

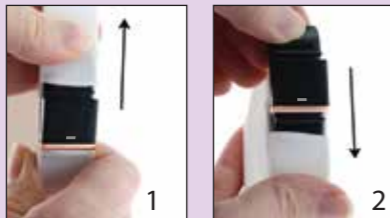
# iFITNESS PULSE

USER MANUAL



PLEASE BE SURE TO READ THESE INSTRUCTIONS THOROUGHLY BEFORE BEGINNING TO USE YOUR iFITNESS PULSE ACTIVITY TRACKER.

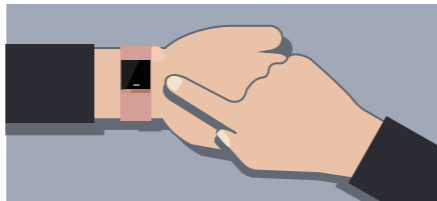
IT'S BEST TO WEAR THE iFITNESS ACTIVITY TRACKER BELOW YOUR WRIST. 



### Changing Your Strap to Suit Your Style

Your iFITNESS Pulse comes with one additional interchangeable strap to fit your changes in style. To change your strap hold the watch and pull up on one end of the strap until the capsule separates from the strap. You can now remove your iFITNESS Pulse Tracker.

To insert into a different strap, line up the bottom half of the capsule (with the colored accent) with the opening on your strap with the open slots (see illustration). Pull the other half of the strap up and slip the top part of the capsule into the opening.



To turn your iFITNESS Pulse on, press the power button for about 6 seconds.

To turn OFF your iFITNESS Pulse, navigate to your main screen and press the power button until you see the OFF/ON options. Tap the power button to select OFF and then press the power button for 5 seconds to turn the device off.

Your iFITNESS activity tracker works with the **iFITNESS Activity Tracker app** available in the App Store and Google Play Store. **Be sure to search for and download the app before moving on to the instructions.**

Your activity tracker keeps pace with your fitness goals with daily, weekly and monthly progress reports that you can find in your iFITNESS app.



FIND OUR APP IN YOUR APP STORE



**Download the iFITNESS Activity Tracker App from the App Store for iOS or the Google Play Store for Android phones.**

Once the app is downloaded open the app and follow the prompts to register as a user.

## Key Functions of the iFITNESS Pulse Activity Tracker



### Pedometer

While wearing your iFITNESS Pulse tracker you will be able to keep track of the number of steps you've taken, the distance you have traveled and the approximate number of calories burned. To access the pedometer on your iFITNESS Pulse tracker, tap the power button once from the home screen to see the number of steps taken. Press the button again and you will see the distance traveled, press a third time for approximate calories burned and press a fourth time to see your heart rate. You can track your progress using our iFITNESS app available at the App Store and at the Google Play Store.



### Heart Rate Monitor

Your iFITNESS Pulse tracker can further help you track your health with the built in Heart Rate monitor. To read your heart rate, swipe left on the iFITNESS Activity Tracker app until you get to the heart rate screen. Tap and hold your finger briefly on the phone screen and the iFITNESS Pulse will begin to detect your heart rate. According to the American Heart Association, "if you're sitting or lying and you're calm, relaxed and aren't ill, your heart rate is normally between 60 (beats per minute) and 100 (beats per minute)".



### Sleep Monitor

Wear your iFITNESS Pulse tracker to sleep and it will be able to track your sleep patterns by being able to see when you are having deep sleep, light sleep and how often you are awake during the night. Track this daily, weekly and monthly to determine if you need to improve your sleeping habits.



### Reminder to Move (Sedentary Reminder)

Remain active by setting a reminder on your iFITNESS to take steps after a time period of your choosing.



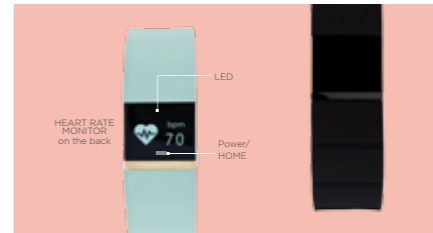
### Notification

Receive notifications on your iFITNESS Pulse when you get texts, calls and other notifications on your phone.



### Camera Remote

Take photos with your phone's camera using your iFITNESS Pulse as a remote.



## USER MANUAL

### iOS™ App Settings

#### Personal Information

Customize your profile with your name and a picture and fill in your personal information such as gender, age, height & weight. You can also set your step goals (increments of 1,000) and select your imperial or metric measure to track the distance walked.

#### Devices

To connect to your iFITNESS Pulse tracker, select Devices in the Settings Menu. The app will scan for available devices. Your iFITNESS Pulse band should show in the list. If not, pull down the screen under "Find Available Device" to rescan. Select it to pair with it from your phone.

#### Call, SMS, Notifications, App Reminders

To receive notifications of calls, texts and other apps (such as social media apps etc), switch these to the on position. You will be asked to pair your device again. Once you are paired you will receive notifications on your iFITNESS Pulse tracker.

#### Lost Alert

An alarm will sound for 30 seconds when you have gone out of range of your iFITNESS Pulse device.

#### Rotate Wrist To Display Screen

Turn this on to have your watch light up when you lift your wrist.

#### Sleep

Here you can set the time range during which you want your iFITNESS Pulse to detect your sleep quality.

##### Sleep Range at night

set the start and end time for your main sleeping period.

##### Nap Time

Set the start and end time for a shorter nap period.

#### Sedentary Reminder

Select this option to set the length of time you want before being reminded that it's time to get some steps going.

#### Alarm

Set up to 3 different alarms on your iFITNESS Activity Tracker app. The alarm is silent and the iFITNESS Pulse device will vibrate 5 times when it goes off.

#### Heart Rate settings

- Select Dynamic heart rate and the watch will automatically cycle to detect your heart rate based on the set time in the next section.
- Select Static heart rate and the watch will detect your heart rate for 15 seconds and give the result.
- Timing Test allows you to the time after which the watch will detect your heart rate when you select Dynamic heart rate.
- Highestrate allows you set a maximum heart rate so that the watch can let you know when your heart rate has gone too

high. According to the American Heart Association, “If you’re sitting or lying and you’re calm, relaxed and aren’t ill, your heart rate is normally between 60 (beats per minute) and 100 (beats per minute)”.

#### Display Duration

Select how long you want your iFITNESS Pulse screen to remain lit.

#### Find Band

Select this option when you can’t find your iFITNESS Pulse activity tracker and it will vibrate if it is within range of the phone.

#### Shake Trigger Shutter

Selecting this option will allow you to take pictures using your iFITNESS Pulse tracker as a remote. The app will request access to your photo library to save photos to your phone and to your camera to take photos. Once you allow access and you are ready to take the picture, just flick your wrist and the picture will appear on the screen and be saved on your phone.

#### Connect To Apple Health

Connect to your phone’s Apple Health app to save all of your Activity data.

#### Firmware Upgrade

Any firmware updates for your watch will be found here.

#### Clear Data

Set your iFITNESS Pulse tracker and your app to factory settings.

#### About

Version information about your app

#### Help

Links you to our Support Page at iFITNESSWatch.com

## Android™ App Settings

### Personal Information

Customize your profile with your name and a picture and fill in your personal information such as gender, age, height & weight. You can also set your step goals (increments of 1,000) and select your imperial or metric measure to track the distance walked.

### Search Devices

Select this option to connect to your iFITNESS Pulse activity tracker. On the next screen you should see your iFITNESS Pulse device listed. If not, pull down the screen under “Find Available Device” to rescan. Select it to pair with your phone.

### My Device

Manage some of your device’s functions:

### Lost Alert

An alarm will sound for 30 seconds when you have gone out of range of your iFITNESS Pulse device.

### Sedentary Reminder

Select this option to set the length of time you want before being reminded that it’s time to get some steps going.

### Display Time

Set the time for how long the screen will stay on.

### Find Band

Select this option when you can’t find your iFITNESS Pulse activity tracker and it will vibrate if it is within range of the phone.

### Alarm

Set up to 3 different alarms on your iFITNESS Activity Tracker App. The alarm is silent and the iFITNESS

Pulse will vibrate 5 times when it goes off.

### Push Message

Select this option to choose what notifications you wish to receive on your iFITNESS Pulse tracker. You can add more notifications by selecting Add Push Notifications.

### Shake Trigger Shutter

Selecting this option will allow you to take pictures using your iFITNESS Pulse tracker as a remote. The app will request access to remember photo locations to tag where the photos are taken. Once you allow access and are ready to take photos, open the camera on your phone. When you are ready to take the picture, just flick your wrist to begin an automatic 3 second countdown for the camera.

### Step Goal page

You will see your progress against your goals here. You will also see the distance, calories and your rating against your goal. By tapping on the circle you can then see your progress on a daily, weekly and monthly basis.

### Sleep

Here you can set the time range during which you want your iFITNESS Pulse to detect your sleep quality.

- **Sleep Range at night**  
set the start and end time for your main sleeping period.
- **Nap Time:**  
Set the start and end time for a shorter nap period.

### Sleep Tracker page

From the Step Goal page, you can swipe to the left to see the Sleep Tracker page. Just like the Step Goal page, you can tap on the circle to see your progress for both Steps and Sleep quality on a daily, weekly and monthly basis.

### About

Information about your app.

- **Update Application**  
run updates that might be available for your app
- **Update Firmware**  
Any firmware updates for your watch will be found here.
- **Version Information**  
Version Information about your app.
- **Help Center**  
View the opening app Tutorial again
- **Factory Data Reset**  
Reset your iFITNESS Pulse Activity Tracker back to factory settings.

Your iFITNESS Pulse is water resistant with an IP rating of IP67

For any further questions please contact us at:  
[customerservice@iFITNESSwatch.com](mailto:customerservice@iFITNESSwatch.com)  
or visit our website at  
[www.iFITNESSwatch.com](http://www.iFITNESSwatch.com)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

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