QuickStart Guide for Recover Faster

Attach Heart Rate Monitor

Be sure your heart rate monitor is properly attached, and if necessary, use water or water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Polar), the electrodes are the smooth spots on either side of the transmitter. If you have a plastic chest strap (eg. 60Beat), the electrodes are outlined on either side of the transmitter.

Launch Recover Faster

If this is the first time you have launched Recover Faster, you will be prompted to acknowledge that this is not a medical device and then prompted to record a baseline session.

The baseline tells Recover Faster what your resting and relaxed state looks like. Since everyone is different, you may have better results if you record a baseline. Always record your baseline when you are feeling relaxed and happy, you are not in a hurry, and you are in a quiet, familiar place.
If you choose to skip the baseline, simply select the "skip" option. This will take you to the Monitor screen.

Next you need to select and pair your heart rate monitor. From the menu tab select General->Heart Rate Monitors and then select Bluetooth Smart, then select done.

Finally, create an account so that you can upload your sessions. From the menu tab select General->Account Settings->Create Account

Start Session

Return to the Monitor screen by selecting "Monitor" in the menu tab. Press the "Start" button to start your session. A "Select a Session Type" pop-up will appear. Press whichever type of session you would like to run.

Anytime Checkup will measure HRV, Heart Rate and Stress in real time until you press the stop button.

Morning Recovery Checkup is used to guide your training and recovery in a 3 minute timed session. It should be done at the same time each morning and in the same position (lying down, sitting, standing).

At the top of the screen you will see a message saying "Listening for Heart Beat," followed by ""Waiting for More Data". Please note that it may take up to 40 seconds in the "Waiting for More Data" stage before recording will begin.

If there is a problem with your hardware connection, a message will appear advising you. Please check your chest strap connections you get this message. Once enough data is collected, your heart rate (HR), calculated stress level (Stress), and heart rate variability (HRV) are displayed.

Your HR value is your current heart rate in beats per minute. Your Stress level displays your stress as blue for low stress to red for high stress.

Your HRV is a number between 0-100 and shows your ability to put the brakes on stressful situations. A high HRV is desirable. Most people will have a baseline HRV 50 and 90.

If you are in a high-stress state, the Relax screen will automatically open. You can go to the Relax screen at any time by swiping from right to left from the monitor screen. The Relax screen provides an audio and visual breath pacing prompt. Slow, deep breathing is known to balance the nervous system and reduce stress. Note: you can turn off the audio and vibrate functionality by pressing the "Black Wheel" (Breath Pacer Options) located by Breath Pacer. The fractal images will change from hot red to cool greens and blues as your stress is reduced. Or use your own images by pressing the "blue wheel" (Relax Options) on the Relax Screen and Change Images. From the relax screen you may return to the Monitor screen by pressing the Monitor button in the bottom menu tab (or by pressing "Back" in the top left corner or by swiping left to right).

You can view the stats screen by selecting the stats button below the EKG animation and can toggle between various screens by repeatedly pressing that button.

While a session is running, rotate your iPhone counterclockwise to see a landscape view of your beat to beat heart rate (RRs). Press the RR label to enable display of the other metrics. These metrics may be toggled on and off by selecting the desired metric label. Return to the RR heart rate by selecting the RR label.

To end your session press the "Stop" button. The Session Summary screen will automatically open.

Save Session

To save your session, press "Save Session". A "Tag Your Session" menu will appear and you may select a canned tag or you may enter a custom tag.

Note that if you do a Morning Recovery Checkup session, the qualitative readiness screen will pop up for you to complete. Tap your answers and press done. A second qualitative screen will pop up. Rate your readiness and press done.

The session summary screen shows your readiness score based on your qualitative answers and your HRV biometrics measured from the 3 minute session. Press Save Session and select the canned tag Morning Recovery Checkup. You will see a green box on the Upload screen when your session has successfully uploaded. An orange square indicates that upload failed. If this occurs, please check your internet connection.

You may share your session on Facebook and Twitter. You may also email your RR intervals by selecting the "Email" option. Please see the explanation of the RR interval download file "RR Interval CSV File Explanation.pdf" sweetwaterhrv.com/documentation.

You can scroll across to see the session summary screens including the adaptive trend line of your Morning Recovery Score.

If you have not already logged in, a message will advise you that your session has been saved locally and not uploaded. Press "Sign in to Upload". This will take you to the Login screen. From the Login screen select "Sign In" or "Create Account". Enter your email address, a password, and tap "Sign Up" or "Login". A message will indicate that you were logged in successfully. Press "Upload". The session will be saved and uploaded to the database.

Review and Track Sessions

From the menu tab, select History. In the top banner you have the option to view Sessions and Charts. Select Charts to see statistics for all your sessions. Press the Information icon to see the key to each chart.

Press "Sessions" to see a list of Sessions. You may select any session from the list to view a detailed summary of that selected session. To delete a session, swipe left on a session and press Delete