

XO-SOLE QUICK START GUIDE



2026

FOR XO-SOLE REV5

XO-SOLE DATA MANAGER DOWNLOAD INSTRUCTIONS

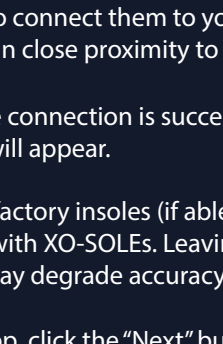
- 1 Make sure the computer you wish to download the software to has at least one USB port available.
- 2 Navigate to www.xonanosmartfoam.com/xo-sole-data-manager/.
- 3 Click "Select Operating System" and choose Mac, Windows, or Linux.
- 4 Click "Download for [Operating System]."

Your browser will alert you to "Make sure you trust before opening." Make sure to click "Keep" and "Keep anyway."

- 6 The software will then be downloaded to your computer for install.

iOS APP DOWNLOAD INSTRUCTIONS

- 1 Scan the QR code below, or search "XO-SOLE" in the apple app store.



COLLECTING DATA INSTRUCTIONS

- 1 Open the XO-SOLE iOS app.
- 2 To set up a new profile, click "Add User" at the bottom of the screen (this profile will be saved for future use).
- 3 Turn on the XO-SOLEs by firmly striking the heel against a table/desk. A blue light will appear next to the USB-C Port
- 4 On the app, click "Scan for Insoles" or "Select Insoles" to connect them to your device, ensure your device is in close proximity to the insoles.
- 5 When the connection is successful, the word "Ready" will appear.
- 6 Remove factory insoles (if able) from your shoes. Replace with XO-SOLEs. Leaving in the factory insoles may degrade accuracy.
- 7 On the app, click the "Next" button in the upper right corner.
- 8 You will be asked, "Use this profile?" If the information that appears is correct, select "Confirm."
- 9 You will see that "Gait" "Video off" and "Save to Insole" are already selected by default.
- 10 The insole will start recording once you click "Start Gait (Save)." The insole continues collecting data even if device disconnects during the test.
- 11 Once you see the screen go to a stopwatch, you are free to perform your test as usual.

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- 12 When desired, click "Stop" recording (don't panic if stopwatch starts over, this is normal and won't affect any data already collected).

- 13 If your XO-SOLEs get disconnected from your phone, fret not, you can reconnect and stop the test.

- 14 It will prompt you to name your trial/workout and provide a short summary. These are both optional.

- 15 Click "Next." You may now close the app.

DOWNLOADING YOUR DATA INSTRUCTIONS

- 1 Remove XO-SOLEs from your shoes. Ensure that insoles are turned on (the switch should be towards the toe).

- 2 Plug the insoles into your computer using a USB-C cable. Open the XO-SOLE Data Manager App.

- 3 Click "Download XO-SOLE Data."

- 4 It will indicate how many insoles are detected. If not correct, click "Scan For XO-SOLE" to rescan. If correct, press "Enter" or click "Continue."

- 5 Progress bar will indicate when the download is complete.

- 6 Once download progress reaches 100%, wait until next screen pops up that says, "Enter the name of your latest test."

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- 7 You may input a name or click the "Default" button. A new window will pop up indicating that the "Data Pulled Successfully."

- 8 Click "Ok" then click "Done."

- 9 The data from the XO-SOLEs should be available on the XO-SOLE Dashboard within an hour of uploading the data.

VIEWING YOUR DATA INSTRUCTIONS

- 1 The XO-SOLE Dashboard is available at app.xonanosmartfoam.com or through XO-NANO's website under the 'Resources' dropdown menu.

CHARGING YOUR XO-SOLEs

- 1 To charge, simply plug them into a wall or a computer using a USB-C cable. To go from zero battery to fully charged takes ~2 hours.

ADDITIONAL HELP

XO-SOLE Trimming Guide



LED Indicator Guide

State	Output
Powered On	Pulsing Blue
Low Battery	Pulsing Red
Connected via Bluetooth	Pulsing Amber
Charging	Solid Red
Full Charge	Solid Green

ABOUT



XO-NANO Smartfoam is a tech company that transforms physical surfaces into intelligent, data-capturing systems. Our proprietary Smartfoam™ technology is a revolutionary sensor material that provides real-time pressure, impact and force feedback.

XO-NANO Smartfoam: creating human-centered Smartfoam products that deliver powerful data, supporting comfort, performance, and better health through continuous innovation.

CONTACT

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