

# IT'S WHAT YOU DO NEXT.

The Vue's bright, OLED display and touchscreen technology will give you a whole new perspective on your fitness. As it celebrates your achievements, you'll feel inspired to make better choices every single day. It also works hand-in-hand with the iFit app so you'll always know what to do next.

## DOWNLOAD THE APP



The Vue works seamlessly with the iFit app, making it easy for you to see your progress and track your achievements. All of your stats and fitness data will sync to the app automatically, so you can view up-to-date information anytime.

Available on the [Apple App Store](#) and [Google Play Store](#).

## GET TO KNOW YOUR VUE



Lightly touch the square to flip through screens, log calories, and record workouts. For more details on how to perform individual functions, access the Know Your Band section of the app.

## CHARGE IT



Align the gold contact points on your Vue to the prongs on the USB power stick. Then, slide it in until your Vue pod is secure. Plug your power stick into any USB port to charge. It'll take about two hours to charge, and your battery will last for about seven days.

## CHECK IT



On the Time and Date screen, double tap the square to view Battery Life. You should see a battery percentage and a battery bar.

## SYNC IT



Make sure that your phone's Bluetooth® is turned on. To connect your Vue to your phone, download and open the app, then complete setup. Once you've paired your Vue to the app, your stats will sync whenever you're close to your phone.



Help and support  
Find answers to your questions, as well as instructions and troubleshooting information, at [support.iFit.com](http://support.iFit.com).

Warranty information  
iFit Vue comes with a 1-year warranty from the date of purchase.

You can find out more about your iFit Vue at [iFit.com/vue](http://iFit.com/vue).

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#### LOG NUTRITION

To quickly log calories, single tap the square until you reach your Calories In screen, then double tap. Next, single tap to log in 50-calorie increments. Double tap again when complete. If you've accidentally passed your desired calorie increment, hold the square button for 5 seconds to return to your Calories In screen.



#### RECORD WORKOUTS

Workout mode will automatically activate after five minutes of exercise. If you want to manually start a workout, single tap the square until you reach the Workout screen, then double tap to begin.



#### TRACK HEART RATE

Place your BLE® heart rate strap around your chest. Next, activate Workout mode on your Vue, and the two will automatically pair. You can track your heart rate on the Workout screen of your Vue.\*

\*Heart rate strap sold separately.



#### MONITOR SLEEP

The Vue automatically tracks your light and deep sleep cycles, along with your pillow time and number of awakenings. You can view all of these stats in the app. You can also set a sleep window that will silence alerts and reminders during that time.



[Quickstart Guide](#)

#### FCC STATEMENT

1. 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

(2) This device must accept any interference received, including interference that may cause undesired operation

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

#### RF Warning statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

#### IC Notice to Canadian Users

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

(2) This device must accept any interference received, including interference that may cause undesired operation of the device.

This device complies with RSS-247 of industry Canada. Operation is subject to the condition that this device does not cause harmful interference.

This Class B digital apparatus complies with Canadian ICES-003(Cet appareil numérique de classe B est conforme à la norme NMB-003 du Canada).

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 5mm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet appareil est conforme à la norme (s) RSS exempte de licence d'Industrie Canada. Le fonctionnement est soumis aux deux conditions suivantes:

(1) Cet appareil ne doit pas causer d'interférences nuisibles

(2) Cet appareil doit accepter toute interférence reçue, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

Cet équipement est conforme aux limites d'exposition au rayonnement du CI établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé à une distance minimale de 5 mm entre le radiateur et votre corps. Cet émetteur ne doit pas être co-situé ou fonctionner conjointement avec une autre antenne ou émetteur.

Hereby, ICON Health & Fitness declares that the radio equipment type(Vue, IFVJEWMD115) is in compliance with Directive 2014/53/EU. The text of the EU declaration of conformity is available at the following address.  
1500 S.1000 W.Logan, UT 84321 USA.