ELEMNT RIVAL - Multisport Watch (MSW)

Product Introduction

What is the ELEMNT RIVAL?

ELEMNT RIVAL is a purpose-built multisport GPS watch that provides triathletes with essential data to enhance performance when training or racing. ELEMNT RIVAL looks great for everyday use, but will also withstand grueling workout conditions. An intuitive user experience along with unique multisport features allows ELEMNT RIVAL to deliver a seamless performance advantage whether training or competing.

Who is the ELEMNT RIVAL for?

ELEMNT RIVAL is intended for high-performance multi-sport athletes who demand data to help them perform in the water, on the bike, or on the road, and who cannot afford to be distracted when technology that is meant to aid in their performance fails.

Features
What are the features of the ELEMNT RIVAL Multisport GPS Watch?

- **Software Features**
  - Touchless Transition
  - Multisport Handover
  - Perfect View Zoom
  - Workout Editor - Companion APP
  - Revert Multisport Transitions
  - 24/7 Data with HR, Steps, Workout Calories
  - KICKR Control
  - Broadcast HR
  - Livetrack
  - Smart Notifications
  - Timer/Stopwatch

- Connected Sensors
  - HRM, Power Meter, Speed, Cadence
- Swim Metrics
  - Lengths, Distance, Pace, Stroke Count, Stroke Rate, Calories
- Pool Lap Recognition
- Customizable Pool Size
- Running Dynamics with TICKRX
- Auto Light/Dark Mode
- Auto Pause Workouts
- HR Zones

- **Hardware Features**
  - Ceramic Bezel
  - Ambient Light Sensor
  - Barometric Altimeter
  - Optical Heart Rate (HR) sensor
  - 64 Color 240x240 Screen
  - Battery
    - Smartwatch Mode: 14 Days
    - GPS Mode: 24 Hours
  - Gorilla Glass
  - BT/ANT+ Connectivity
  - Replaceable Bands
  - 5ATM Waterproof

What's included in the box

- ELEMNT RIVAL Multisport GPS Watch
- USB Charging cable
- Quick Start Guide (QSG)
- Important Product Information guide (IPI)

ELEMNT RIVAL Overview

UNREAD NOTIFICATIONS

HOLD TO MUTE NOTIFICATIONS

WITHIN MENU PAGES, PRESS TO SCROLL UP

DURING A WORKOUT, PRESS TO RECORD A LAP OR HOLD FOR MANUAL MULTISPORT MODE

DURING A MULTISPORT WORKOUT, PRESS TO TRANSITION OR HOLD TO REVERT TRANSITIONS

TURN ON/OFF BACKLIGHT

HOLD TO LOCK/UNLOCK BUTTONS

PAGE LEFT

HOLD TO OPEN MENU RELEVANT TO PAGE BEING VIEWED

WORKOUT TYPE SELECTION MENU

WITHIN MENU PAGES, PRESS TO SELECT

DURING A WORKOUT, PRESS TO START OR PAUSE

PAGE RIGHT

WITHIN MENUS, PRESS TO SCROLL DOWN

CHANGE ZOOM LEVEL OF DATA FIELDS OR WIDGETS

Initial Setup

Also available in the Quick Start Guide included in the box

- Download the ELEMNT Companion App from the iOS App store or Google Play on Android devices and ensure Bluetooth is turned on
- On the settings tab of the ELEMNT Companion App click on the + or Add device button depending on iOS/Android
- Turn on RIVAL holding the top left button
- Scan the QR code shown on the screen of RIVAL with the ELEMNT Companion App
  If no QR code is shown on RIVAL, from the main watchface hold the buttom left button to open the menu and then navigate to System > Pair Phone
- Follow the prompts on to complete setup
  In the profile tab finish setting up your profile, authorize apps, customize heart and power zones.

Connected Sensors

Sensors can be set up either from the ELEMNT Companion App from the setting tab or from going into RIVAL's menu and navigating to the sensors menu.
Please refer to the Quick Start Guide for additional information.

Sensors supported:
- HR
- Speed/cadence
- Power meters

Starting a workout

- On RIVAL press the middle right button to enter the workout profile menu and choose the workout of your choice.
  The top right and bottom right buttons can be used to browse menus
- If choosing an outdoor workout profile, go outside and keep your watch still to acquire a GPS position lock indicated by a growing orange circle. Once RIVAL achieves a GPS lock, the circle will turn green and the workout button will also turn green.
- Press the middle right button to start your workout
- Use the bottom left and bottom right button to navigate left or right through your workout pages
- Pressing the bottom left + bottom right button together will cycle the different zoom levels on the workout pages

Touchless Transition

Available in the triathlon workout profile, this feature allows the watch to automatically transition through the different legs of the activity, including a swim, bike, and run legs, without the user having to interact with the watch during the competition.

Important details
- Depending on the motion of your wrist and the speed at which you are traveling, touchless transitions can take anywhere from a few seconds to a few minutes to react to starting a new leg of your race
  This feature does not guarantee matching exact race times.
- This feature is on by default and only available on the Triathlon workout profile.
- Manual transitions are still available with this feature turned on. Manually initiate a transition by pressing the top right button during the multi-sport event.
- Turn off Touchless Transition by going to the settings tab of the ELEMNT Companion App and navigating to the triathlon workout profile
- Once you have completed your triathlon and it successfully uploads to the ELEMNT Companion App, you can view the details of your workout in the History tab.

Editing Triathlon workouts
- You can use the ELEMNT Companion App to edit your multi-sport workout by going into the workout details and selecting the options in the top right corner of the details page
  More details available in the Editing Workout feature below

Multisport Handover

With Multisport Handover, a compatible ELEMNT Bike Computer can seamlessly connect and display relevant data from an ELEMNT RIVAL during a multi-sport activity.

How it works
The ELEMNT RIVAL and ELEMNT Bike Computer (ELEMNT, BOLT or ROAM) must be paired to the same account in the ELEMNT Companion App. This will automatically connect ELEMNT RIVAL and the ELEMNT Bike Computer for Muti-sport Handover.

- On the ELEMNT bike computer turn on Multisport mode
- On RIVAL start a triathlon activity
- When the RIVAL and bike computer come into proximity, RIVAL will automatically connect and start displaying data on the bike computer
- After the bike leg of the race, RIVAL continues to record data until the user stops the workout on RIVAL and saves the workout

Important details

- The best Multisport Handover experience requires RIVAL firmware 1.2.84 and Bike Computer firmware 1.36.0 (9431) or higher
- This feature is supported on ELEMNT, ELEMNT BOLT, and ELEMNT ROAM
- The ELEMNT bike computer still retains all of its major functionality, including customizing workout pages and navigation
- All sensors connected to the bike computer will transmit and record relevant data to the workout and they do not need to be connected to RIVAL in order to record

Lap Swimming

The lap swimming activity profile supports auto intervals by default. When enabled, rests during laps are automatically detected and your activity is grouped into intervals

Important details
- Auto intervals only supports freestyle swim strokes. Any other type of strokes will cause the algorithm to record as rests.
- Use auto intervals only if you don't want to press lap at the beginning and end of your rests and don't mind if the timing of your swim intervals and your rests is occasionally off by ~5-10 seconds.
- With auto intervals short rests are not captured and will not be represented in your workout
- If you want to time your swims precisely you can still press the lap button during your swims with auto interval on
- Auto interval can be turned off by going to the settings tab of the ELEMNT Companion App and navigating to the lap swimming workout profile
- Optical HR is turned off in the swim profile by default

Editing Lap Swimming workouts
- You can use the ELEMNT Companion App to edit your Lap Swimming workout by navigating to the history tab, going into the workout details and selecting the options in the top right corner of the details page depending on iOS/Android.
More details available in the Editing Workout feature below

Editing Workouts

The ELEMNT Companion App allows users to edit multi-sport and lap swimming workouts.

Multi-sport workout editing
Each leg of the multi-sport workout can be edited to match your workout with official race times

- To edit a multi-sport event, navigate to the History Tab and select the edit icon in the top right hand side of the History Detail page. This will give you the option to change the Workout Name, and enter race times for each leg from top to bottom.

- You can also edit each leg by sliders on the map by selecting the icon to the right of the edit legs by time.

Lap swimming workout editing
Lap swimming editing currently supports trimming the workout, editing the pool size, merging/splitting lengths.

Perfect View Zoom

Perfect View Zoom allows RIVAL users to zoom in and out of data fields, and to focus on the most important data. Rather than setting up individual pages with a certain number of data fields, athletes can set up pages with data fields in priority order and cycle through them.

Important details:
- Set up data pages for any workout profile through the ELEMNT Companion App, selecting upto 6 data fields per page, in your preferred priority order.
- Pressing the bottom left and right buttons together will cycle the page from 1, 2, 3, 4 and 6 data fields on the same page.

Manual Multisport Feature

To transition from one activity to another without having to stop tracking a workout, athletes can use the Manual Multisport feature.

Important details:
- To manually activate multisport mode, hold down the lap button (top right) during the workout you are currently in
- This will open up the workout profile list loaded on RIVAL and choose another workout profile. RIVAL will then transition from the current workout profile to the new profile selected, creating a multisport activity.

Watchfaces

RIVAL allows users to customize their watch's look and feel with different watchfaces from the settings tab on the ELEMNT Companion App. Click on the watchface you prefer and it will update immediately on your RIVAL.

Options available
Other items that can be managed from this section of the app are:
- Accent color
- Widgets
- Notification badge on/off

- Display seconds on/off
- Display date on/off

Widgets
- Each watchface has the capability of displaying widgets that provide quick access to certain data.
- Up to 3 widgets are visible per page on the watchface
- If more than 3 widgets are turned on, you can cycle widgets on the watchface by using the perfect view zoom button combination
- Some widgets allow for daily or weekly goals that will be visible on certain watchfaces. You can set these goals from this menu in the Companion App

Widgets available:
- Battery status
- 24/7 Heart Rate
- Daily Active Calories
- Steps (daily step goal)
- Weekly Workout Time (weekly number of hours goal)
- Weekly swim distance (weekly distance goal)
- Weekly cycling distance (weekly distance goal)
- Weekly run distance(weekly distance goal)
- World Clock

Light Mode
RIVAL uses an Ambient Light Sensor (ALS) that can adjust the watch display for optimal visibility.

How it works
The ALS detects ambient light levels during your workouts and can turn the display automatically from dark to light mode, improving the visibility of data pages during workouts that occur in changing light conditions.
The ALS will also help optimize the backlight during workouts.

Options available
Light mode is set to Auto by default but can be changed to Light or Dark on the settings tab of the ELEMNT Companion App

Workout Profiles
Your Rival comes pre-loaded with a few workout profiles and more can be added from the ELEMNT Companion app.

For each of the workout profiles you can modify:
- Customize/add/remove workout pages
- Enable/disable heart rate
- Enable/disable GPS (if supported)
- Enable/disable auto-pause
- Auto lap off/distance/time

Updates to workout pages and data fields happen live on your watch as you are editing. This can help you visualize the changes you are making in real time.

Connected Sensors

Sensors can be set up either from the ELEMNT Companion App's setting tab, or from going into RIVAL's sensor menu.

Sensors supported:
- HR
- Speed/cadence
- Power meters

Broadcast HR

RIVAL is able to broadcast your HR to supported devices using Bluetooth/ANT+. You can turn this on by navigating to menu > Broadcasting

Auto Broadcast HR

RIVAL is also able to broadcast your HR to ELEMNT bike computers during rides if an ELEMNT bike computer is paired to the same iOS/Android device. This feature is turned on by default but can be turned off in the settings menu of the ELEMNT Companion App

Software updates

To get the best experience using your ELEMNT RIVAL, keep the watch connected to your mobile phone. As new software is available, the ELEMNT Companion App will automatically download and update your device.