

User manual

Model:ZoomHRV

Brand:Life Trak



Manufacture:Fairlegend Electronics, Ltd.

OVERVIEW

1

Throughout this quick start guide, when you see this symbol, it denotes when LEDs / icons will appear blinking in the display



- GENERAL WORKOUT
CALORIE GOAL
- RUNNING WORKOUT
STEP GOAL
- HRV (VScan) - Blue
% MAX HEART RATE - Green
- SWIMMING WORKOUT
SWIM LAP GOAL
- CYCLING WORKOUT
CADENCE GOAL

- + Heart Rate Variability
- + HR-Linked Calorie Burn
- + Activity & Sleep Tracking
- + Auto & On-Demand HRV
- + Exercise Recovery Monitor
- + Swim Lap Counter
- + Optical Heart Rate
- + Real-Time Fitness Score
- + 5-Day Battery Life
- + Heart Rate for Swimming
- + Cadence for Cycling
- + 50M Water Resistant
- + Heart Rate Zone Training
- + Light Exposure Advisor
- + Wear in Multiple Areas

CONTACT INFORMATION

2

HELLO FROM LIFETRAK!
This Quick Start Guide is designed to get you and your LifeTrak Zoom HRV™ up and running. For an in-depth user guide, product & app tips, additional product and safety information and educational material, please visit:

Still have a question about your LifeTrak Zoom HRV?
Please contact our customer service team at support@LifeTrakUSA.com

NOTE: Actual model, screens and app images may vary slightly from images shown.

NOTE: This is NOT a medical device. Please visit our website to view cautions and warranty information.

GETTING STARTED

3

GETTING STARTED
- Remove the clear plastic film from the back of your ZOOM.

STANDBY MODE
- Your ZOOM is in Standby Mode & may need a recharge before initial use. You will NOT be able to PAIR your device to the app if your battery is too low (< 30%), so please check your battery status before starting. See Section 4.

TO ACTIVATE YOUR ZOOM
- First, you will need to PAIR your Zoom to the Zoom HRV App. This will unlock Standby Mode and your Zoom will be ready for use. See Section 6.

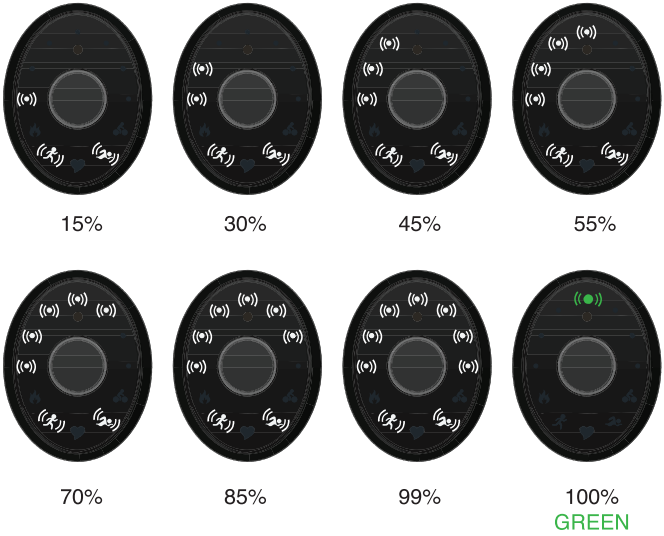
CHARGING YOUR ZOOM

4

CHARGING DOCK & CABLE
- Insert the Micro USB end of the Charging Cable into the Charging Dock.
- Plug the USB into your computer or alternate USB charging port.

ALIGN ZOOM POD ON CHARGING DOCK
- There are 3 connector pins on the Charging Dock and 3 connector pads on the backside of your Zoom Pod.
- Align the connectors and place the Zoom Pod on the Charging Dock. The magnetic connection will hold it in place.

CHECK THE BATTERY STATUS
- To confirm that your Zoom Pod is charging, the RUNNING and SWIMMING icons will flash in the display.
- Your battery life % will display via flashing LEDs as follows:



WEARING YOUR ZOOM

5



ZOOM POD & YOUR SPORT WRIST BAND
- Always insert the Zoom Pod from the bottom of the sport wristband.
- Snap securely in place, making sure the Zoom Pod is snug in the opening before wearing.
- To help orient the Zoom Pod, please note that the Zoom logo is printed at the bottom (six o'clock) position.

PAIR YOUR ZOOM

6

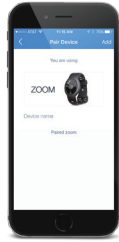


STEP 1
Install the Zoom HRV App
Please install the FREE Zoom HRV app (available for iOS and Android) on your compatible device.

Visit www.lifetrakusa.com to learn about the app and view compatible devices.



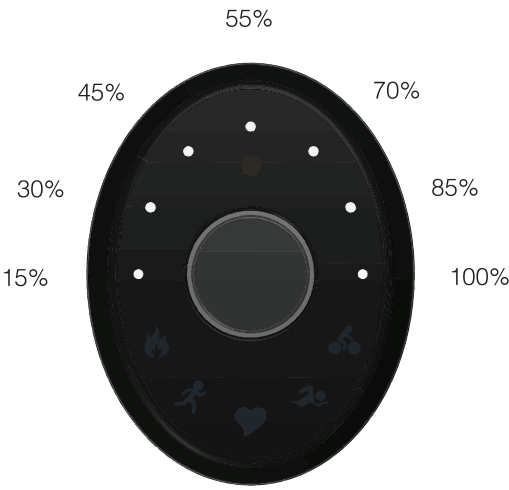
STEP 2
Fill out your profile and log in to the app
Open your Zoom HRV app and follow the prompts to enter your information. To provide you with the most accurate HRV, HR zones, calorie burn and activity data, please make sure you fill out all of the information completely and correctly.



STEP 3 Pair your Zoom to the app
1. Click on this icon
2. Go to Settings
3. Go to Pair Device
4. Go to Add (upper, right corner)
5. Follow the prompt & Quick Press the button on Zoom 3x in a row (rapidly)
6. Zoom will begin the PAIRING process

LEGEND

7a



% LEGEND

WARNING: Before starting a new exercise routine, please consult your doctor or health care professional to help you determine your maximum heart rate, upper and lower limits, exercise frequency and duration appropriate for your age, condition and specific goals.

ACTIVITY OVERVIEW

7b

PRESS When you see the word PRESS, you will press the button.
TAP When you see the word TAP, you will tap the top of the pod (not the button).
For best results, TAP the POD at the 11 o'clock position.

ACTIVITY OVERVIEW
You can check the following directly from your wrist:
• Time of Day
• Calorie Goal
• Step Goal
• % Max Heart Rate
• HRV Meter (VScan)
• Swim Lap Goal
• Cadence (Cycling) Goal
• Battery Life

- PRESS the button to view TIME OF DAY
- While the TIME is visible, TAP the POD to toggle between the Daily Activity Modes. See Section 7d.

BATTERY LIFE
- To view your battery life, PRESS the button to view TIME OF DAY, then FAST TAP the POD 3x in a row (rapidly).
- Your battery life % will display via LEDs (see % Legend).

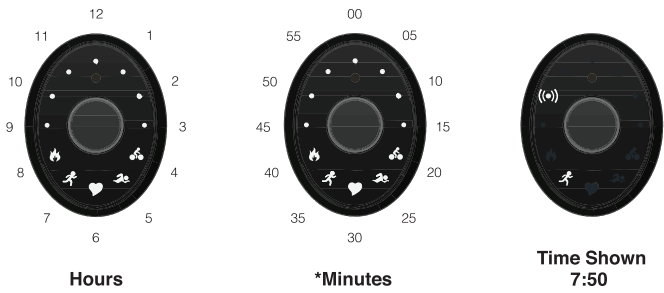
LOW BATTERY ALERT
- You will receive a vibration alert and red LED indication when your battery life is low.
You should charge immediately.



TIME OF DAY

7c

TIME OF DAY (CLOCK)
The Time of Day will be displayed as a SOLID LED (HOUR) and a BLINKING LED (MINUTES).



* Minutes are shown in 5 minute increments, so the time will be +/- 2 minutes

HINT: You can also activate the time by a gesture (arm movement).

If Zoom Gestures are active, you can view the time simply by rotating your wrist up to look at your Zoom!

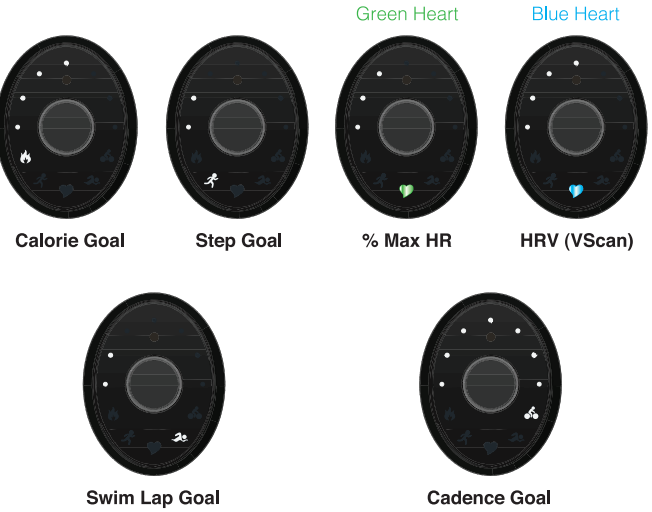
Zoom Gestures can be turned on / off in the app under Settings.

To learn more about gestures, please view the full version instruction manual online:
www.lifetrakusa.com/support/help-center/

DAILY ACTIVITY

7d

DAILY / WORKOUT GOALS
Activity is expressed as a % towards your daily / workout goals (which you set via the Zoom HRV app).
See % Legend for details.



The % Max HR value is based on the Max Heart Rate number provided under Settings > Workout Settings > Heart Rate Zone
HRV (VScan): This is based on the last VScan you recorded. If you have never recorded a VScan, LED indicators will not appear in the display.

SYNC DATA TO APP

8

Sync your Zoom Data
Once your Zoom is PAIRED to the app, you will be able to SYNC your data at any time. We suggest you sync once daily. To sync your Zoom,

1. Open your Zoom HRV App
2. QUICK PRESS the button 3x in a row (rapidly)



WHAT'S YOUR FITNESS SCORE?

9a

YOUR PERSONAL FITNESS SCORE

Until now measuring HRV required either sophisticated medical equipment, cumbersome chest belts or slow and inconsistent finger-touch readings. By contrast, ZOOM automatically detects HRV during periods of deep sleep to provide an ongoing, highly personal wellness assessment (fitness score). This data is combined with sleep analysis, streaming heart rate feedback and activity measurements to create a single, comprehensive fitness grade called VScore. ZOOM can also measure HRV at any time to provide an immediate HRV assessment called VScan. Both VScan and VScore are tracked over time to monitor increases and decreases in physical and emotional wellness making ZOOM a uniquely powerful device.

For more information on Heart Rate Variability, VScore, VScan and Heart Rate Training Zones, please visit www.lifetrakusa.com

VSCORE

9b

What's your SCORE?

Zoom automatically detects your **Heart Rate Variability** while you sleep, so be sure to wear **Zoom 24/7**. When you sync Zoom the next day, the Zoom HRV app will display your **VScore**, a baseline fitness score based on HRV recorded through the night. Your VScore can be used to track general health or to compare with a VScan for workout rest / recovery guidance.



DASHBOARD

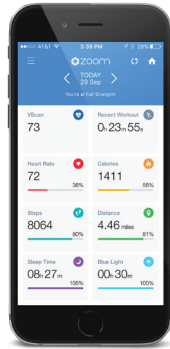
10

OVERVIEW

- Your DASHBOARD gives you a snapshot of today's VScore and daily activity. Your daily VScan will also display in the dashboard if you recorded a VScan today.

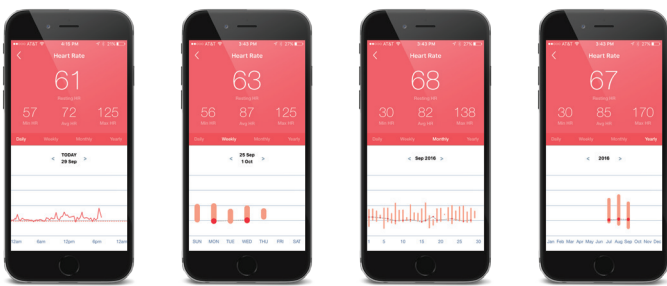
HINT: Use the arrows (< >) to scroll to a previous day. You can review your snapshot and details for that day & track progress.

To quickly jump back to TODAY, click the HOME icon (top, right).



DETAILS

- To view detailed stats for each DASHBOARD item, simply tap open to review Daily, Weekly, Monthly, Yearly information.



Heart Rate Detail Shown as Example

WORKOUT MODE : HEART RATE ZONE TRAINING

11a

HEART RATE ZONE INDICATORS (LED)

- HR Training Zones can be set as either 3-Zones or 7-Zones; this will determine how the LEDs display on your Zoom during your workout.

VIEWING YOUR HEART RATE ZONE:

ZOOM GESTURES are active (in the app): you can view your heart rate zone simply by rotating your wrist up to look at your Zoom!

ZOOM GESTURES are turned off (in the app): your heart rate zone will appear in the display at all times during your workout. This option has active LEDs at all times, so your **battery life may be affected**.

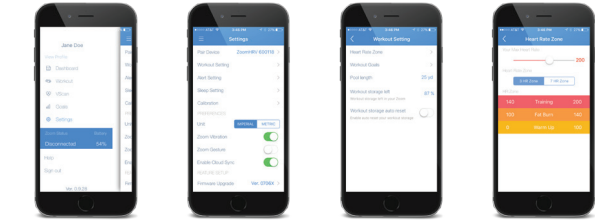
HEART RATE ZONE ALERTS (VIBRATION)

- Get in the zone and focus on your workout. The Zoom vibrates to let you know when you've moved to a different heart rate zone.

NOTE: If you turned OFF the Zoom Vibration (in the app - under Settings), you will **NOT** receive ANY vibration alerts during your workout.

CUSTOMIZE YOUR MAX HR AND HR TRAINING ZONES

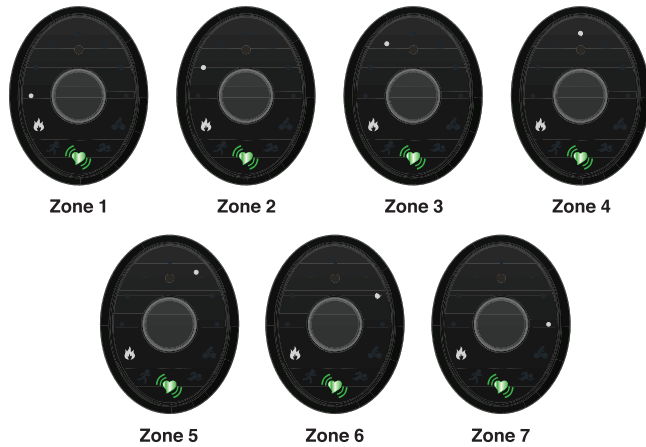
To get the most out of your workouts, you can customize the Max HR and Heart Rate Training Zones via the Zoom HRV App (under Settings > Workout Setting):



3-ZONE TRAINING



7-ZONE TRAINING



NOTE: Continuous heart rate recordings & heart rate training zones are only available when a workout is active.

RECORD A WORKOUT

11b

RECORDING A WORKOUT

There are two ways to record a workout:

1. On your Smart Device (smartphone / tablet)
2. On your Zoom

OPTION 1 RECORD A WORKOUT ON YOUR SMART DEVICE

This option allows you to view your streaming workout data in real-time for the duration of your workout.

- Open the Zoom HRV app.
- Press & Hold the button on your Zoom for 3 seconds.
- To let you know that your workout has started and is recording, a **GREEN HEART + ACTIVITY TYPE ICON*** will flash in the display on your Zoom.
- Follow the prompts in your app to start / stop / record your workout.

OPTION 2 RECORD A WORKOUT TO YOUR ZOOM

Don't want to carry your phone during your workout? No problem. This option allows you to start / record your workout directly on your Zoom!

START RECORDING A WORKOUT

- Press & Hold the button on your Zoom for 3 seconds.
- To let you know that your workout has started and is recording, a **GREEN HEART + ACTIVITY TYPE ICON*** will flash in the display on your Zoom.

STOP RECORDING A WORKOUT

- When you are finished working out, Press & Hold the button on your Zoom for 3 seconds to stop and record your workout.
- The **GREEN HEART + ACTIVITY TYPE ICON*** will disappear.

VIEW WORKOUT DETAILS

- At your convenience, you can sync your Zoom to the Zoom HRV App and review your Workout Details.

*See section **WORKOUT TYPES (11c)** for more information.

WORKOUT TYPE

11c

TRACK YOUR WORKOUTS

Your Zoom HRV tracks four (4) different workout types:

- General Exercise
- Running / Walking
- Swimming
- Cycling

Each workout type provides you with insights specific to your activity, so be sure to select your workout types as soon as you start your workout.

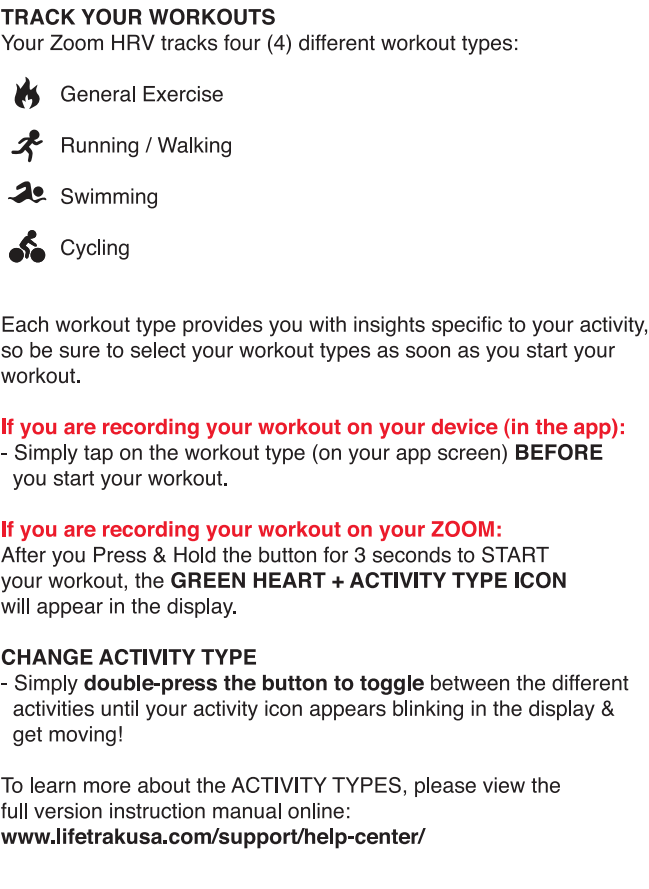
If you are recording your workout on your device (in the app):
- Simply tap on the workout type (on your app screen) **BEFORE** you start your workout.

If you are recording your workout on your ZOOM:
After you Press & Hold the button for 3 seconds to START your workout, the **GREEN HEART + ACTIVITY TYPE ICON** will appear in the display.

CHANGE ACTIVITY TYPE

- Simply **double-press the button to toggle** between the different activities until your activity icon appears blinking in the display & get moving!

To learn more about the ACTIVITY TYPES, please view the full version instruction manual online:
www.lifetrakusa.com/support/help-center/



WORKOUT / VSCAN RECORDS

12

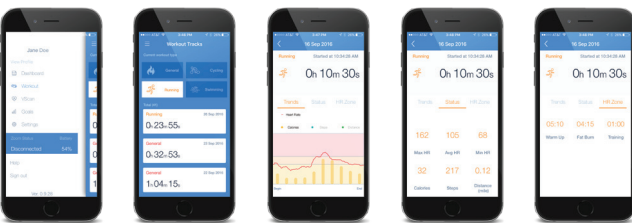
DRILL DOWN

- Want to view more detail? Take a look at your previous WORKOUT and VSCAN recordings.

To help you track your progress over time, you can review your past WORKOUTS and VSCAN recordings in detail. This information will transform training regimens in real-time and help you make smarter exercise decisions, reduce fatigue and lower risk for injury.

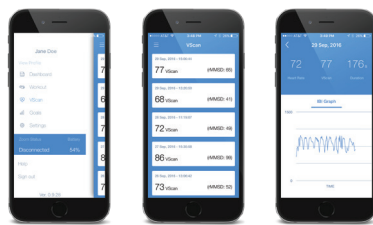
To view previous **Workout recordings**

- Click on this **icon** ≡
- Go to **Workout**
- **Review** your Previous Workouts in detail



To view previous **VScan recordings**

- Click on this **icon** ≡
- Go to **VScan**
- **Review** your Previous VScans in detail



CUSTOMIZE YOUR ZOOM

13

CUSTOMIZE GOALS FOR DAILY ACTIVITY

- Open the Zoom HRV app, then
- Click on this **icon** ≡
- Go to **Goals**
- **Customize** goals for Steps, Distance, Calories and Sleep Time

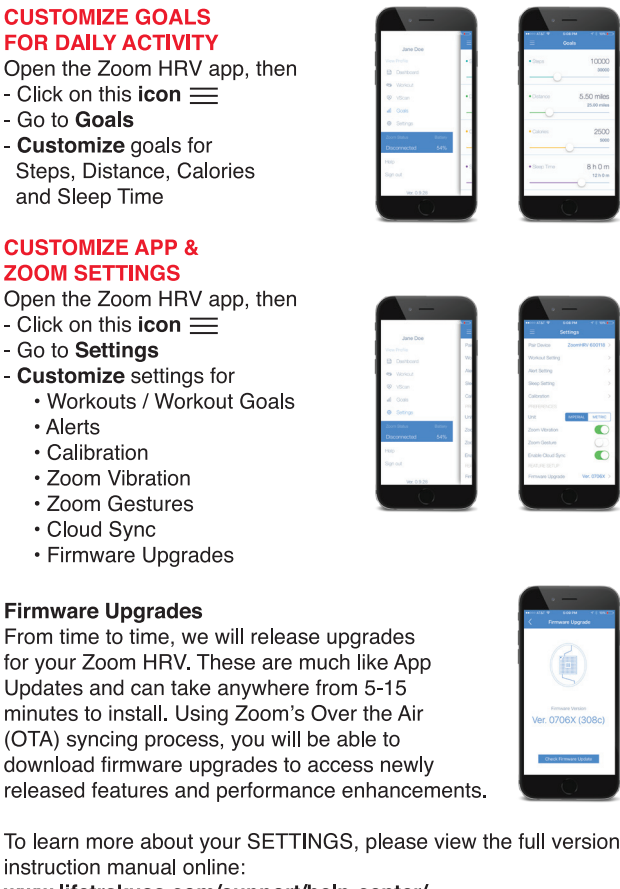
CUSTOMIZE APP & ZOOM SETTINGS

- Open the Zoom HRV app, then
- Click on this **icon** ≡
- Go to **Settings**
- **Customize** settings for
 - Workouts / Workout Goals
 - Alerts
 - Calibration
 - Zoom Vibration
 - Zoom Gestures
 - Cloud Sync
 - Firmware Upgrades

Firmware Upgrades

From time to time, we will release upgrades for your Zoom HRV. These are much like App Updates and can take anywhere from 5-15 minutes to install. Using Zoom's Over the Air (OTA) syncing process, you will be able to download firmware upgrades to access newly released features and performance enhancements.

To learn more about your SETTINGS, please view the full version instruction manual online:
www.lifetrakusa.com/support/help-center/



FCC / IC STATEMENTS

14

FCC STATMENT

§ 15.19 Labeling requirements
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.

§ 15.21 Changes or modification warning
Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

IC STATEMENT

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) This device may not cause interference, and
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

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.

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

CE Maintenance

1. Risk of explosion if battery is replaced by an incorrect type.
Dispose of used batteries according to the instructions.
- 2.The product shall only be connected to a USB interface of version USB2.0.
- 3.EUT Operating temperature range: -10° C to 40° C .

Declaration of Conformity

Fairlegend Electronics, Ltd. hereby declares that this ZoomHRV is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

C €0700