



UNDER ARMOUR.

UA Band™

User guide

DESIGNED WITH **htc**®

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Trademarks and copyrights

About this guide

In this user guide, we use the following symbols to indicate useful and important information:



This is a note. A note often gives additional information, such as what happens when you choose to do or not to do a certain action. A note also provides information that may only be applicable to some situations.



This is a tip. A tip gives you an alternative way to do a particular step or procedure, or lets you know of an option that you may find helpful.



This indicates important information that you need in order to accomplish a certain task or to get a feature to work properly.



This provides safety precaution information, that is, information to which you must pay careful attention to avoid potential problems.

Important Notices

RECORD

Any and all data synced with UA Record™ is subject to the Under Armour Terms and Conditions of Use and Privacy Policy. You can review both notices at [UA.com](https://ua.com).

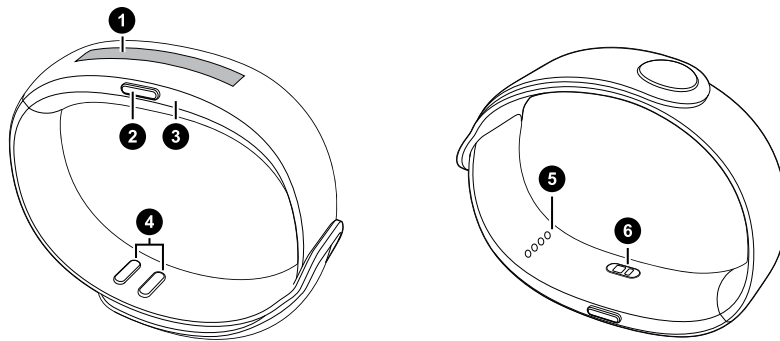
BAND

UA Band™ is not a healthcare device and should not be used as a substitute for medical care. The accuracy of the data captured is not verified. You should never disregard medical advice or delay seeking medical advice or treatment because of any content presented on or through UA Band, and you should never use the content presented on or through UA Band for diagnosing or treating a health condition. Please consult your healthcare provider before beginning any wellness or fitness routine.

Getting started

About your UA Band

The UA Band automatically tracks your sleep, steps, and resting heart rate. Use it to record your workouts, set an alarm, and more. You can also conveniently get notifications and listen to music from your phone.



1	Touch screen
2	Home button/Power button
3	Indicator LED
4	Strap pins
5	Charging connector
6	Built-in heart rate monitor

Charging your UA Band

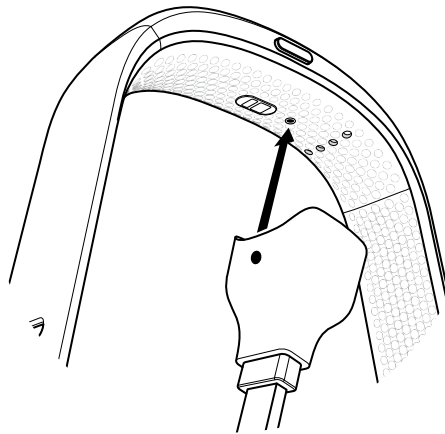


- Make sure that connectors on UA Band are dry before you use the charging cable, since the charging cable is not water-resistant.
- To avoid electrical short circuits, unplug the charging cable from the power source when not charging UA Band.

1. Connect your UA Band to the supplied charging cable.



Make sure that the dot marker on the charger is aligned with the marker on the band. The charging cable will still attach when put on backwards, but will not charge.



The indicator LED will turn red when charging.

2. Plug the USB cable end into a power source. The indicator LED shows green when charging is complete.

Turning your UA Band on or off

The first time you turn your UA Band on, the device will vibrate and prompt you to open the UA Record app on your phone to initiate device pairing.



Make sure that you've downloaded and installed the UA Record app on your phone to complete the setup. For more information, see [UA Record app](#) on page 7.

Turning your UA Band on

To turn your UA Band on, press and hold the Home button.

Turning your UA Band off

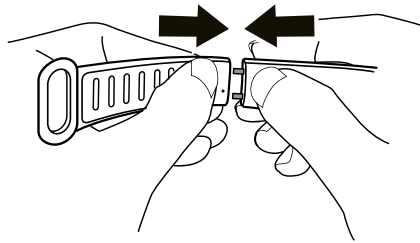
Do one of the following:

- Press and hold the Home button for a few seconds, and then tap ✓ to confirm.
- Through the UA Band settings:
 - a) On the Home screen, tap ∨ .
 - b) Tap ⚙️.
 - c) Tap ⏻, and then ✓ to confirm.

Replacing the UA Band strap

You can replace the strap for your UA Band, which comes with an extra strap that can fit smaller wrist sizes.

1. Insert the provided pin into the small hole on the underside of the strap, and then carefully pull out the current strap.
2. Attach the replacement strap to the main portion of the band. Push and press the two towards one another firmly to lock them in place.



3. After attaching the strap, gently pull on the strap to check if it is securely fastened.

UA Record app

Download and install the UA Record app on your phone to set up your UA Band and explore all of its great features.

- Track your training performance and check your progress toward your fitness goals.
- Connect to a social network of trainers, coaches, and athletes.
- Manage your UA Band settings from your phone using UA Record.



The first time you open the UA Record app, make sure to create or sign in with your Under Armour account to sync your fitness data and enjoy the other features.

Downloading and installing the UA Record app



Before downloading the UA Record app, please make sure that your phone meets the minimum system requirements indicated on the UA Record app's download page.

1. On your phone, open the Play Store or App Store®.
2. Search for UA Record.
3. Download and install the UA Record app.

Pairing your UA Band with UA Record

To set up your UA Band, you need to pair it with UA Record.




Make sure that you've:

- Downloaded and installed UA Record on your phone.
- Turned on Bluetooth® on your phone.
- Placed your UA Band near your phone.

1. On your phone, open the UA Record app.
2. Do one of the following:

If you are a new UA Record user...	<ol style="list-style-type: none">1. Tap Register to create your UA Record account.2. Once signed in, choose HBAND.
---	--

If you already have a UA Record account...	<ol style="list-style-type: none">1. Sign in to your UA Record account.2. Tap  > HBAND > Connect.
---	---

3. When prompted, enter or confirm the passkey displayed on your UA Band.



If you're using an Android® phone and you don't see your passkey displayed, check your notification panel.

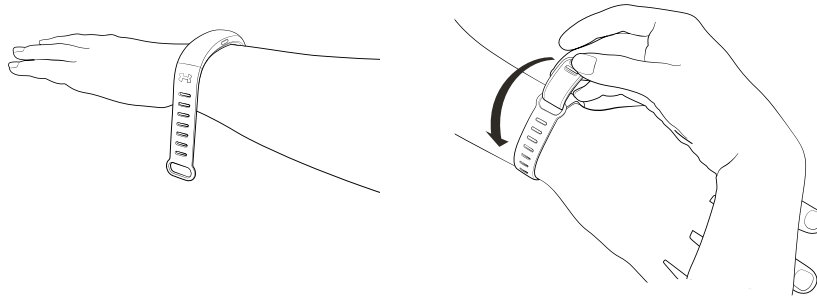
4. Tap **Continue** to complete the setup on your phone.

Using your UA Band

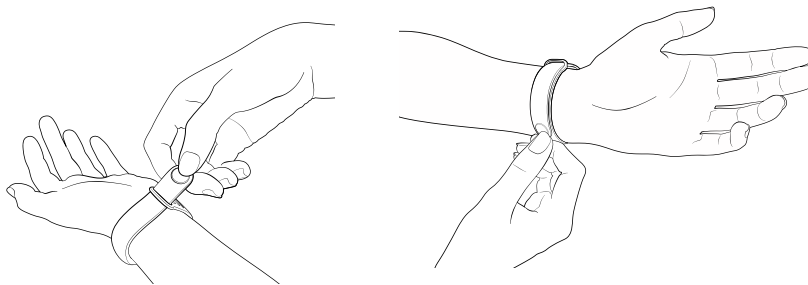
Basics

Wearing your UA Band

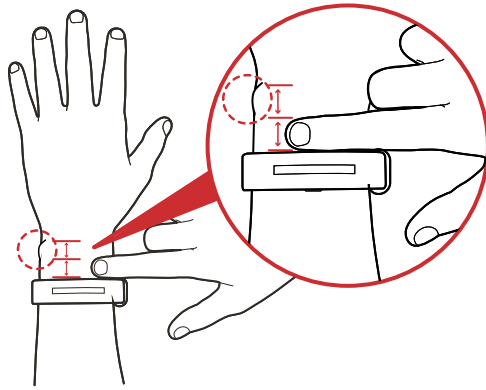
1. Place the UA Band on your wrist, and then insert the other end of the strap through the buckle.



2. Adjust the strap until UA Band fits snugly, and then fasten the clasps.

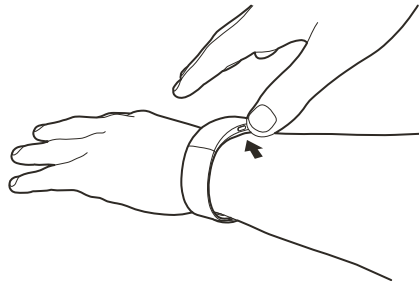


3. For best heart rate results, wear your band further up your arm, approximately one finger width up from our wrist



Home button

- To turn the band on and off, press and hold the Home button.
- When the display is off, press the Home button to go to the last viewed screen.
- When the display is on, press the Home button to return to the Home screen.



Switching between UA Band screens

- On the Home screen, swipe left or right to switch between screens on the Home row.



- On some screens, you can tap \vee or \wedge to view more options.

UA Band screens

Explore the different screens of your UA Band.

- Use the Home screen to check the time, access apps and settings, and view notifications.



- Use the Fitness screen to track different workout types, including running, cycling, weights, and customized workouts. See [Tracking your workout](#) on page 12.



- Use the Heart rate screen to quickly get a reading of your current heart rate. See [Checking your heart rate](#) on page 13.



- Use the Sleep screen to view your previous sleep duration or to manually record your sleep. See [Recording your sleep](#) on page 16.



- Use the Activity screen to check your daily step count, as well as your progress, distance traveled, and calories burned. See [Reviewing your daily steps](#) on page 15.



Indicator LED

The indicator LED shows as:

- Red when your UA Band is charging.
- Green when your UA Band is connected to the power adapter or a computer and the battery is fully charged.
- Flashing blue when your UA Band is trying to pair via Bluetooth with your phone.

When your UA Band and UA Heart Rate™ are connected, your heart rate zone is indicated by different colors on the LED. For more information, see [Tracking workouts with your UA Heart Rate](#) on page 14.

Workout

Tracking your workout

Track information on distance, duration, calorie burn, and more.




The locked workout feature is only available in UA Band software update 1.15 and higher.

1. On the Home screen, swipe left or right until you get to the Fitness screen.




The duration of your workout session will not be shown until you start recording it.

2. Tap  to see the workout types.
3. Tap an icon to choose a workout type.

	Run
	Bike
	Gym
	Walk




You can add your favorite workout as an option. See [How can I add a customized workout?](#) on page 13.

4. Tap  to start recording your workout. Your UA Band will start the workout counter and automatically lock it to prevent accidental interruptions while recording.



5. While your workout is in progress, you can do the following:

Navigate to other areas of your UA Band	<ol style="list-style-type: none"> 1. Press the Home button to unlock the screen. 2. Press the Home button again to go to Home screen. 3. To quickly return to the workout screen, tap the workout type icon on the Home screen.
--	---

Check your workout data	Tap  to see your progress.
--------------------------------	---

Pause your workout

1. Press the Home button to unlock the screen.
2. Tap **||** .

End your workout


1. Press the Home button to unlock the screen.
2. Tap **|| > ■** .
3. Tap **✓** to save your workout.



- To get more information from your workout, use your UA Band with UA Heart Rate. See [Tracking workouts with your UA Heart Rate](#) on page 14.
- You can choose to keep the screen on or continue receiving notifications while working out, among other options. See [Changing your UA Band workout settings](#) on page 22.

How can I add a customized workout?

You can add your favorite workout type on UA Band, like basketball or yoga.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND** .
4. Under Preferences, tap **Workout Settings**.
5. Tap **Customize workout**.
6. Scroll the list for options, and then tap the workout type you want added to UA Band.

The option will replace the right-most workout type icon on the Fitness screen.

Heart rate monitor

Checking your heart rate

Use the built-in heart rate monitor in UA Band to check your current heart rate.

1. On the Home screen, swipe left or right until you get to the Heart rate screen.
2. Wait to get a reading. It can take up to a few seconds.



What can I do if my heart rate can't be detected?

Try these steps to troubleshoot the issue:


- Keep your arm and wrist steady while your heart rate is being measured.
- Make sure that UA Band is sufficiently charged. Heart rate detection is disabled when the battery falls below 5%.
- Check if there's any dust or dirt on the heart rate monitor sensor. Wipe it with a damp cloth, and then wipe it dry.
- If the temperature is cold, do some warm up exercises first before measuring your heart rate. Cold weather will affect your blood circulation and therefore make it more difficult for the sensors to measure your heart rate.
- Make sure that you're wearing UA Band properly. For more information, see [Wearing your UA Band](#) on page 9. Try wearing UA Band on your other arm as well.

Tracking workouts with your UA Heart Rate


Your UA Band works together with your UA Heart Rate to track your workout sessions.





Your UA Band and UA Heart Rate must both be linked to the same UA Record account.

1. Put on your UA Band and your UA Heart Rate.
2. On your UA Band, press the Home button to turn on the display.
3. Swipe left or right until you see the Fitness screen.
4. Tap .




- Select the type of workout you want, and then tap . You'll see a confirmation that UA Heart Rate is connected to UA Band.



- While working out, you can:
 - See your heart rate zone indicated by the color shown on the indicator LED on UA Band.
 - Tap  to see your calories burned, current heart rate, and more.
 - Tap  to pause tracking your workout.




While your workout is paused, you can tap  to resume or  to finish tracking your workout.

LED color	Heart rate zone
Blue	Low/resting heart rate (50-59% of max)
Green	Light (60-69% of max)
Yellow	Moderate (70-79% of max)
Orange	Vigorous (80-89% of max)
Red	Peak heart rate (90-100% of max)

Fitness data

Reviewing your daily steps

Monitor your progress towards your daily activity goals.

- On the Home screen, swipe left or right until you get to the Activity screen.
- Tap  to scroll through your data, including calories burned and distance traveled.




You can set a new Steps goal at any time in the UA Record app. On your profile page, tap **My goals > Activity** to set your new goal.

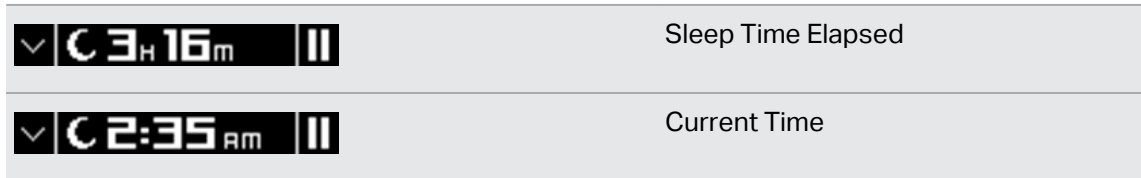
Recording your sleep








Your UA Band is set by default to automatically detect your sleep patterns. To adjust this setting, see [Setting UA Band to record your sleep](#) on page 16.

Wear your UA Band to bed each night to automatically track your sleep and resting heart rate.


If you wake up in the middle of the night, you can toggle between sleep time elapsed and the current time by tapping .



If you want to manually record your sleep, follow these steps:

1. On the Home screen, swipe left or right until you get to the Sleep screen.
2. Tap  to go to the Log manual screen.
3. Tap  to start recording.
4. Tap  to pause, and then tap  to stop recording.
5. Tap  to save your data.

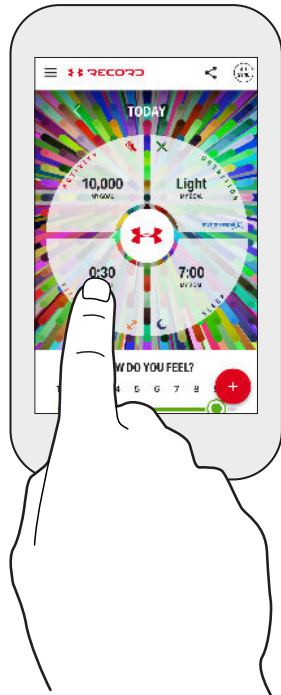
Setting UA Band to record your sleep

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Under Preferences, tap **Band Customization**.
5. Toggle the **Sleep Auto-Detect** switch to turn auto detection on or off.

Checking your stats

Check UA Record to see a history of your fitness and activity data.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap a tile to check your current stats and trends.





Other apps

Controlling music playback on your phone








Make sure that you've opened a music player on your phone.

1. On the Home screen, tap .
2. Tap .
3. Use the controls to play and pause the music, go to the next or previous track, or adjust the volume.

Creating an alarm

You can use your UA Band to set an alarm to wake you up or remind you when it's time to eat your next meal.

1. On the Home screen, tap .
2. Tap .

3. Tap .
4. To set the time, tap the number you want to change. While it's flashing, tap  or  to edit the time.






You can also tap another number to edit or change to AM/PM.

5. When done editing, tap the flashing character.


The alarm will automatically be turned on once the time is set. To dismiss, tap **Alarm set**. If you want to disable the alarm, tap the checkbox to remove the checkmark.

You'll see the alarm icon on the Home screen after you've created the alarm.









Using the timer

1. On the Home screen, tap .
2. Tap .
3. Tap .
4. To set the time, tap the number you want to change. While it's flashing, tap  or  to edit the time.



You can also tap another number to edit.

5. When done editing, tap the flashing number.
6. Tap .
7. After the time is up, tap the screen to dismiss the timer.

Using the stopwatch

1. On the Home screen, tap .
2. Tap .
3. Tap .
4. Tap  to start.
5. Tap  to record the lap time.
6. Tap  to pause. If you've recorded several laps, tap the time, and then tap  to review your data.
7. Tap  to start over.

Checking the remaining battery power

1. On the Home screen, tap .
2. Tap . You'll see the battery life as a percentage.

Events, messages, and notifications

Checking calendar events


Quickly see what's coming up on your schedule.






To receive notifications on your UA Band, you'll need to adjust your preferences in the UA Record app. To find out how, see [Managing notifications on your UA Band](#) on page 21.

1. On the Home screen, tap the notification counter.





2. Find the notification with the  icon.
3. Swipe from right to left to read the details, or tap on the notification to move on to the next one.



4. At the end of the details, tap  .
5. When prompted, tap  to snooze the event or tap  to dismiss it.




You can also find an app shortcut for your calendar events. On the Home screen, tap  >  .

Getting notified of incoming calls



To receive notifications on your UA Band, you'll need to adjust your preferences on the UA Record app. To find out how, see [Managing notifications on your UA Band](#) on page 21.


Depending on your notification settings, your UA Band will vibrate when you receive an incoming call on your phone. If you're an Android user, you can tap  to decline the call. To answer the call, you'll need to accept the call from your phone.

Viewing missed call notifications

Check if anyone's called you while you're training.

1. On the Home screen, tap the notification counter.



2. Find the notification with the  icon.
3. Swipe from right to left to read the details, or tap on the notification to move on to the next one.



Viewing text messages




To receive notifications on your UA Band, you'll need to adjust your preferences on the UA Record app. To find out how, see [Managing notifications on your UA Band](#) on page 21.

Read text messages while you're on the go.

1. On the Home screen, tap the notification counter.



2. Find the notification with the  icon.
3. Swipe from right to left to read the details, or tap on the notification to move on to the next one.



Product care

Caring for your UA Band

UA Band meets the 2ATM waterproof and IP6 dustproof standards. Follow these tips to properly care for your UA Band.

Do's

- Use a few drops of water or alcohol and gently wipe the surface of your UA Band. If your UA Band gets stained with cosmetics, use makeup remover to clean it.
- If you have trouble charging your UA Band, check if there's dirt on the band's contact pin. Clean the dirt to resume charging.
- If the charging connector gets wet, hold it and shake off the water. Make sure to let the connector port dry completely before charging your UA Band.
- In case the charging connector has had contact with salt water or liquid chemicals, rinse using fresh water. These contaminants may damage the connector pins.




Don'ts

- Avoid immersing your UA Band or letting the charging connectors come in contact with liquid chemicals such as liquid soap or detergent. Also, never immerse the device in tap water, sea water, swimming pools, hot springs, alcohol, or any liquid.
- Your UA Band does not float in water. Do not drop it into deep water.

Settings





Your UA Band settings


Adjusting the display brightness

1. On the Home screen, tap .
2. Tap .
3. Tap  consecutively until you've chosen your desired brightness level.

Turning airplane mode on or off





When you enable Airplane mode, the Bluetooth function on your UA Band is turned off.

1. On the Home screen, tap .
2. Tap .
3. Tap .
4. Tap  to confirm.

When airplane mode is turned on, you'll see the  icon on the Home screen. You can tap the icon on the Home screen or in Settings to turn airplane mode off.



Checking hardware information

Check your device model, serial numbers, software version, and more.

1. On the Home screen, tap .
2. Tap .
3. Tap , and then tap .
4. Swipe to review the details.

Managing notifications on your UA Band


Choose which types of notifications and how you receive them on your UA Band.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap .

4. Under Preferences, tap **Notifications**.
5. Do any of the following:
 - Tap **Phone Notifications** to choose whether to receive notifications from supported apps installed on your phone.
 - Tap **Calendar Notifications** to choose whether to receive event reminders from your calendar.
 - Tap **24/7 Activity Notifications** to choose whether to receive achievement and idle time messages.

Changing your UA Band workout settings

Change how you want to use your UA Band while you're working out, such as whether to receive notifications, keep the screen on, track GPS, and more.


1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Tap **Workout Settings**.
5. Tap an option to change the settings.

Changing the display timeout

Choose how long you want the display to remain active before it turns off.




The shorter the display timeout you set, the longer your UA Band battery life will be.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Under Preferences, tap **Band Customization**.
5. Tap **Screen Timeout**, and then choose an option from the list.


Choosing your UA Band screen orientation

Choose whether UA Band shows upside down relative to the Home button.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Under Preferences, tap **Band Customization**.
5. Tap **Screen Orientation**, and then choose an option.


Updating and resetting your UA Band

Checking for firmware updates

A firmware update for UA Band includes improved features and bug fixes. When an update is available, a numbered badge will appear next to the  icon and next to the your device on the Manage Apps & Devices screen.



Make sure that your phone is near your UA Band while the firmware is updating. The battery must be at least 30% charged to update the firmware.






1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Tap **Software Version**.
5. When an update is available, tap **Install**.

Wait for the transfer progress to finish, which may take a couple of minutes. While the update is in progress, the pairing between your phone and UA Band will be temporarily disconnected. You'll see a confirmation when the update is complete.

Disconnecting your UA Band from your phone




Your fitness data from your Under Armour account won't get deleted even if you've disconnected your UA Band from the UA Record app.

1. On the Home screen, tap .
2. Tap .
3. Tap .
4. Swipe to read the warning, and at the end of the details, tap .
5. When asked to confirm, tap .

Disconnecting your UA Band from UA Record









Your fitness data from your Under Armour account won't get deleted even if you've disconnected your UA Band from the UA Record app.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Under My Apps & Devices, tap **UA BAND**.
4. Tap **Bluetooth Settings > Forget this device**.
5. Tap **Forget** to confirm.

Performing a factory reset (hard reset)

Do a factory reset to return UA Band to its original state.

1. On the Home screen, tap .
2. Tap .
3. Tap , and then tap .
4. Swipe to read the warning, and at the end of the details, tap .
5. When asked to confirm, tap .

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