

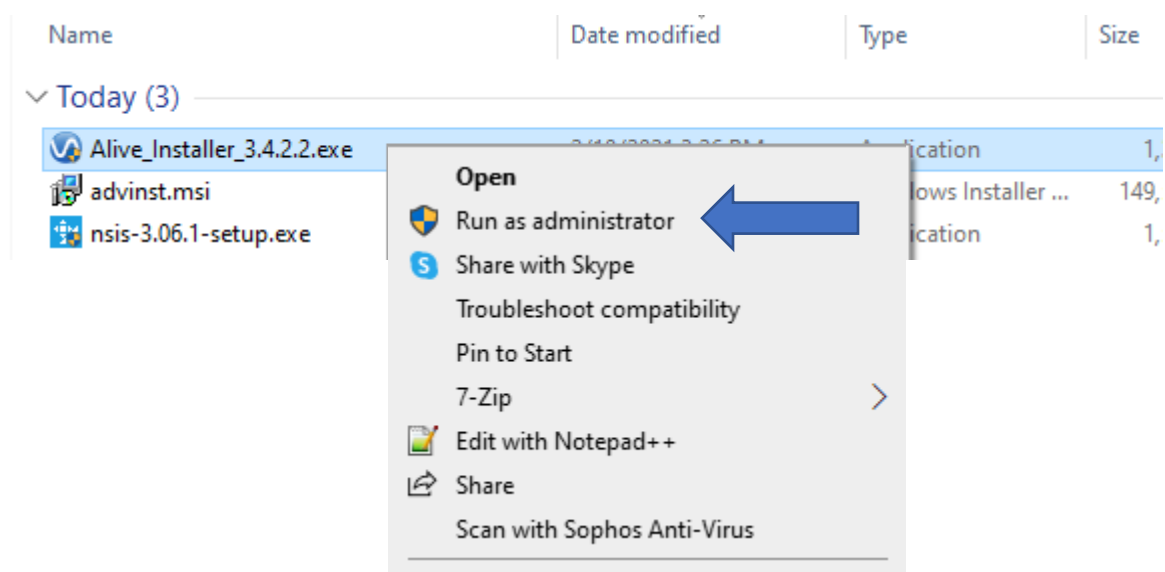
For Windows users

1) Click on the following link to download the installer

https://www.somaplay.com/downloads/public/setup/fallback/Alive_Installer_3.4.2.2.exe

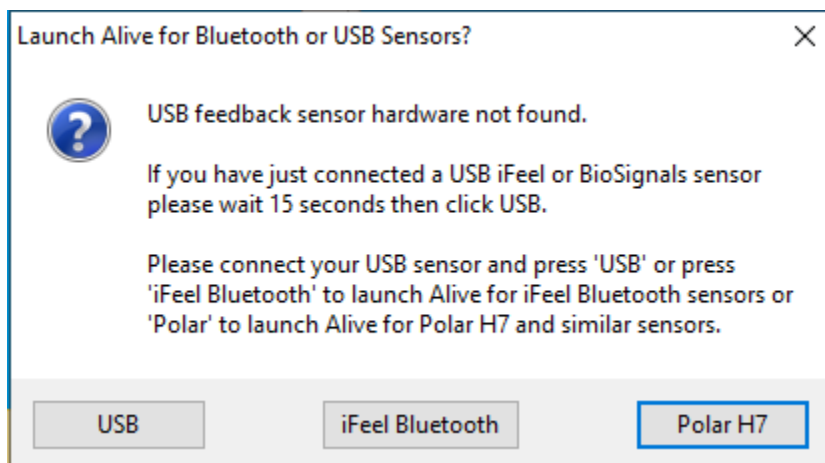
Once downloaded, run the Alive_Installer_3.4.2.2.exe from the location its been installed at.

(Right click on the file , then select “Run as administrator” , if not available click on “Open”)

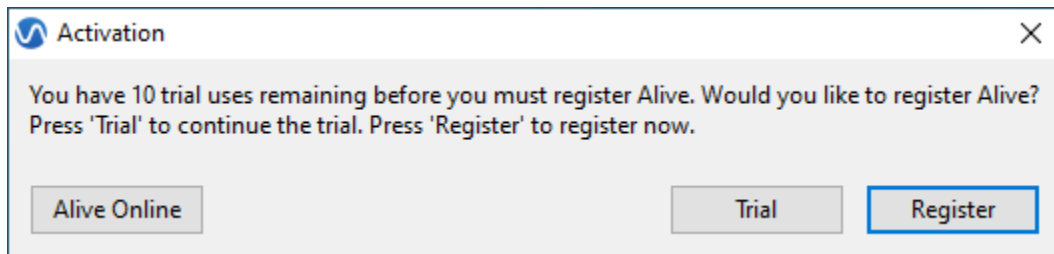


2) Open Alive. You must be online (connected to the Internet).

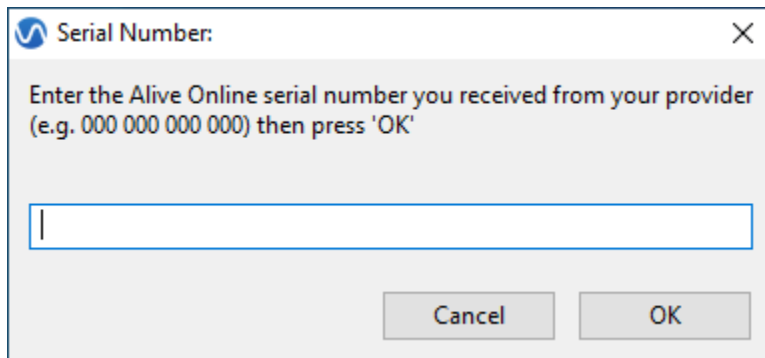
Only if you see this error dialog: Attach your USB Alive sensor and press USB (or press iFeel Bluetooth or Polar if you have an iFeel Bluetooth or Polar sensor).



3) Press the Alive Online button in the bottom left corner of the dialog box that appears.



4) Enter your Temporary Alive Online serial number and press OK.



5) Next read the Permission to Send Training Data information, and press Yes if you agree to send your heart rate and other data.

Your provider will help you get started using Alive. You can use Alive for 60 minutes on the first day (or a specific set day) and 10 minutes on each additional day. Training minutes are only counted when actively training (such as playing a game, or graph training).

Alive will automatically close when you complete your training minutes for that day. Your serial number will expire on Sunday. Each week you will need a new serial number to continue training.