



Smart Shoe Pod



[User's Manual](#)

Model No. AIQ18.0

Table of Contents

Important Precautions 1

Questions? 2

Getting Started Install The Altra IQ App And Connect The Pods

Use The Pods:

Maintenance And Troubleshooting:

Recycling Information:

Compliance Information:

Limited Warranty:

Limited Warranty For Europe:

Important Precautions

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using this product. 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 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. Keep this product away from children under age 13 and pets at all times.
4. 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.
5. 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 a clothes dryer.
6. Do not expose this product to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.
7. Do not use abrasive cleaners to clean this product. 8. Use this product only as described in this manual.

Questions?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE.**

For questions about the shoes or the Altra IQ™ app, please visit altrarunning.com/iq at any time, or call **888-851-9411**, Mon.–Fri. 8 a.m.–8 p.m. MT (excluding holidays).

Getting Started

- 1 **Install the Altra IQ app on your iOS® or Android™ device and connect the Pods** Use the Altra IQ app to set up an iFit account, connect the pods, customize settings for the shoes, and track information See **INSTALL THE ALTRA IQ APP AND CONNECT THE pods** below
- 2 **Learn how to use the Pods** Use the pods to track and record your cadence, landing zone, impact rate, and contact time in the Altra IQ app See **USE THE SHOES** on page 3

Install The Altra IQ App And Connect The Pods

Install The Altra IQ app

You can install the Altra IQ app on your **iOS device (iPhone® 4s and later)** or your **Android device (Android 5.0 and later)** On your iOS or Android device, open the App Store™ or the Google Play™ store, search for the free Altra IQ app, and then

install the app on your device **Make sure that the BLUETOOTH option is enabled on your device.**

Connect The Pods

Open the Altra IQ app and follow the instructions to set up an iFit account and connect the pods to the Altra IQ app on your device

Use the settings menu in the Altra IQ app to customize the frequency of running tips and other settings (see USE THE SHOES on page 3).

Use The Shoes

Using The Shoes With The Altra IQ App

SETTING UP THE APP AND CONNECTING THE PODS

The first time you open the Altra IQ App, the app will guide you through the setup process. Touch the blue arrow at the bottom of the screen to proceed to the next screen throughout the setup process. You will be prompted to create an iFit account or sign into an existing iFit account. You will also be asked for information about yourself, such as your weight and gender.

Once you enter the requested information, the app will provide instructions for connecting each pod to the app. To activate the pods' discovery mode, simply run in place or do jumping jacks while wearing the shoes with pods installed until the app detects the shoes. (Note: You can also tap the shoes against each other if you are not wearing them.) When the app detects each pod, you will have the option to either connect the pod or cancel. If there are other pairs of Altra IQ pods nearby, you may need to walk 50 feet (15 meters) away from the other pairs of Altra IQ shoes to help distinguish which shoes are yours. If you hold your device near the pods, the signal strength reading in the app should be 90% or higher.

The app will then tour you through the different types of information it will record about your run. The app can also provide personalized running tips based on your running data. To customize these tips and other settings, touch the gears icon at the bottom of the screen to access the settings mode. To access your workout history and more information about your product or your iFit account, touch the menu icon in the upper-left corner.

STARTING A WORKOUT

You can start a workout in the app by touching the Go button at the bottom of the screen. The app will remember your pods from the setup process, but it will prompt you to connect each pod to ensure that they are both working. **IMPORTANT: Make sure that BLUETOOTH is enabled on your device, that the app is running on your device, and that both shoes are connected to the app before you begin your workout. You must keep your device with you during your workout to track your workout information.**

Note: The Altra IQ app tracks distance via GPS on your device. If you run a workout on a treadmill, the app will not be able to record your distance.

Maintenance And Troubleshooting

Each time you run a workout, the Altra IQ app will notify you if a firmware update is available for your pods. If a firmware update is available, a notification will appear at the bottom of the screen. Tap the notification to install the firmware update

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.



Compliance Information

United States Compliance Information

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 *Note: This product contains FCC ID:OMCAIQ18 / IC:3673A-AIQ18.*

Canada Compliance Information 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 *Note: This product contains FCC ID:OMCAIQ18 / IC:3673A-AIQ18.*

Information de conformité pour le Canada Déclaration de l'IC Cet appareil est conforme à la norme RSS d'Industry Canada Son fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas causer d'interférences nuisibles, et (2) cet appareil doit tolérer toutes les interférences, dont les interférences pouvant causer un fonctionnement non désiré Cet appareil numérique de classe B est conforme à la norme canadienne ICES-003

Limited Warranty

ICON Health & Fitness, Inc (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions Electronics are warranted for four hundred (400) miles or 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 specially 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 profit, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind Some regions 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 regions 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 region to region

For claims, see the customer support information listed on page 2

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

Limited Warranty For Europe

The warranty terms above may not apply to you. To receive information about your warranty, see page 2 and contact customer support

ALTRA and IFIT are registered trademarks and ALTRA IQ is a trademark of ICON Health & Fitness, Inc App Store and iPhone are trademarks of Apple Inc , registered in the U S and other countries Android and Google Play are trademarks of Google Inc The BLUETOOTH® word mark and logos are registered

trademarks of Bluetooth SIG, Inc and are used under license IOS is a trademark or registered trademark of Cisco in the U S and other countries and is used under license

Part No 397541 R1017A © 2017 ICON Health & Fitness, Inc