iFIT CLASSIC

Activity Tracker Watch

Table of Contents

iFIT

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. Use this product only as described in this manual.

4. Keep this product away from children under age 13 and pets at all times.

5. Use only the included charger with a certified computer, powered hub, or power supply to charge the battery in the watch.

6. Do not attempt to open or disassemble the watch; the battery is not replaceable or serviceable.

7. Do not use this product in a sauna or a steam room or while diving; do not place this product in a dishwasher, washing machine, or dryer.

8. If you experience any skin irritation while using this product, stop wearing the watch.

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.

10. Do not use abrasive cleaners to clean this product.

11. Do not expose the watch to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.

iFIT

iFIT CLASSIC

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 or send e-mail to support@iFit.com.**

What's In The Box

Watch, USB Cable, Charger

Getting Started

1. **Install the iFit app on your iOS® or Android™ device and set up the watch.**
   Use the iFit app to set up an iFit account, pair and set up the watch, customize settings for the watch, set goals, and enter and track information. See INSTALL THE IFIT APP AND SET UP THE WATCH on page 3.

2. **Learn how to charge the watch.**
   Charge the watch with the included charger. See CHARGE THE WATCH on page 4.

3. **Learn how to wear the watch.**
   Wear the watch in the included band. See WEAR THE WATCH on page 5.

4. **Learn how to use the watch.**
   Use the watch to track and sync calorie information, steps, and other activity to the iFit app. See USE THE WATCH page 6.

Install The iFit App And Set Up The Watch

Install the iFit App
Pair, set up, and sync the watch 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℠ or the Google Play™ store, search for the free iFit app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.**

Set the Time On the Watch
The first time you use the watch, you will need to set the time. To do this, first, gently pull the crown away from the dial. Next, turn the crown until the dial displays the correct time. Then, push the crown back toward the dial.

Pair, Set Up, and Sync the Watch
Open the iFit app and follow the instructions to set up an iFit account and pair the watch to the iFit app on your device.

As part of the pairing process, press and hold the top button for 3 seconds. The red LED on the dial will flash. Then, in the iFit app, select the watch from the list of discoverable devices.

If the pairing is successful, the LED on the dial will flash green. After it is paired, the watch will sync automatically whenever the iFit app is open and the BLUETOOTH option is enabled on your device. You can also sync the watch manually in the iFit app.

Follow the instructions in the iFit app to customize settings for the watch, enter and track information, and set goals.

iFIT®

Charge The Watch

Battery Life

The watch contains a rechargeable lithium battery. With normal use, a fully charged watch will run for approximately 7 days before needing a charge.

When the battery level is at 15 percent, both the red and green LEDs will flash for 5 seconds to notify you that the battery needs to be charged. This will continue to happen every 5 minutes until the battery is drained completely or until you charge the watch. **IMPORTANT: Make sure that the watch syncs to the iFit app when the battery level is low; the data recorded on the watch will be deleted when the battery level is at zero percent.**

Charge the Watch

To charge the watch, first, ensure that the cable and the charger are connected to each other.

Next, attach the charger to the watch by aligning the contacts on the watch with the contacts on the charger. Then, insert the watch into the charger.

Once the watch and the charger have snapped together, plug the charger into a USB port on your computer. It will take approximately 4 to 8 hours for the watch to charge completely.

Note: To charge the watch more quickly, plug the charger into a USB wall adapter (not included) or a USB car charger (not included).

While the watch is charging, the red LED on the dial will flash. When the watch is fully charged, the green LED on the watch will light until the charger is unplugged.

iFIT

Wear The Watch

How to Fasten the Band
Wrap the band around your wrist and press the peg on the buckle firmly into the desired adjustment holes. **Make sure that the band is slightly loose on your wrist**. Reverse these actions to unfasten the band.

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

Clean The Watch

Regularly clean the band with water and a few drops of mild liquid soap. Allow the band to dry thoroughly before you put it back on your wrist.

If you notice buildup on the dial or on the charging points, clean them with a damp cloth and a small amount of mild soap. Thoroughly dry the watch with a soft towel before you put it back on your wrist. **IMPORTANT: Do not spray liquids directly onto the dial. Do not place the watch in a dishwasher, washing machine, or dryer.**

iFIT

Use The Watch

Use the photo below to familiarize yourself with the parts of the watch before learning about its functionality.

Net Calorie Subdial — Top Button
Daily Step Subdial — Crown
Calorie Subdial — Bottom Button

Follow the instructions below to enter calories, track your daily steps, track your net calories, understand vibration alerts, and reset the watch.

You can manually track your calories on the watch. To enter calories, press and hold the bottom button for 3 seconds. The hand in the calorie subdial will move to the 3:00 position, and then back to the 12:00 position. Then press the top button repeatedly to enter calories in increments of 50. (Tip: To enter calories more quickly, hold down the top button.) When you have entered the desired calorie amount, press the bottom button to confirm the amount. The hand in the calorie subdial will return to the 12:00 position to signify that the watch has recorded this information. Note: The maximum number of calories you can enter in one day is 9000.

The watch will automatically calculate and record your daily step count. This will be displayed by the hand in the daily step subdial. One full round of the daily step subdial is 10,000 steps. If you walk more than 10,000 steps in a day, the hand in the daily step subdial will continue to move past the 0 marker, and the watch will continue to record your steps. Your total steps can be viewed in the iFit app.

The watch will automatically calculate your net calories based on the calories you manually enter and the amount of daily steps you have taken. This information is displayed by the hand in the net calorie subdial. The 12:00 position represents 0 net calories; the 6:00 position represents either +2000 net calories or -2000 net calories, based on which direction the hand is moving.

The watch will vibrate to alert you of certain information. If you have not moved for an amount of time which you specify in the iFit app, the watch will vibrate twice to notify you that you have reached your move time limit (the default time is set to 30 minutes). If you reach one of the goals you set in the iFit app (for instance, if you complete 10,000 daily steps), the watch will vibrate 4 times and the red and green LEDs will flash to notify you that you have completed a goal.

If you need to reset the watch for any reason, hold down the top button and the bottom buttons simultaneously for 10 seconds. The LEDs will light, the second hand will stop moving, and all subdial hands will move to the 12:00 position. Press the bottom button to resume normal watch operation.

The watch can retain up to 30 days worth of data. If you do not sync the watch to the iFit app after 30 days, the oldest daily data files will be deleted to make room for newer daily data files.

iFIT

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.

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.

Cet appareil est conforme avec Industrie Canada RSS exemptes de licence standard(s).
Son fonctionnement est soumis aux deux conditions suivantes:
(1) cet appareil ne peut pas provoquer d'interférences, et
(2) cet appareil doit accepter toute interférence, y compris celles pouvant causer un mauvais fonctionnement de l'appareil.

iFIT

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.

Battery Information

This electronic product contains a rechargeable battery. A rechargeable battery has a long service life if treated properly. Do not expose the battery to extreme temperatures. For maximum battery capacity, use the battery at room temperature. If the battery is used in low temperatures, the battery capacity will be reduced.

iFIT

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. 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 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, please visit our Customer Care website at support.iFit.com or send e-mail to support@iFit.com.

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, send email to support@iFit.com.

iFIT