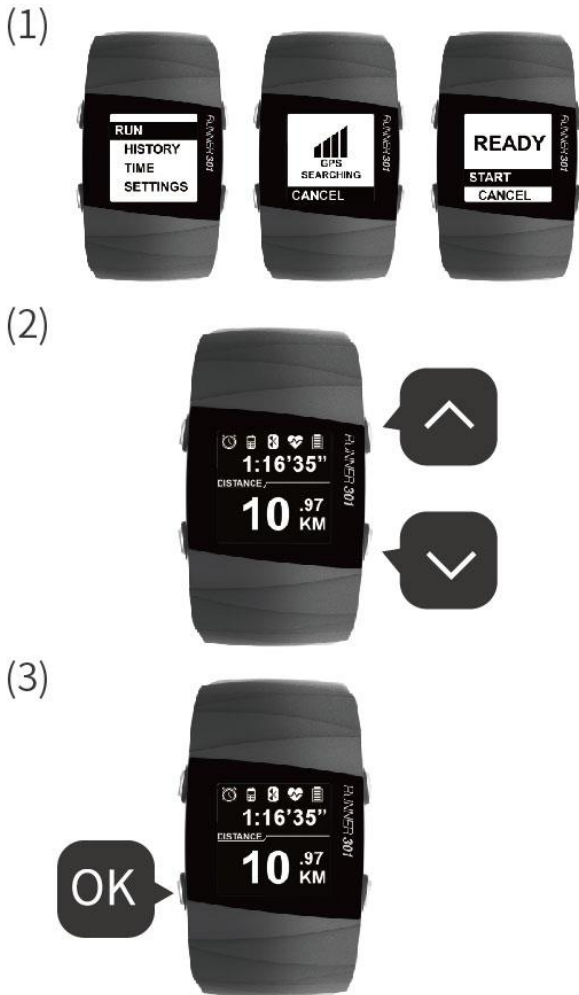


AVID FIT
RUNNER 301

Running Watch GPS 703
Quick Start Guide

1. Getting Started



Thanks for choosing Avid Fit. Avid Fit is designed to seamlessly track your running with distance, speed, time, pace, and calories burned.

Start running:

(1) Go to SETTINGS and select HEART RATE, choose your heart rate mode from FAT BURN, CARDIO, and PEAK, or you can choose MANUAL to set up your own min and max heart rate.

(2) Press the Select button. The searching for satellite screen will get display until a signal is found. When you see "Ready" screen, press the Select button and start your run.

(3) Press the Scroll buttons to change through your run information in during your run.

(4) Press the Select button to end your run.

(5) Make sure the latest Avid Fit app is installed on your iPhone or Android Phone to sync your run to Avid Fit app

Note:
Avid Fit needs a clear view of the sky to find a GPS signal and provide the most accurate location information.
Please wear the watch fairly tight on your wrist for the optical sensor to capture your heart rate.

2. What's Included

(1)



(2)



(3)



(4)



(1) Avid Fit

Use the Scroll button to select menu, use Select button to confirm the selection, and use Power key to turn on the backlight.

(2) USB Charger

Use the USB charger when Avid Fit battery is low. Align the USB Charger posts with the contacts on the side of the Avid Fit.

(3) Avid Fit App

We recommend that you download the Avid Fit app and customize your Avid fit settings, create an account, and time auto sync before your first run. Go to Google Play or App Store, then download and install the Avid Fit app on your Android phone or iPhone.

(4) Avid Dashboard

Avid Dashboard is a web cloud service to let you sync your run between your Avid Fit app to Avid Dashboard. It allows you to store, analyze, and share the running progress with other Avid Fit users.

AVID FIT

Important FCC notice:

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 or more of the following measures:

- Reorient or relocate the receiving antenna.
- 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

Canada:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.