

# iFIT<sup>®</sup> DUO

Double-sided Activity Watch



[User's Manual](#)

Model No. IFRW115.0 (Men's Square Duo)  
Model No. IFRW315.0 (Men's Round Duo)  
Model No. IFRW415.0 (Women's Round Duo)

# Table of Contents

- Important Precautions .....1
- Questions?.....2
- What's In The Box .....2
- Getting Started .....2
- Install The iFit App And Set Up The Duo.....3
- Charge The Duo.....4
- Wear The Duo.....5
- Clean The Band .....5
- Use The Duo .....6
- Compliance Information .....9
- Recycling Information..... 10
- Battery Information ..... 10
- Limited Warranty..... 11
- Limited Warranty For Europe ..... 11

# 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 12 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 Duo.
6. Do not attempt to open or disassemble the Duo; 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, see WEAR THE DUO on page 5.
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 Duo to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.

## 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).

## What's In The Box



iFit Duo with adjustable band, USB Charger with Cable

Note: This manual is for the Men's Round Duo (shown above), the Women's Round Duo, and the Men's Square Duo. Most of the photographs and drawings show the Men's Round Duo; however, the instructions apply to all three models.

## Getting Started

1. [Install the iFit app on your iOS<sup>®</sup> or Android<sup>™</sup> device and set up the Duo.](#)  
Use the iFit app to set up an iFit account, pair and set up the Duo, customize settings for the Duo, set goals, and enter and track information. See **INSTALL THE IFIT APP AND SET UP THE DUO** on page 3.
2. [Learn how to charge the Duo.](#)  
Charge the Duo with the included charger. See **CHARGE THE DUO** on page 4.
3. [Learn how to use the Duo.](#)  
Use the Duo to track and sync **calorie information, steps, distance, workout time, sleep, and exercise activity** to the iFit app. See **USE THE DUO** page 6.

# Install The iFit Track App And Set Up The Duo

## Install the iFit Track App

The iFit Track app can be used 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, go to the App Store or the Google Play™ store, 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.

## Activate the Duo

When you remove the Duo from the box, the Duo may be in the shipping mode. To cancel the shipping mode, first rotate or flip the Duo so that the LED face is displayed. See ROTATE THE ROUND DUO or FLIP THE SQUARE DUO on page 5. Then, press and hold buttons B1 and B2 for two seconds.



## Pair, Set Up, and Sync the Duo

Open the iFit app and follow the instructions to set up an iFit account and pair the Duo to the iFit app on your device.

As part of the pairing process, press and hold buttons B1 and B2 on the Duo repeatedly until the time/date display appears, and then touch and hold the button for 5 seconds until the word PAIR and an identification number appear in the display (see PAIR THE DUO on page 7). Then, in the iFit app, select the Duo from the list of discoverable devices.

If the pairing is successful, the word SUCCESS will appear in the Duo display. After it is paired, the Duo will sync automatically whenever the iFit app is open and the BLUETOOTH option is enabled on your device. You can also sync the Duo manually in the iFit app.

Follow the instructions in the iFit app to customize settings for the Duo, enter and track information, and set goals. Make sure to customize the settings and check the calibration of the Duo.

# Charge The Duo

## Battery Life

The Duo contains a rechargeable lithium-ion battery. With normal use, a fully charged Duo will run for approximately 5 to 7 days before needing to be charged. To check the battery level of the Duo, see the chart on page XX.

When the battery level is at 20 percent and at 10 percent, the Duo will vibrate and a low battery warning will appear in the Duo display to notify you that the battery needs to be charged. The Duo will shut down when the battery level is at 5 percent. **IMPORTANT: Make sure that the Duo syncs to the iFit app when the battery level is low; the data recorded on the Duo will be deleted when the battery level is at zero percent.**

## Charge the Round Duo

To charge the Duo, first lift the lower edge of the case out of the cradle and rotate it to the position shown in the upper photo. See ROTATE THE ROUND DUO or FLIP THE SQUARE DUO on page 5.

Next, insert the cable into the charger, and orient the charger as shown. Then, position the two pins on the charger against the two contacts on the case, and press the case into the charger as shown in the lower photo.

Then, plug the charger into a USB port on your computer. It will take approximately **4 to 8 hours** for the Duo to charge completely.

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

To check the battery level while the Duo is charging, look at the LCD screen and press any of the three buttons. When the Duo is fully charged, the LCD screen will display a battery level of 100 percent until the charger is unplugged.

To remove the charger, first lift the two latch arms off the case.



## Wear The Duo



### Rotate the Round Duo

The Duo can be worn with the classic dial face displayed or with the LED face ready for action. To rotate the case, first lift the lower edge of the case out of the cradle as shown at the left. Next, rotate the case clockwise or counterclockwise. Then, press the case back into the cradle.

### Flip the Square Duo

The Duo can be worn with the classic dial face displayed or with the LED face ready for action. The direction that you will flip the case depends on which face is displayed.

When the LED face is displayed, slide the case to the left, flip the case, and then slide the case back to the right.

When the dial face is displayed, slide the case to the right, flip the case, and then slide the case back to the left.



### Fasten the Band

Wrap the band around your wrist, insert the tip of the band through the buckle, and insert the prong into the desired hole in the band. Then, insert the tip of the band through the two keepers. 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 band. If you experience any skin irritation, discontinue wearing the band and carry the Duo independently in your pocket. If you have questions, send email to [support@iFit.com](mailto:support@iFit.com).

## Clean The Band

Periodically remove the Duo and clean the band with a damp cloth and one or two drops of mild liquid soap. Then, rinse the band with a small amount of clean water. Do not use abrasive cleaners to clean the band, and do not place the Duo or the band in a washing machine or dryer. Allow the band to dry thoroughly before you put it back on your wrist.

# Use The Dial Face

## Rotate or Flip the Duo

Rotate or flip the Duo so that the dial face is displayed. See ROTATE THE ROUND DUO or FLIP THE SQUARE DUO on page 5.

## Set the Time

To set the time, first pull the crown outward. The second hand will stop moving. Next, turn the crown to adjust the hour and minute hands to show the correct time. Then, press the crown back inward. The second hand will resume moving.

Note: It may be easier to set the time if you remove the Duo from your wrist.

# Use The LED Face

## Rotate or Flip the Duo

Rotate or flip the Duo so that the LED face is displayed. See ROTATE THE ROUND DUO or FLIP THE SQUARE DUO on page 3.

## Helpful Chart Tips

To use the Duo, follow the chart on page 7. Before you begin, read the helpful tips below.

The Duo will detect automatically the type of activity you are performing, such as walking, running, sleeping, and so forth. Allow 10 seconds for the Duo to detect the type of activity you are performing.

You can enter calories into the Duo in increments of 50. When entering calories into the Duo, make sure to double touch the button to confirm the total number of calories you entered. The maximum number of calories you can enter at one time is 2,500.

The Duo will detect your workouts automatically. You can also start a workout manually on the Duo. When you start a workout manually, the Duo will remain in workout mode for 15 minutes. Then, if the Duo detects further activity, it will continue in workout mode.

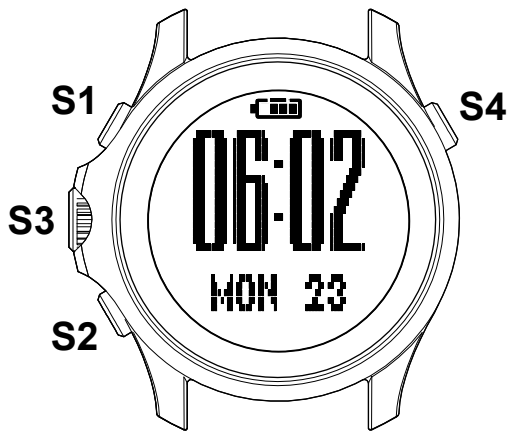
The Duo will record your average speed during each minute of your workout. This information will be displayed in your workout history in the iFit app.

During your workouts, the Duo will display your heart rate when you wear a compatible heart rate monitor. When the Duo detects a heart rate monitor, your heart rate will be shown in the display. When the Duo cannot detect a heart rate monitor, an instructional message will appear in the display.

The Duo is compatible with all BLUETOOTH Smart heart rate monitors. For information about purchasing a BLUETOOTH Smart chest heart rate monitor, see THE OPTIONAL CHEST HEART RATE MONITOR on page 9.



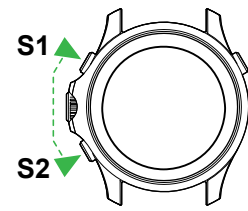
## Button Diagram



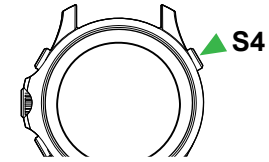
## Key

- Press at the same time.
- Press
- Quick double-press
- Press twice
- Press and hold
- Toggle

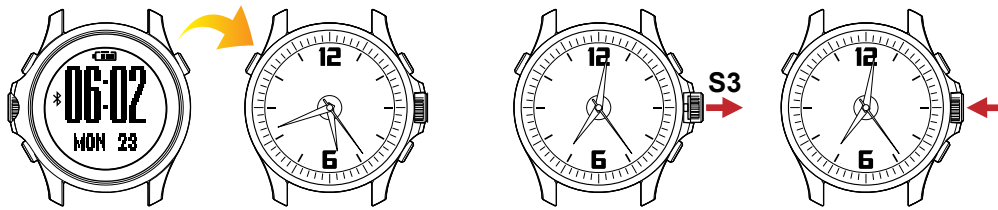
## Exit the Shipment Mode



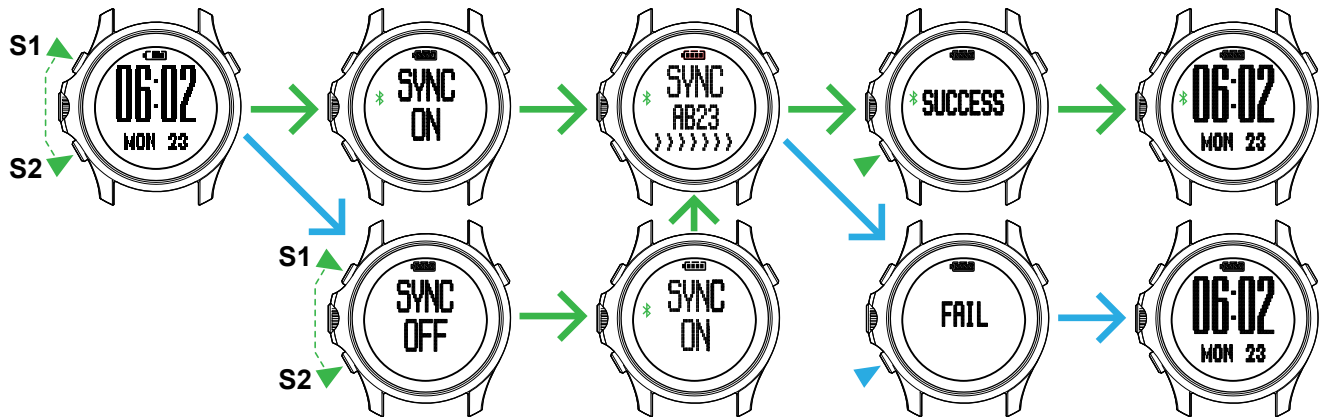
## Use the Light



## Set the Time on the Dial Face

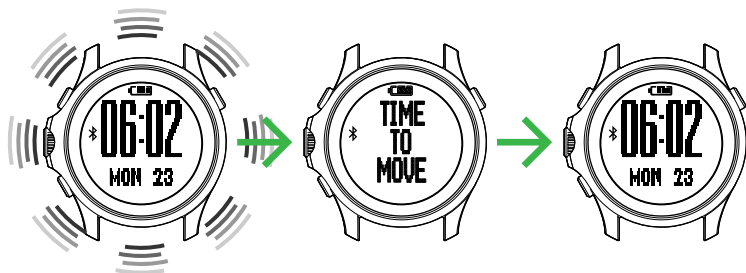
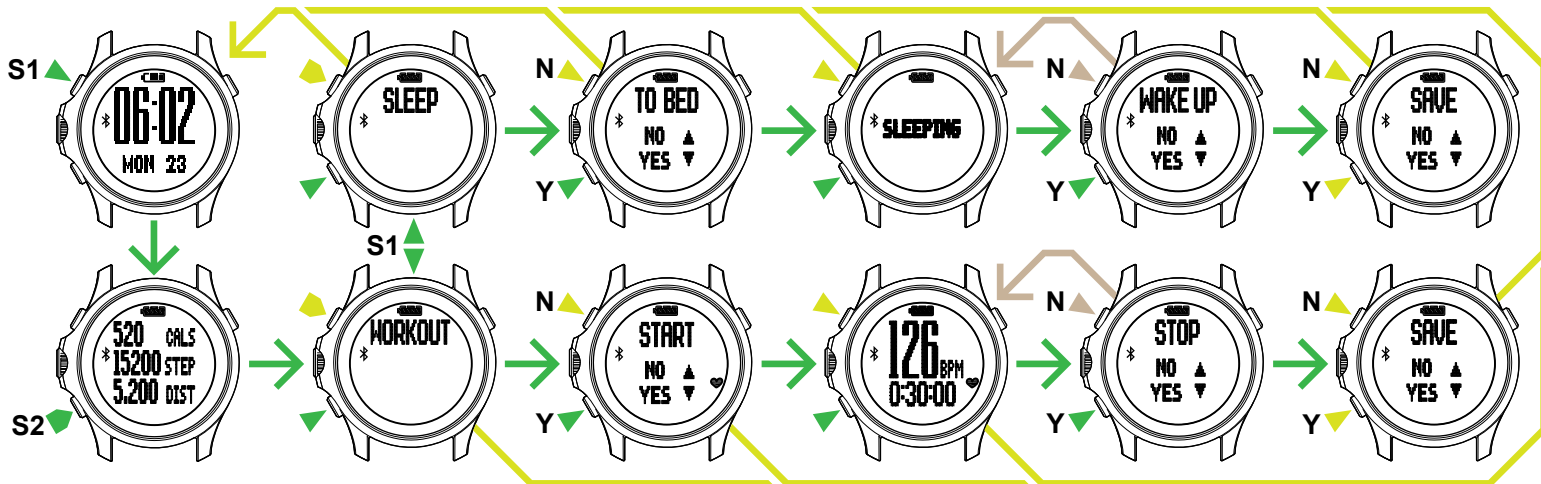
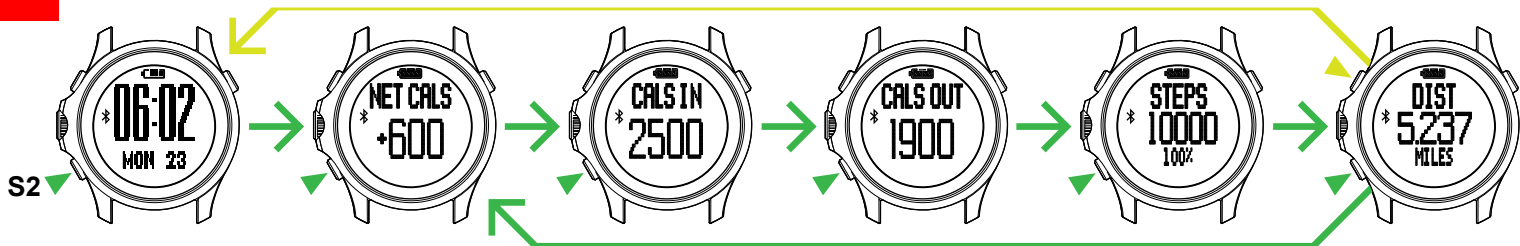


## Sync the Duo



## View Basic Data





## The Optional Chest Heart Rate Monitor

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. To purchase a BLUETOOTH Smart chest heart rate monitor, please visit [www.shop.iFit.com](http://www.shop.iFit.com).



Note: The Duo is compatible with all BLUETOOTH Smart heart rate monitors.

# 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:

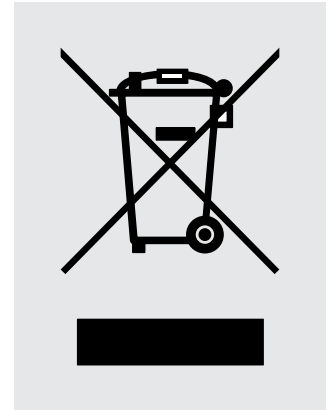
(1) cet appareil ne peut pas provoquer d'interférences, et

(2) cet appareil doit accepter toute interférence, y compris celles pouvant causer un mauvais fonctionnement de l'appareil.

## 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.

## 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](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, 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](mailto:support@iFit.com).

IFIT is a registered 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.