

# BODYTRNR

USER MANUAL

PLEASE READ all information in this instruction manual before using this unit.

WARNING: Before starting any exercise program, we strongly suggest that you visit your doctor for a complete physical and to discuss your exercise plans.

The New Balance BodyTRNr is NOT a medical device.

TO ACTIVATE THE WATCH, PRESS & HOLD THE BUTTON FOR 5 SECONDS

- PRESS the button to toggle through the watch modes
- PRESS & HOLD the button to SYNC to the fitness app

- DOUBLE-TAP this area to toggle through the watch modes

## Using the Watch

The BodyTRNr is easy-to-use and simple to navigate. The New Balance BodyTRNr works with SmartTRNr, the app designed to help you track your fitness goals. Simply sync your watch data with the fitness app daily so you can review your STEPS, DISTANCE and CALORIES and monitor your activity.

PLEASE NOTE: The watch will automatically RESET at MIDNIGHT. At that time, the PREVIOUS DAY'S data will automatically be saved. The BodyTRNr stores up to 30 days of activity so you can SYNC the watch & app at your convenience.

## Setting the Watch

Before you can set up your watch or transfer data from your watch to the fitness app, you need to install the FREE SmartTRNr App on your Bluetooth® Smart Ready device. Visit [www.nbmonitors.com](http://www.nbmonitors.com) or search for the SmartTRNr app in iTunes®.

To provide you with the most accurate information, please set up all information requested in the App. Incorrect or missing information might result in inaccurate workout / activity recordings.

Once all information is entered in the app, SYNC the data to your BodyTRNr - SIMPLE!

### Sync the Watch & App

Once all of your information has been entered in the App, it is time to SYNC to the watch.

STEP 1 (APP):  
PRESS the Input Progress or Sync button.

STEP 2 (WATCH):  
PRESS & HOLD the button; the word SYNC will appear in the display. HOLD the button until SYNC disappears from the watch display.

STEP 3 (APP):  
Your activity data will appear in the App once the SYNC is complete.

NOTE: If you change your data during this process (update weight, BMI, etc), PRESS SAVE to confirm the data & end the SYNC process.

### Requirements:

Syncs with Apple iOS Devices

- iOS 6.0 +
- iPhone® 4S +
- iPod touch® (5th Gen +)

Bluetooth® 4.0 or Bluetooth® Smart Ready devices and more

Works with SmartTRNr, the fitness app designed for the New Balance BodyTRNr and more

For a full list of compatible devices and apps, visit : [www.nbmonitors.com](http://www.nbmonitors.com)

Modes of Operation

- PRESS the button or DOUBLE-TAP the case to toggle through the following modes:

TIME

CALORIES

STEPS

DISTANCE

EXERCISE TIMER

GOAL METER

If the word FAIL appears in the display when you try to SYNC your watch & app, TRY AGAIN.

NOTE: For best results, keep your BodyTRNr and your Smart Ready device within 6 feet from each other when syncing.

NOTE: Bluetooth® must be active on your Smart Ready device.

If the word BATT appears in the display when you try to SYNC your watch & app, this means the battery does not have enough power to SYNC your data and the watch battery must be replaced immediately.

See back for more details.

NOTE: The App Sync Features may change at any time. Please visit our website for updates & information: [www.nbmonitors.com](http://www.nbmonitors.com)

## Understanding the Data

### ESTIMATED CALORIES BURNED

NOTE: The ESTIMATED CALORIES BURNED are based on an advanced 24-hour calorie burn formula:

**BASAL METABOLIC RATE (BMR):**  
This is the estimated amount of energy burned daily while you are at rest. Even as you sleep, your body burns energy (expressed in the form of calories).  
**Therefore, when you wake up in the morning, the watch will already display a certain number of burned calories based on the BMR. You DO NOT have to wear the watch for the BMR to record; the BMR is based on a formula, not movement.**

**EXERCISE:** When you are wearing the watch, your steps and distance will automatically record (based on your motion). Like all exercise routines, the more you walk, the more calories you burn.

You DO have to wear the watch for the STEPS, DISTANCE & EXERCISE TIME to record; these are **all** based on movement.

For BEST RESULTS, the watch should be worn 24/7.

### GOAL METER

During your information set-up (on the app), you will select a daily goal based on calories, steps OR distance. To help you track your daily goal, the watch will display your progress via a goal meter (bar across the bottom of the display). You can also view the % of the goal you have achieved in GOAL mode.



WEAR the BodyTRN<sup>r</sup> 24/7

MONITOR daily activity on your watch & app: estimated calories burned, steps, distance and exercise (activity) time

SYNC the watch data to the fitness app

TRACK your goals and progress

## Battery Conservation Mode

To conserve the battery, the display will become inactive after 5 seconds and enter into POWER SAVE MODE.

To activate the screen, simply double-tap the case or press any button to “WAKE UP” the watch.

### Battery Requirements: (1 X CR2032)

**DO NOT remove the screws and open the caseback.**

- To ensure water resistance, a trained watch repair technician should complete all battery replacements on the watch.

NOTE: Keep watch batteries away from children and pets.

NOTE: This product contains a button-cell battery. If swallowed, contact a physician immediately; severe damage or death may occur.

NOTE: Watch batteries contain chemical substances. Dispose of the watch, battery and all components according to local regulations. Unlawful disposal can contribute to environmental pollution.

NOTE: Do not place battery in fire; the battery may explode.

NOTE: Special handling may apply.  
See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

BE AWARE: Lithium batteries of the type used in this unit are very susceptible to improper storage. Many times, batteries purchased as new are dead or weak before they are purchased. If you try a new battery and problems persist, please try a second battery from another source, just to be certain.

### Low Battery Warning

Signs of failing / dying batteries are:

- a faint or blank display (even after you have pressed the button to ‘wake up’)
- the battery indicator symbol appears in the display
- the word BATT appears in the display when you try to SYNC your watch

Once the word BATT appears in the display, you will not be able to SYNC data from the watch to the app.

Your activity will continue to record on you watch for a limited time, so it is imperative that you have the battery changed to avoid losing your stored activity data.

If you change the battery before the prompt BATT appears, you will lose some activity data. We suggest that you only change the battery once this prompt appears in the display & SYNC to your app immediately after the replacement.



Low Battery Indicator

## FCC Information

FCC

1. This device complies with Part 15 of FCC Rules and 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 of the device.  
**Note: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.**

2. FCC Radiation Exposure Statement:  
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IC

1. Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:  
(1) l'appareil ne doit pas produire de brouillage, et  
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.  
**Remarque: Les changements ou modifications de cette unité non expressément approuvés par la partie responsable de la conformité pourraient annuler l'autorité de l'utilisateur à utiliser l'équipement.**

2. IC RF Déclaration sur la radioexposition:  
Cet équipement est conforme avec l'exposition aux radiations IC définies pour un environnement non contrôlé. Les utilisateurs finaux doivent suivre les instructions de fonctionnement spécifiques pour satisfaire la conformité aux expositions RF. Cet émetteur ne doit pas être co-localisées ou opérant en conjonction avec une autre antenne ou transmetteur.

FC IC: 11374B-525XX31078  
FCC ID: 2AAXP-525XXNB-31078

### Water Resistance THIS WATCH IS NOT WATERPROOF!

30 meters / 3 ATM / 3 BAR

NOTE: Environments with steam or extremely high humidity levels could cause water damage.

CAUTION: This watch is only water resistant to a STATIC pressure of 3ATM and water damage will occur if you accidentally press a button under water. Please take extreme caution if you decide to wear the watch during water-based activities or while bathing.

### Trademarks

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## Warnings & Cautions

WARNING: Before starting any exercise program, we strongly suggest that you visit your doctor for a complete physical and to discuss your exercise plans.

PLEASE READ all information in this instruction manual before using this unit. THIS IS NOT A MEDICAL DEVICE!

NOTICE TO PEOPLE WEARING PACEMAKERS: While Bluetooth® is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and will harm the functioning capabilities.

NEVER push the buttons under water, when the watch is wet or when you are cleaning or rinsing the unit. You are actually pushing water inside the watch. THE WATCH IS NOT WATERPROOF.

DO NOT use the watch in a hot tub or extremely hot shower/bath. High temperatures and steam can damage the rubber seals.

DO NOT expose the watch to sudden changes of temperature by going from a hot tub to cold water. This can make the rubber seals contract and allow water to penetrate.

DO NOT wear the watch in soapy dishwasher or bubble baths. The alkali contained in soaps can damage the rubber seals.

DO NOT use cleaning solvents to clean your watch. Solvents WILL damage the integrity of the plastic.The watch can be wiped clean with a lightly moistened cloth.

ALWAYS rinse the watch with clear tap water after exposure to salt water. Salt is highly corrosive and can damage both the rubber seals and the watch case.

PROTECT the watch from extreme heat, shocks and excessive exposure to direct sunlight.

NEVER expose the watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellent, sunscreen and other toiletries, as they may damage the unit.

KEEP the unit out of the reach of children and pets. The unit contains small parts that might be swallowed.

NEVER disassemble or modify the unit. Modifications to this unit will VOID THE WARRANTY.

## Warranty & Service Information

Information regarding the limited 2 year warranty can be found at the New Balance Sports Monitors website: [www.nbmonitors.com](http://www.nbmonitors.com)  
800-446-7587 / [help@4implus.com](mailto:help@4implus.com)

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