

## QUESTIONS?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE. Please visit our Customer Care website at [support.iFit.com](http://support.iFit.com) or send e-mail to [support@iFit.com](mailto:support@iFit.com).**

## GETTING STARTED

### 1. Install the iFit Track app on your iOS<sup>®</sup> or Android<sup>™</sup> device.

Use the iFit Track app to set up an iFit account, set up the tracker pod, customize settings for the tracker pod, set goals, and enter and track information. See HOW TO INSTALL THE IFIT TRACK APP.

### 2. Learn how to wear the tracker pod.

Wear the tracker pod in one of the included bands or carry it independently. See HOW TO WEAR THE TRACKER POD.

### 3. Learn how to use the tracker pod.

Use the tracker pod to track and sync calorie information, steps, distance, sleep time, and workout time to the iFit Track app. See HOW TO USE THE TRACKER POD.

### 4. Learn how to replace the battery in the tracker pod.

The tracker pod will notify you when the battery level is low. See HOW TO REPLACE THE BATTERY.

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use this product only as described in this manual.
4. Keep this product away from children under age 12 and pets at all times.
5. Do not use abrasive cleaners to clean this product.
6. Do not use this product in a sauna or a steam room or while showering or swimming; do not submerge this product; and do not place this product in a washing machine or clothes dryer.
7. If you experience skin irritation while using this product, see HOW TO WEAR THE TRACKER POD.
8. Do not expose the tracker pod to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.
9. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

## HOW TO INSTALL THE iFIT TRACK APP

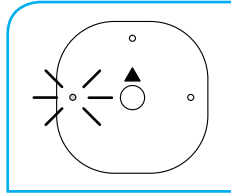
Pair and set up the tracker pod with your **iOS device (iPhone® 4s and later)** or your **Android device (Android 4.3 and later)** that supports BLUETOOTH® 4.0 wireless technology.

On your iOS or Android device, open the App Store<sup>SM</sup> or the Google Play™ store, perform a search for the free iFit Track app, and then install the app on your device.

**Make sure that the BLUETOOTH option is enabled on your device.** Then, open the iFit Track app and follow the instructions to learn how to set up an iFit account, set up and customize settings for the tracker pod, enter and track information, and set goals. **Make sure to customize the settings for the tracker pod.**

**The first time that you use the tracker pod, press and hold the button on the tracker pod for 10 seconds; this will remove the tracker pod from shipping mode.**

To pair the tracker pod to the iFit Track app on your device, first press the button on the tracker pod repeatedly until the red LED indicator lights. Next, press and hold the button on the tracker pod for 2 seconds; the red LED indicator will flash every few seconds. The tracker pod will attempt to pair for 1 minute.



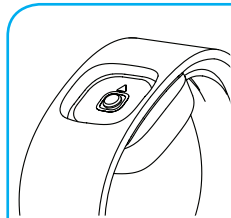
Then, open the iFit Track app on your device, select the tracker pod from the list of discoverable devices, and touch the Connect button. The iFit Track app will notify you if pairing succeeded or failed.

If pairing is successful, the LED indicators on the tracker pod will light in succession for a few seconds. The tracker pod will then sync to the iFit Track app for up to 2 minutes.

## HOW TO WEAR THE TRACKER POD

### IN THE BAND

Use the included band that best fits on your wrist. **Make sure that the band is slightly loose on your wrist.** Orient the tracker pod so that the arrow on the tracker pod is pointing parallel to the band as shown.



Then, press the tracker pod into the opening in the band. Orient the band so that the arrow on the tracker pod is in the 12 o'clock position, and place the band on your wrist. Reverse these actions to remove the tracker pod from the band.

Note: If none of the included bands fit on your wrist, please contact Customer Care by sending email to support@iFit.com.

Note: As with any watch or jewelry, a very small percentage of users may experience skin irritation while wearing the band. If you experience any skin irritation, discontinue wearing the band and carry the tracker pod in your pocket. If you have questions, send email to support@iFit.com.

## INDEPENDENTLY

Simply place the tracker pod in your pocket to carry the tracker pod independently. **Make sure that the tracker pod will not fall out of your pocket as you move.**

## HOW TO CLEAN THE BAND

Regularly remove tracker pod from the band and clean the band with water and a few drops of mild liquid soap. **Do not submerge the tracker pod in water, and do not place the band or the tracker pod in a dishwasher, washing machine, or dryer.** Allow the band to dry thoroughly before you put it back on your wrist.

## HOW TO USE THE TRACKER POD

1. **Select a mode if desired.**

**IMPORTANT: The tracker pod will track and record information such as your movement and your calorie expenditure even if you do not select a mode.**

Press the button on the tracker pod repeatedly to select a mode. An LED indicator on the tracker pod will indicate which mode is selected.

LED Indicator	Mode
Blue	Sleep
Amber	Exercise
Red	Pair and Sync

The LED indicators will turn off and the tracker pod will enter a power saving mode automatically after a few seconds if the button is not pressed.

When the battery level of the tracker pod is low, the LED indicators on the tracker pod will flash simultaneously for a few seconds every minute. See HOW TO REPLACE THE BATTERY.

## 2. Sync the tracker pod to the iFit Track app regularly.

**IMPORTANT:** After the tracker pod is paired to the iFit Track app on your device, the tracker pod must be synced to the iFit Track app at least once every 7 days. If the tracker pod is not synced to the iFit Track app, the sleep and exercise data recorded on the tracker pod will be deleted. Also, make sure to sync the tracker pod to the iFit Track app when the battery level is low; the data recorded on the tracker pod will be deleted when the battery level reaches zero percent.

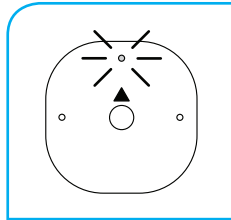
To sync the tracker pod to the iFit Track app on your device, first make sure that the BLUETOOTH option is enabled on your device. Open the iFit Track app, and place the tracker pod near your device.

Next, press the button on the tracker pod repeatedly until the red LED indicator lights. Then, press and hold the button on the tracker pod for 2 seconds; the red LED indicator will flash every few seconds. The tracker pod will attempt to sync for 1 minute. The iFit Track app will notify you if syncing succeeded or failed.

If syncing is successful, the LED indicators on the tracker pod will light in succession for a few seconds. The tracker pod will then sync to the iFit Track app for up to 2 minutes.

## 3. Record your sleep time if desired.

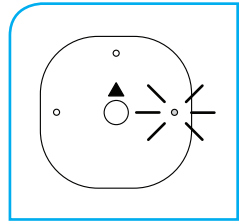
To start the sleep timer, first press the button on the tracker pod repeatedly until the blue LED indicator lights. Next, press and hold the button on the tracker pod for 2 seconds; the blue LED indicator will flash to indicate that the sleep timer has started.



To stop the sleep timer, first press the button on the tracker pod repeatedly until the blue LED indicator flashes. Next, press and hold the button on the tracker pod for 2 seconds; the blue LED indicator will stop flashing to indicate that the sleep timer has stopped and has recorded your sleep time.

## 4. Record your exercise time if desired.

To start the exercise timer, first press the button on the tracker pod repeatedly until the amber LED indicator lights. Next, press and hold the button on the tracker pod for 2 seconds; the amber LED indicator will flash to indicate that the exercise timer has started.



To stop the exercise timer, first press the button on the tracker pod repeatedly until the amber LED indicator flashes. Next, press and hold the button on the tracker pod for 2 seconds; the amber LED indicator will stop flashing to indicate that the exercise timer has stopped and has recorded your exercise time.

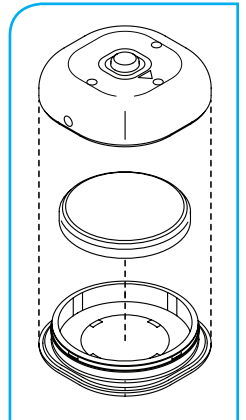
## HOW TO REPLACE THE BATTERY

**When the battery level of the tracker pod is low, the blue, amber, and red LED indicators on the tracker pod will flash simultaneously for a few seconds every minute.**

To replace the battery, first remove the tracker pod from the band.

Next, using your fingernails, pry the back cover off the tracker pod. Remove the old battery from the back cover, and insert a new CR 2032 battery as shown; **make sure that the battery is oriented so that the text on the battery is facing downward.**

Then, align the dot on the side of the tracker pod with the dot on the underside of the back cover, and carefully press the tracker pod onto the back cover.



## COMPLIANCE INFORMATION

### UNITED STATES

**FCC Statement.** 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.

**FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

Note: 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

### CANADA

**IC Statement.** This device complies with Industry Canada license exempt RSS standard(s). 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 Class B digital apparatus complies with Canadian ICES-003.

## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve standards of environmental protection.

For information about safe and correct disposal methods, please contact your local city office or waste disposal office, or the establishment where you purchased this product.



## LIMITED WARRANTY FOR UNITED STATES

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For claims, please visit our Customer Care website at [support.iFit.com](http://support.iFit.com) or send e-mail to [support@iFit.com](mailto:support@iFit.com).

**ICON Health & Fitness, Inc.**  
**1500 S. 1000 W., Logan, UT 84321-9813**

## LIMITED WARRANTY FOR EUROPE

To receive information about your warranty, send email to [support@iFit.com](mailto:support@iFit.com).