

# IFIT® VUE HR

Activity Tracker



User's Manual

# Table of Contents

Important Precautions . . . . .	1
Questions? . . . . .	2
What's In The Box . . . . .	2
Getting Started . . . . .	3
Install The iFit App And Set Up The Activity Tracker . . . . .	4
Charge The Activity Tracker . . . . .	6
Wear The Activity Tracker . . . . .	7
Use The Activity Tracker . . . . .	8
Troubleshooting . . . . .	14
Compliance Information . . . . .	17
Recycling Information . . . . .	18
Battery Information . . . . .	18
Limited Warranty . . . . .	Back Cover
Limited Warranty For Europe . . . . .	Back Cover

# 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 activity tracker.
6. Do not attempt to open or disassemble the activity tracker; the battery is not replaceable or serviceable.
7. 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 clothes dryer.
8. If you experience any skin irritation while using this product, see **WEAR THE ACTIVITY TRACKER** on page 7.
9. Do not use abrasive cleaners to clean this product.
10. Do not expose the activity tracker to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.
11. The heart rate monitor is not a medical device. The accuracy of heart rate readings may be reduced by your physical characteristics (arm temperature, blood flow, obesity, obstructions such as hair or sores, skin tone, tattoos, etc.); by the type and intensity of your activity (high-intensity interval training, non-rhythmic movements, weightlifting exercises, upper-body exercises, hand and arm movements, etc.); and by the way that you wear the product. Inaccurate readings may result in over exercising.
12. 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.
13. If you have heart problems, or if you are over age 60 and have been inactive, do not use the heart rate monitor for heart rate-driven workouts. Consult your physician if you have an implanted medical device such as a pacemaker, or if you are taking medication regularly.

# iFIT. > VUE HR

## 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 email to [support@iFit.com](mailto:support@iFit.com).

## What's In The Box



Activity Tracker (Small or Large Band), Charger

# Getting Started

1. [Install the iFit app on your iOS® or Android™ device and set up the activity tracker.](#)  
Use the iFit app to set up an iFit account, pair and set up the activity tracker, customize settings for the activity tracker, set goals, and enter and track information. See [INSTALL THE IFIT APP AND SET UP THE ACTIVITY TRACKER](#) on page 4.
2. [Learn how to charge the activity tracker.](#)  
Charge the activity tracker with the included charger. See [CHARGE THE ACTIVITY TRACKER](#) on page 6.
3. [Learn how to wear the activity tracker.](#)  
Wear the activity tracker. See [WEAR THE ACTIVITY TRACKER](#) on page 7.
4. [Learn how to use the activity tracker.](#)  
Use the activity tracker to track and sync calorie information, steps, distance, sleep, and exercise activity to the iFit app. See [USE THE ACTIVITY TRACKER](#) on page 8.

# Install The iFit App And Set Up The Activity Tracker

## Activate the Activity Tracker

The first time you use the activity tracker, it may be necessary to activate it. To do this, attach the activity tracker to the charger and plug in the charger (see CHARGE THE ACTIVITY TRACKER on page 6). The activity tracker will then activate and exit the shipment mode.

## Install the iFit App

Pair, set up, and sync the activity tracker 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<sup>SM</sup> or the Google Play<sup>TM</sup> store, search for the free iFit Coach app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.**

## Pair, Set Up, and Sync the Activity Tracker

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

To pair the activity tracker to your device, follow the steps below:

1. Place the activity tracker near your device.
2. Tap the screen. The word VUE and an identification number will appear.

**AXIS 1234**

3. In the iFit app, select the activity tracker from the list of discoverable devices. The pairing process will then begin.
4. If the pairing is successful, the Time and Date screen will appear.

**4:26 PM 1/13**

5. After the activity tracker is paired, it may need to be updated. If an update notification appears in the iFit app, follow the instructions below:
- Select the update option in the iFit app. Place the activity tracker near your device during the update; it may take more than 5 minutes for the activity tracker to update. If the update is successful, a success notification will appear in the iFit app. If the update fails, a failure notification will appear in the iFit app. **If the update does not finish after more than 10 minutes or if the update fails, force close the iFit app on your device, re-open the iFit app, and try to update the activity tracker again.**
  - When the update is finished, manually sync the activity tracker to the iFit app by pulling the screen on your device. Then, repeat steps 2–4 and pair the activity tracker to your device. If the pairing is successful, the Time and Date screen will appear.



After the activity tracker is paired, it will sync automatically whenever the iFit app is open and the BLUETOOTH option is enabled on your device. You can also sync the activity tracker manually in the iFit app.

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

# Charge The Activity Tracker

## Battery Life

The activity tracker contains a rechargeable lithium battery. With normal use, a fully charged activity tracker will run up to 5 days before needing a charge. To check the battery level of the activity tracker, swipe the screen left or right repeatedly until the battery icon and the battery level appear.



**20% BATTERY LOW**

When the battery level is at 20 percent, at 10 percent, and at 5 percent, the activity tracker will vibrate and a low battery warning will appear to notify you that the battery needs to be charged. The activity tracker will shut down when the battery level is at 1 percent. **IMPORTANT: Make sure that the activity tracker syncs to the iFit app when the battery level is low; the data recorded on the activity tracker will be deleted when the battery level is at 1 percent.**

*Note: The battery will drain more quickly when many of the features in the Advanced settings menu in the iFit app are turned on.*

## Charge the Activity Tracker

To charge the activity tracker, align the contacts on the activity tracker with the pins on the charger, and then firmly press the charger onto the activity tracker. **Make sure that the charger is firmly seated on the activity tracker.**

Then, plug the charger into a USB port on your computer. The battery level will appear at 100 percent when the activity tracker is completely charged.

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



**100%**

To check the battery level at any time while the activity tracker is charging, tap the screen. The current battery level will then appear. When the activity tracker is fully charged, the battery level will appear at 100 percent until the charger is unplugged.

If a replacement charger is needed, visit our Customer Care website at [support.iFit.com](http://support.iFit.com) or send email to [support@iFit.com](mailto:support@iFit.com).

**IMPORTANT: To avoid damaging the activity tracker, use only a manufacturer-supplied charger.**





# Wear The Activity Tracker

## Fasten the Band

If there are sheets of protective film on the front or back of the activity tracker, remove and discard them. **IMPORTANT: If you do not remove the protective film from the back of the activity tracker, the heart rate monitor will not be able to detect your pulse and read your heart rate.**



Wrap the band around your wrist, insert the band through the buckle, and insert the prong into the desired adjustment hole. Then, insert the end of the band through the keeper. Reverse these actions to unfasten the band.

To orient the screen correctly, set the activity tracker location in the iFit app. In the iFit app, select the main menu screen, touch the gear icon, touch the Advanced icon, and then touch Pod Location repeatedly to select your left wrist or your right wrist as the location where the activity tracker is worn.

*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 send email to [support@iFit.com](mailto:support@iFit.com).*

## Position the Band for Heart Rate Readings

For the most accurate heart rate readings, fasten the band so that it is secure, but not too tight, on your wrist. Also, position the band high on your wrist so that it is about 2 finger widths above your wristbone. When you do not need to measure your heart rate, you can loosen the band and wear it lower on your wrist. To measure your heart rate, see MEASURE YOUR HEART RATE on page 12.



## Clean The Band

Periodically remove the activity tracker from your wrist and clean the band. To clean the band, place a few drops of mild liquid soap on a soft, damp cloth and wipe the band with the cloth. **Do not place the activity tracker in a washing machine or dryer.** Dry the band thoroughly with a soft, dry cloth before you put the activity tracker back on your wrist.

# Use The Activity Tracker

## Navigate the Activity Tracker and View Information

Swipe the screen left or right to view the menu heading screens described below.

Tap a menu icon on a screen to view more information and options in a menu.



Tap the right side of the screen to move forward in a menu; tap the left side of the screen to move backward in a menu.

**Double tap the screen to return to the home screen from any screen.**



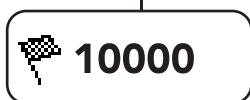
**Time and Date**—This screen displays the current time and date.



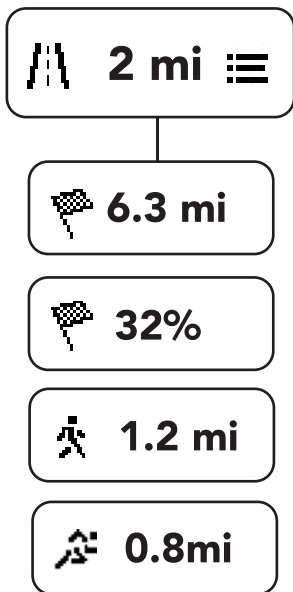
**Heart Rate**—This screen displays your heart rate. See MEASURE YOUR HEART RATE on page 12.



**Steps**—This screen displays the total number of steps you have taken. Tap the menu icon on this screen to view your steps goal status, your steps goal percentage, the number of steps you have walked, and the number of steps you have run. The screen will advance automatically every few seconds; tap the screen repeatedly to view the screens more quickly.



*Note: Because your hands are not moving, the activity tracker may not count your steps as accurately when you are performing activities such as pushing a lawn mower, stroller, or shopping cart.*

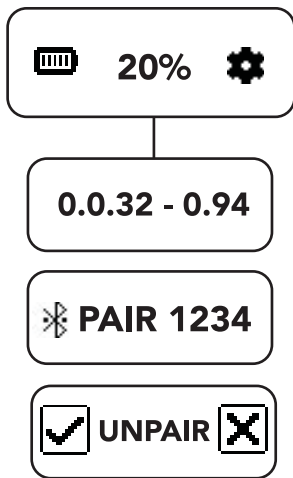


**Distance**—This screen displays the distance you have moved in miles or kilometers. Tap the menu icon on this screen to view your distance goal status, your distance goal percentage, the distance you have walked, and the distance you have run. The screen will advance automatically every few seconds; tap the screen repeatedly to view the screens more quickly.

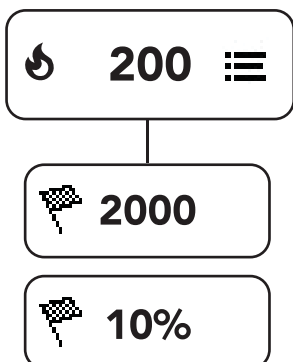
*Note: You can change the unit of measurement in the iFit app. In the iFit app, select the main menu screen, touch the gear icon, touch the Advanced icon, and then touch Units repeatedly to select standard or metric as the unit of measurement.*



**Workout**—This screen displays the time elapsed during a workout. To start a workout, see START AND END A WORKOUT MANUALLY on page 11.



**Battery Level and Settings**—This screen displays the current battery level. Tap the gear icon on this screen and then tap the screen repeatedly to view the version number of the activity tracker, the pairing identification number, and the unpairing/reset option. To unpair or reset the activity tracker, see TROUBLESHOOTING on page 14.



**Calories Burned**—This screen displays the approximate number of calories you have burned. Tap the menu icon on this screen to view your calories burned goal status and your calories burned goal percentage. The screen will advance automatically every few seconds; tap the screen repeatedly to view the screens more quickly.



**Target Calories Goal**—This screen displays the status of your target calories goal. If you can eat more calories and still meet your goal, a pear icon and the number of calories that remain to be eaten will appear. If you need to burn more calories, a runner icon and the number of calories that remain to be burned will appear.



**Calories In**—This screen displays the approximate number of calories you have eaten. To enter calories, see ENTER CALORIES on this page.

### Detect Activity

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

The activity tracker will automatically enter the workout mode after it detects 5 minutes of vigorous activity. It will automatically exit the workout mode after it detects 3 minutes of inactivity. You can also exit the workout mode manually by tapping the stop icon on the screen.

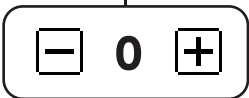
To manually start and end a workout, see START AND END A WORKOUT MANUALLY on page 11.

### Enter Calories

To enter calories you have eaten, follow the steps below.



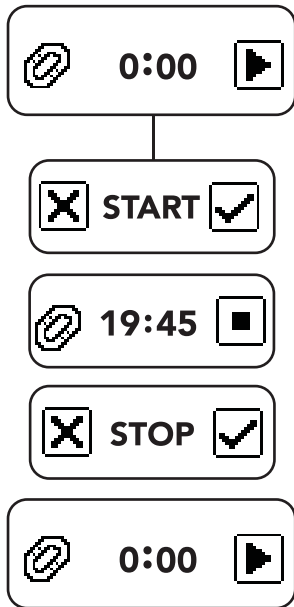
1. Navigate to the Calories In screen, and then tap the plus icon.
2. Enter the number of calories you have eaten into the activity tracker in increments of 50. Tap the plus or minus icons to increase or decrease the number of calories.
3. To save your entry, do not touch the screen for 3 seconds.



## Start and End a Workout Manually

The activity tracker will detect your workouts automatically. You can also start and end a workout manually on the activity tracker.

To start and end a workout manually, follow the steps below.



1. Navigate to the Workout screen, and then tap the play icon.
2. To start the workout, tap the checkbox icon. To cancel, tap the x-box icon.

During the workout, the elapsed time will appear and heart rate readings will be taken at regular intervals. The activity tracker will remain in workout mode until you end the workout. Information recorded during the workout will be displayed in your workout history (news feed) in the iFit app.

3. To end the workout, first tap the stop icon. Then, to confirm the end of the workout, tap the checkbox icon. To cancel and remain in workout mode, tap the x-box icon.

*Note: If you are performing a workout in which you are continuously active, such as running, it is recommended that you allow the activity tracker to detect your workout automatically (see DETECT ACTIVITY on page 10). If you are performing a workout in which you are intermittently active, such as yoga, it is recommended that you start and end your workout manually as described above.*

## Measure Your Heart Rate

**WARNING: The heart rate monitor is not a medical device. The accuracy of heart rate readings may be reduced by your physical characteristics—such as arm temperature, blood flow, obesity, obstructions such as hair or sores, skin tone, tattoos, and so forth; by the type and intensity of your activity—such as high-intensity interval training, non-rhythmic movements, weightlifting exercises, upper-body exercises, hand and arm movements, and so forth; and by the way that you wear the product. Inaccurate readings may result in over exercising.**

For the most accurate heart rate readings, follow the steps below:

1. Fasten the band so that it is secure, but not too tight, on your wrist. Position the band high on your wrist so that it is about 2 finger widths above your wristbone.

*Note: When you do not need to measure your heart rate, you can loosen the band and wear it lower on your wrist. The activity tracker will still measure your heart rate, but the readings may not be as accurate.*



2. Make sure that your skin is warm. If your skin is cold, you can warm it by performing physical activity or by wearing warm clothes.
3. Navigate to the Heart Rate screen.
4. Keep the activity tracker still. Do not move your wrist. When the activity tracker detects a pulse in your wrist, your heart rate will appear.



When the activity tracker is attempting to detect a pulse, dashes will appear.



When the activity tracker is not being worn and it cannot detect a pulse, the word N/A will appear.



If your heart rate does not appear, repeat the steps above. If your heart rate still does not appear, send email to [support@iFit.com](mailto:support@iFit.com).

*Note: You can customize how often the activity tracker reads your heart rate. In the iFit app, select the main menu screen, touch the gear icon and touch the Advanced icon. First, make sure that Enable Heart Rate is turned on. Then, select Heart Rate Interval and select the desired interval time.*

## Use the Move Time Alert

To set a move time alert, you must first turn on this feature in the iFit app. In the iFit app, select the main menu screen, touch the gear icon, touch the Advanced icon, and then enter the desired setting. For example, if you enter an Idle Before Alert time of 45 minutes, the activity tracker will prompt you to stand up and move whenever you have been idle for 45 minutes.

**TIME TO MOVE!**

## Reach Your Daily Calories, Distance, and Steps Goals

To set daily goals in the iFit app, select the main menu screen, touch the gear icon, touch the Goals icon, and then set the desired goals. When you reach a goal, the activity tracker will vibrate and a message such as CALORIE GOAL ACHIEVED, DISTANCE GOAL ACHIEVED, or STEP GOAL ACHIEVED will appear.

**GOAL ACHIEVED!**

## Let the Auto Sleep Mode Track Your Sleep

The activity tracker will automatically detect when you are sleeping and will enter a sleep mode. Features such as Move Time Alert and Caller ID & Text will be disabled when the activity tracker is in sleep mode.

## Use the Caller ID & Text Feature

To receive call and message notifications, you must first turn on this feature in the iFit app. In the iFit app, select the main menu screen, touch the gear icon, touch the Advanced icon, and then turn on Caller ID & Text and Show Messages On Device.

Turning on this feature will drain the activity tracker's battery more quickly. The information that appears on the screen of the activity tracker will vary depending on whether you are using an iOS device or an Android device. The screen can display a maximum of 32 characters from a notification.

If your device receives a phone call, the activity tracker will vibrate and the call notification will scroll on the screen.

If your device receives a message, the activity tracker will vibrate and the message notification will scroll on the screen. If a message is scrolling on the screen and a second message is received, the second message will be ignored.

To stop a phone call notification or a message notification while it scrolls on the screen, tap the screen.

# Troubleshooting

## Troubleshoot the Activity Tracker

If the activity tracker crashes or is unresponsive, follow the procedures described below in order.

### Reset the Activity Tracker

1. Reset the activity tracker. See UNPAIR OR RESET THE ACTIVITY TRACKER on page 15.

If the activity tracker still does not work properly, see DISCONNECT AND RE-PAIR THE ACTIVITY TRACKER below.

### Disconnect and Re-pair the Activity Tracker

1. In the iFit app, select the main menu screen, touch the gear icon, touch the Advanced icon, and select Device. Then, select Unlink Device.
2. On your device, open the BLUETOOTH settings, select the activity tracker from the list of connected devices, and then select the Forget option.
3. Unpair the activity tracker. See UNPAIR OR RESET THE ACTIVITY TRACKER on page 15.
4. Re-pair the activity tracker to your device. See PAIR THE ACTIVITY TRACKER on page 16.

If the activity tracker still does not work properly, see HARD RESET THE ACTIVITY TRACKER below.

### Hard Reset the Activity Tracker

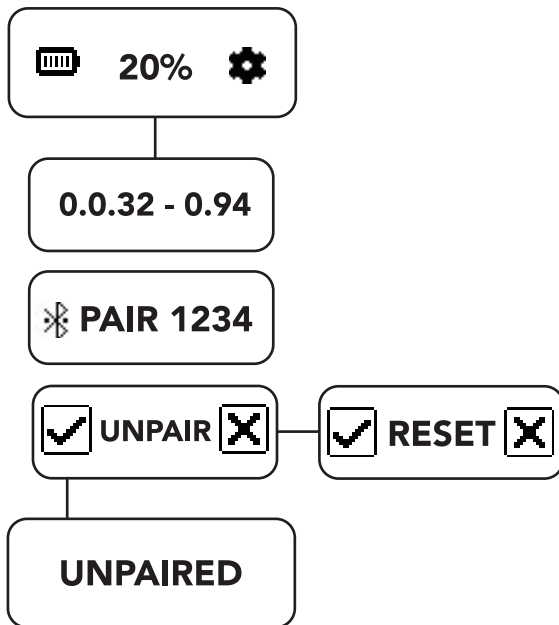
1. Hard reset the activity tracker. See HARD RESET THE ACTIVITY TRACKER on page 16.

If the activity tracker still does not work properly, send email to [support@iFit.com](mailto:support@iFit.com).



## Unpair or Reset the Activity Tracker

To unpair or reset the activity tracker, follow the steps below.



1. Navigate to the Settings screen, and then tap the gear icon.
2. Tap the screen repeatedly until the unpairing option appears.
3. **To unpair the activity tracker**, tap the checkbox icon. **To view the reset option**, tap the x-box icon.

When you unpair the activity tracker, it will no longer be connected to your device and will no longer sync information to the iFit app on your device. If desired, you can now pair the activity tracker to a different device.

4. **To reset the activity tracker**, tap the checkbox icon. **To cancel**, tap the x-box icon.

If the activity tracker is not working properly, reset the activity tracker. **IMPORTANT: When you reset the activity tracker, the data recorded on the activity tracker will be deleted. Make sure to sync the activity tracker to the iFit app before you reset the activity tracker.**

## Pair the Activity Tracker

To pair the activity tracker to your device, follow the steps below:

1. Place the activity tracker near your device.
2. Swipe the screen left or right repeatedly until the gear icon appears.



3. Tap the gear icon. The version number of the activity tracker will appear.
4. Tap the screen. The word PAIR and an identification number will appear.



5. In the iFit app or in the BLUETOOTH settings for your device, select the activity tracker from the list of discoverable devices. The pairing process will then begin.
6. If the pairing is successful, the Time and Date screen will appear.



## Hard Reset the Activity Tracker

To hard reset the activity tracker, follow the steps below.

1. Locate the reset hole in the USB connector on the charger.
2. Attach the activity tracker to the charger.
3. Plug the charger into a USB port on your computer, wall adapter, or car charger.
4. Press a pin or the end of a paper clip into the reset hole for several seconds. When you release the pin, the words IFIT VUE will appear. Then, the word VUE and the pairing identification number will appear.
5. See PAIR THE ACTIVITY TRACKER on page 16 and re-pair the activity tracker to your device.



# 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.

## 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](https://support.iFit.com) or send email 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. Optical heart rate monitoring technology is licensed under patents owned by CSEM Switzerland and under patents applied for by PulseOn Oy.