

SENA



R1

SMART CYCLING HELMET
QUICK START GUIDE

1.4.0

RIDE CONNECTED

Blast your favorite tunes, talk over the intercom with your buddies, hear directions from your GPS and more, all through your Sena R1 Smart Cycling Helmet. With built-in Bluetooth® capabilities, HD speakers and a microphone using Advanced Noise Control™, technology has never felt so minimal or freeing.



Bluetooth® Integrated



Four-Way Intercom



Built-in Speakers and Mic



Advanced Noise Control™



900-Meter Intercom

GETTING STARTED

1. This product comes with a Quick Start Guide, which is a basic version of the User's Guide. **A FULL VERSION OF THE USER'S GUIDE CAN BE DOWNLOADED AT SENA.COM.**
2. Update this product for free with the latest firmware to fully enjoy the new advanced features built into this product. Visit sena.com to see how to update your product.
3. Users can follow Sena on Facebook, YouTube, Twitter and Instagram to receive the most up to date information on products, helpful tips and all other announcements regarding Sena products.

SENA



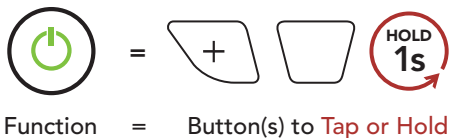
SENA Technologies, Inc.
Customer Support: sena.com

GETTING STARTED

QUICK START GUIDE

How to Use This Guide

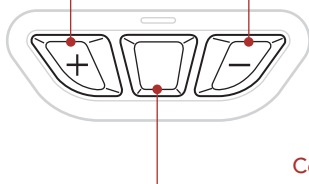
The legend and callouts are here to help you read the illustrations. New technology can be confusing, but we've created a simple way to perform actions using illustrations.



Buttons

(+) Button

(-) Button



QUICK START GUIDE

Icon Legend



Tap button the specified number of times



Press and Hold button for the specified amount of time



"Hello"

Audible prompt

QUICK START GUIDE

Helmet Structure

Left Side

Bluetooth System's Buttons



Speakers

Microphone

QUICK START GUIDE

Back Side

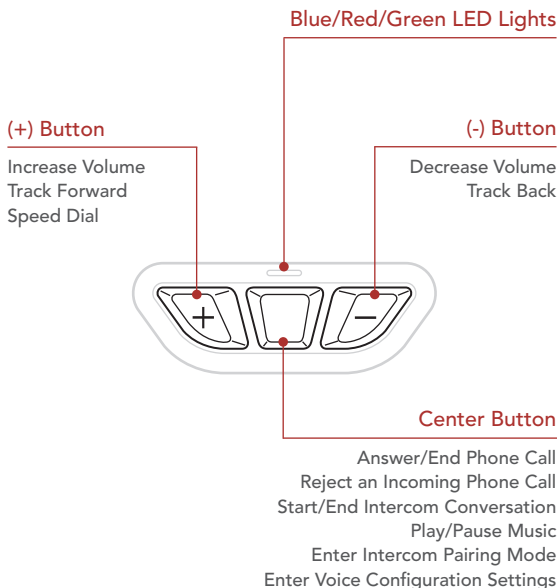
Fault
Reset Button



DC Power Charging &
Firmware
Upgrade Port

QUICK START GUIDE

Bluetooth System's Buttons



QUICK START GUIDE

How To Fit the Helmet

1. Position the helmet on your head with the front covering your forehead.
2. Position the strap adjuster centered, just below your ears.
3. Position the helmet low on your forehead with the buckle under the chin and back against the throat. The straps should fit comfortably around both ears.



Buckle

Strap Adjuster

QUICK START GUIDE

4. Adjust the chinstrap tension at the buckle so the chinstrap is tight and comfortable by pulling the chinstrap end through the buckle to either tighten or loosen as needed. Use the "O-Ring" to secure the excess strap.



Note: Check the chinstrap's position and tension regularly to ensure proper fit.

5. Turn the retention system knob clockwise to tighten or counterclockwise to loosen.



QUICK START GUIDE

6. To change the height of the retention system, firmly pull or push the retention system upward or downward to a different position.



QUICK START GUIDE

Sena Utility App

By simply pairing your phone with your Bluetooth system, you can use the **Sena Utility App** for quicker, easier setup and management.

- App Features
 - Music, Device settings, Quick Start Guide, and User's Guide.
- Download
 - Android: Google Play Store **Sena Utility**
 - iOS: App Store > **Sena Utility**



Download on the
App Store



GET IT ON
Google Play

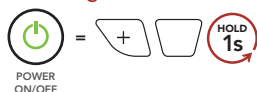
Sena Device Manager

The Sena Device Manager allows you to upgrade the Bluetooth system's firmware and configure its settings directly from your PC or Apple computer. For more information on downloading the Sena Device Manager, please visit sena.com.

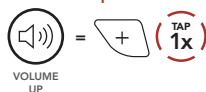
QUICK START GUIDE

Basic Operations

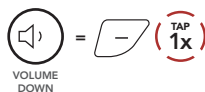
Powering On/Off



Volume Up



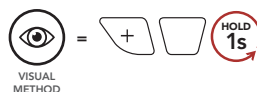
Volume Down



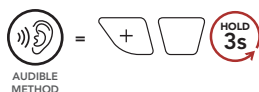
Checking the Battery Level

There are two ways to check the battery levels, visually using the LED lights, and audibly. Instructions are for when powering the Bluetooth system on.

Visual Method



Audible Method

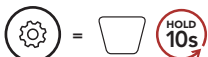


"Battery level is
high/medium/low"

QUICK START GUIDE

Bluetooth Pairing (Phone, MP3, GPS)

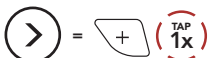
Mobile Phone Pairing



CONFIG.
MENU



"Configuration menu"



NAVIGATE
FORWARD
1X

Steps continued...



"Phone pairing"



LED
STATUS

Alternating blue
and red flashing
lights indicate
**device is now
discoverable.**

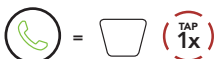


PIN
NUMBER

0 0 0 0

Mobile Phone

Answer a Call



ANSWER

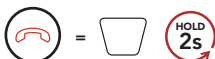
Make Call with Voice Dialer



VOICE
DIAL



End/Reject a Call

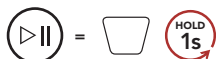


END/
REJECT

QUICK START GUIDE

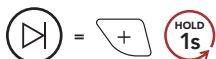
Music Controls

Play/Pause

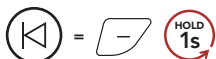


"[Beep, Beep]"

Next Track

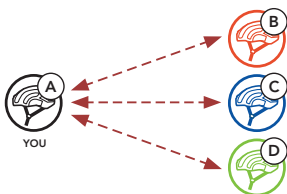


Previous Track



Bluetooth Intercom

Up to three other people can be paired with the helmet for Bluetooth intercom conversations.



Intercom Pairing

There are two ways to pair the Bluetooth system.

Using the Smart Intercom Pairing (SIP)

SIP allows you to quickly pair with your friends for intercom communication by scanning the QR code on the **Sena Utility App** without remembering the button operation.

QUICK START GUIDE

1. Pair the mobile phone with the Bluetooth system.
2. Open the **Sena Utility App**.
3. Click the **Smart Intercom Pairing Menu**.
4. Click the **Add Button** to open the QR scanning screen.
5. Scan the **QR code** displayed on your friend **(B)**'s mobile phone.
 - Your friend **(B)** can display the QR code on the mobile phone by opening the **Sena Utility App** and clicking the **Smart Intercom Pairing Menu**.

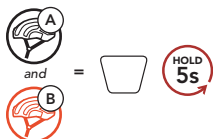


6. Click the **Confirm Button** and check that your friend **(B)** is paired with **you (A)** correctly.
7. Repeat steps 4-6 to pair with **Intercom Friends (C) and (D)**.

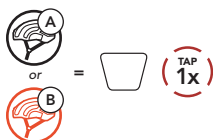
Note: The **Smart Intercom Pairing (SIP)** is not compatible with Sena products that use **Bluetooth 3.0** or **below**.

QUICK START GUIDE

Using the Button



"Intercom pairing"



LED
STATUS

= Flashing blue LED confirms **intercoms are paired**.

Note: Repeat the following steps to pair with Intercom Friends C & D.

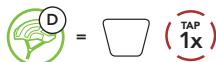
QUICK START GUIDE

Two-Way Intercom

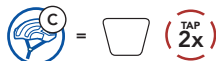
Last-Come, First-Served



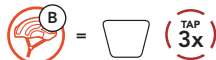
Start/End with Intercom Friend 1



Start/End with Intercom Friend 2

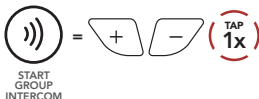


Start/End with Intercom Friend 3



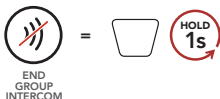
Group Intercom

Start Group Intercom

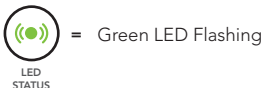


"Group intercom"

End Group Intercom



"Group intercom terminated"



QUICK START GUIDE

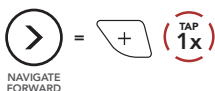
Bluetooth System Configuration Menu

Accessing the Bluetooth System Configuration Menu



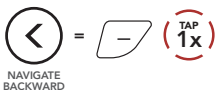
"Configuration menu"

Navigating Between Menu Options



"[Menu prompt]"

Enable/Disable or Execute Menu Options

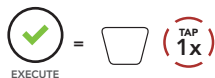
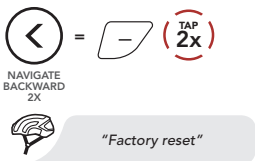
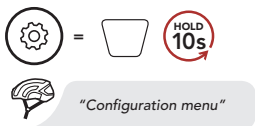


"[Menu prompt]"

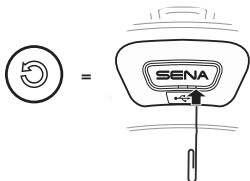
QUICK START GUIDE

Troubleshooting

Factory Reset



Fault Reset



Note: Fault Reset will not restore the Bluetooth system to factory default settings.

QUICK REFERENCE

TYPE	OPERATION	BUTTON COMMANDS
 Basic Operations	Power on/off	  
	Volume up/ Volume down	   
 Mobile Phone	Answer phone call	 
	End/reject phone call	 
	Voice dial	 
	Speed dial	 
 Music	Play/Pause music	 
	Track forward	 
	Track back	 

QUICK REFERENCE

QUICK REFERENCE

TYPE	OPERATION	BUTTON COMMANDS
 Intercom	Intercom pairing	 
		 
	Start/end each intercom	 
	End all intercoms	 
	Start group intercom	  
	End group intercom	 