SENA



R1

SMART CYCLING HELMET
QUICK START GUIDE

1.3.0

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 Technologies, Inc.
Sena.com
Customer Support: **sena.com/support**

QUICK START GUIDE

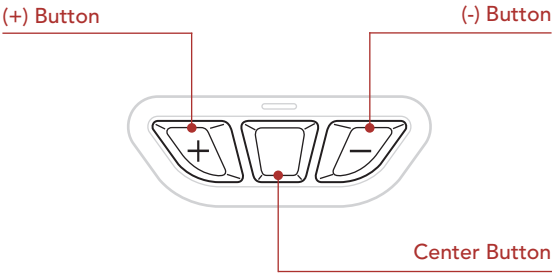
How to Use This Guide

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.



Function = Button(s) to Tap or Hold

Buttons



QUICK START GUIDE

Icon Legend

TAP 1x — **Tap** button the specified number of times

HOLD 10s — **Press and Hold** button for the specified amount of time

 *"Hello"* — **Audible prompt**

QUICK START GUIDE

Helmet Structure

Left Side



QUICK START GUIDE

Back Side

Fault
Reset Button



DC Power Charging &
Firmware
Upgrade Port

QUICK START GUIDE

Bluetooth System's Buttons

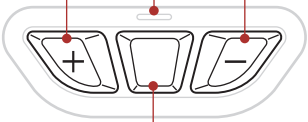
Blue/Red/Green LED Lights

(+) Button

Increase Volume
Track Forward
Scan Radio Stations
Speed Dial

(-) Button

Decrease Volume
Track Back
FM Radio On/Off



Center Button

Answer/End Phone Call
Reject an Incoming Phone Call
Start/End Intercom Conversation
Play/Pause Music
Enter Intercom Pairing Mode
Enter Voice Configuration Settings

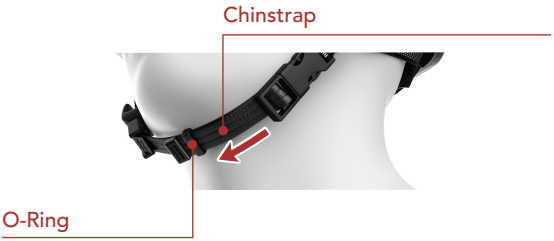
QUICK START GUIDE

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.



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.



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



Retention System

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**





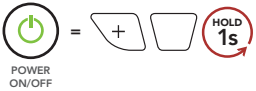
Sena Device Manager

The Sena Device Manager allows you to upgrade the Bluetooth system's firmware and configure its settings directly from your PC or Apple computer. Using this software, you can assign speed dial presets, FM radio station presets and more. For more information on downloading the Sena Device Manager, please visit **sena.com**.

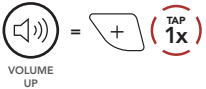
QUICK START GUIDE

Basic Operations

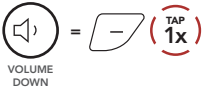
Powering On/Off



Volume Up



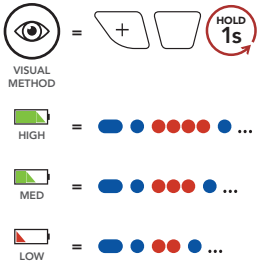
Volume Down



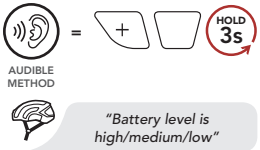
Checking the Battery Level

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



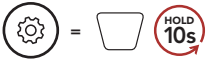
Audible Method

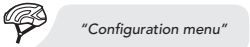


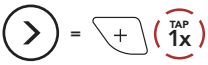
QUICK START GUIDE

Bluetooth Pairing (Phone, MP3, GPS)

Mobile Phone Pairing



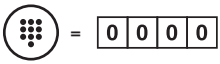




Steps continued...

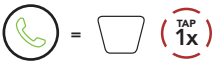




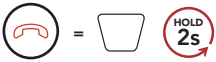


Mobile Phone

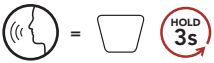
Answer a Call



End/Reject a Call



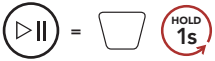
Make Call with Voice Dialer

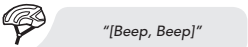


QUICK START GUIDE

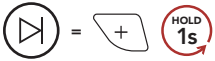
Music Controls

Play/Pause

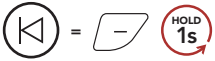




Next Track

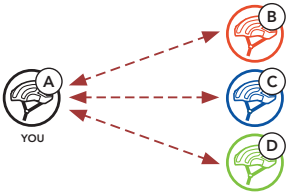


Previous Track



Bluetooth Intercom

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



Intercom Pairing

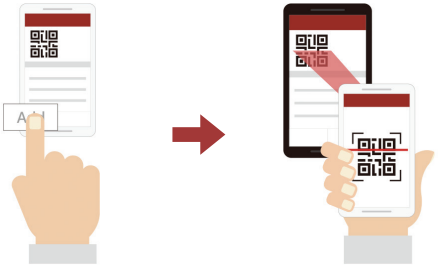
There are two ways to pair the Bluetooth system.

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**.

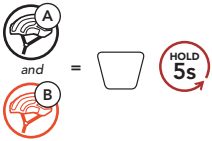


6. Click the **Confirm Button** and check that your friend **(B)** is paired with **you (A)** correctly.
7. Repeat steps 4-6 to pair with **Intercom Friends (C)** and **(D)**.

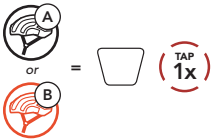
Note: The **Smart Intercom Pairing (SIP)** is not compatible with Sena products that use **Bluetooth 3.0** or **below**.

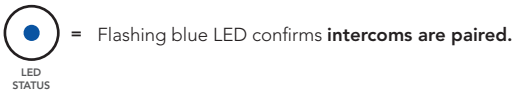
QUICK START GUIDE

Using the Button









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

QUICK START GUIDE

Two-Way Intercom

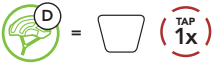
Last-Come, First-Served



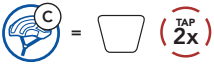




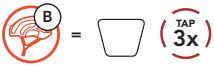
Start/End with Intercom Friend 1



Start/End with Intercom Friend 2

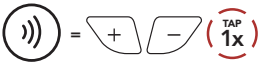


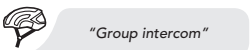
Start/End with Intercom Friend 3



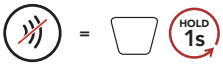
Group Intercom

Start Group Intercom





End Group Intercom







QUICK START GUIDE

Radio

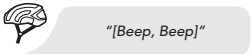
FM Radio On



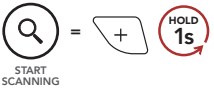


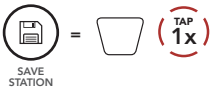
FM Radio Off



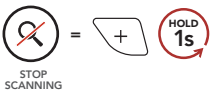


Scan and Save Stations

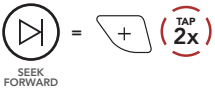


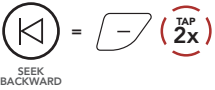


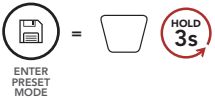




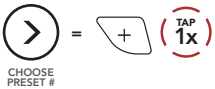
Seek and Save Stations

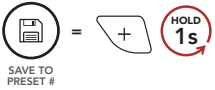


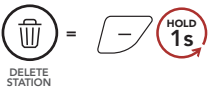






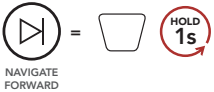






QUICK START GUIDE

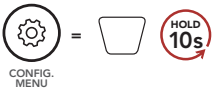
Navigating Preset Stations

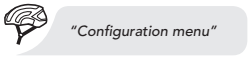


Note: You can also use the **Sena Device Manager** or the **Sena Utility App** to save the preset stations.

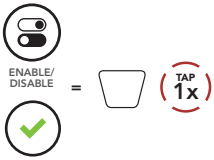
Bluetooth System Configuration Menu

Accessing the Bluetooth System Configuration Menu

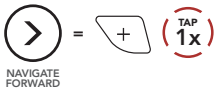


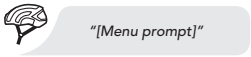


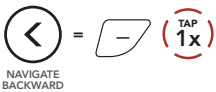
Enable/Disable or Execute Menu Options



Navigating Between Menu Options





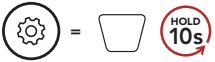




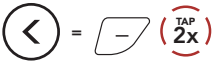
QUICK START GUIDE

Troubleshooting

Factory Reset

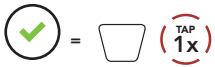


"Configuration menu"



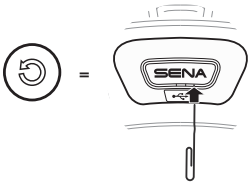
NAVIGATE BACKWARD 2X

"Factory reset"



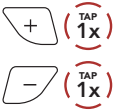
EXECUTE

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

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

QUICK REFERENCE

TYPE	OPERATION	BUTTON COMMANDS
FM Radio	FM radio on/off	
	Select preset	
	Seek stations forward	
	Seek stations backward	
	Scan up FM band/stop scanning	
	Save preset while scanning	