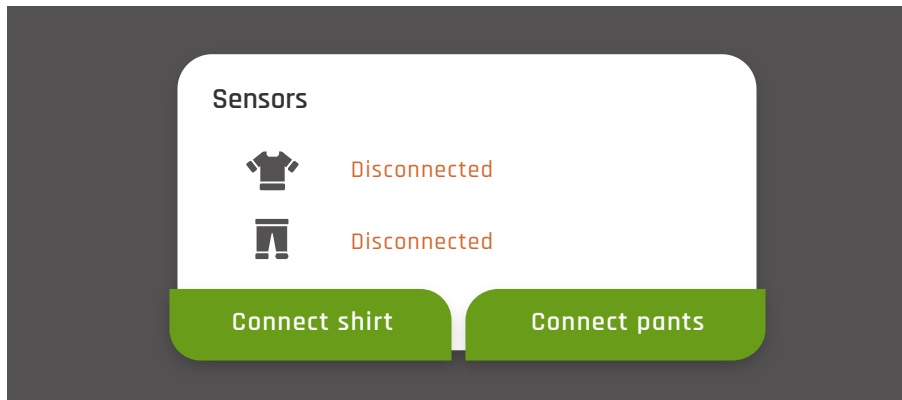# How to start tracking

1. Turn your sensors on

To turn the sensor on, press the button on the back of the sensors for 3 seconds until the green light flashes on.
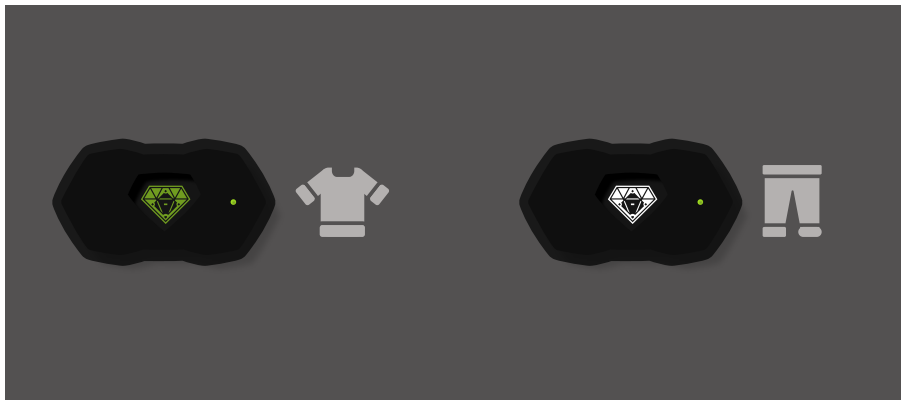
How to start tracking

2. Connect with app

In the settings menu, press the 'connect shirt' or 'connect pants' button to view available sensors. After you select both, the sensors will automatically start to synchronise.

How to start tracking

3. Click sensors in clothing.

Click the sensor with the green logo in the shirt. Click the sensor with the white logo in the pants.

How to start tracking

4. Start tracking

Tap the home plate to open the tracking menu. Press 'play' when you are ready to start tracking. The sensors do not need to stay connected during your training.

How to start tracking

Connected

Connected

5. Stop tracking

After you finish training you can stop tracking and save your data. Make sure you have a working internet connection, and both sensors appear connected, before you press the 'save' button.