DOfit

GPS 1
Activity Tracker

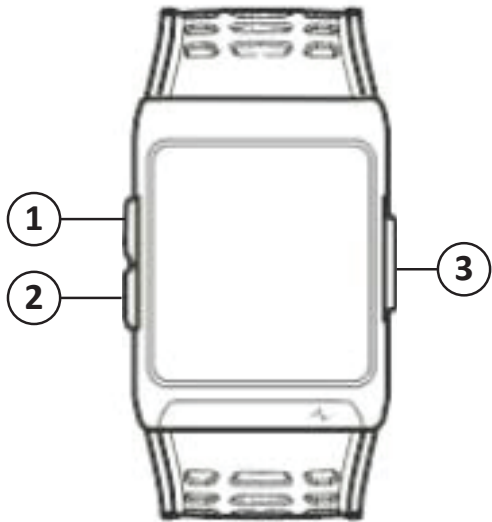# USER MANUAL

1. GPS1 Device Overview

| Button	Short press	Press & hold
①	• Return to the previous menu • Continue exercise • Light up	• Return to home-screen • When on home-screen, press and hold to jump to shortcut page
②	• Page up • Light up	• Quick start – default Sports Mode
③	• Light up • Turn off the screen • Confirm • Pause • End exercise	• Power on • Power off

2. Pairing your smartphone with GPS1 Device:

2.1 Install "TRAX GPS" from App store and open it.

2.2 Turn on the GPS1 device and ensure that your smartphone is within 10meters.

2.3 Ensure that your smartphone Bluetooth is on.
Important: do not pair smartphone to GPS1 device via Bluetooth setting: the app will automatically do this.

2.4 Follow the app's instructions to complete signing in, pairing and setting processes.

3. Wearing GPS1 Device

3.1 Wear the GPS1 device above your wrist bone.
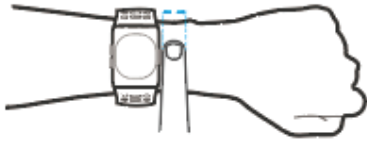
3.2 The device should be snug, but comfortable, and should not move while running or exercising.

3.3 Note: the heart rate sensor is located at the back of the device.

4. Charging the device

4.1 Attach the USB cable provided to the charging point on the back of the device (magnetic).

4.2 Connect USB cable to appropriate power source.

4.3 Charge the device until battery icon on the main menu is full.
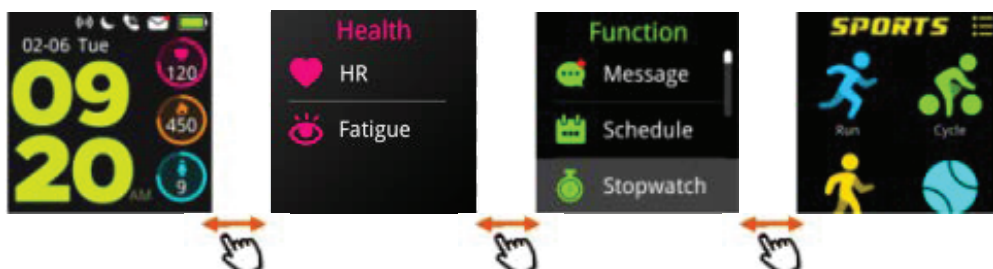

5. Operating instructions

	Tap the screen
	Swipe up or down
	Swipe left or right

5.1 On the home screen slide your finger left or right to find SPORTS FUNCTION or HEALTH.
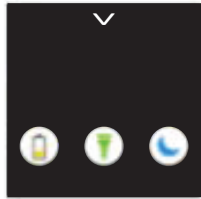
5.2 On the home screen, swipe <u>up</u> to find **battery, flashlight, no disturb.**
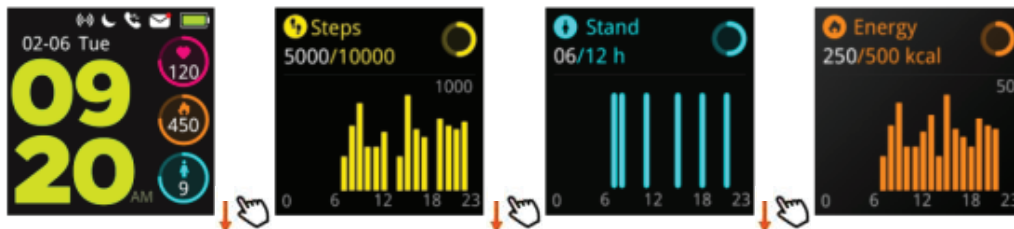
    5.2.1 Tap battery to enter power-saving mode which closes the device functions: tap to restart functions.

    5.2.2 Tap flashlight to turn it on: swipe <u>down</u> to turn off.

    5.2.3 Tap no disturb to enter this mode: tap to cancel.

5.3 On the home screen you can read steps, stand and energy by vertically swiping the screen down:

    5.3.1 Steps: the daily goal is set at 10 000 steps (can be adjusted through the app).

    5.3.2 Stand: if you walk more than 250 steps per hour, there will be a blue column for that hour (this goal cannot be changed through the app).

    5.3.3 Energy: the daily calories goal is set at 500 kcal (can be adjusted through the app).

6. Health operating instructions

6.1 Heart Rate (HR) – gives the current heart rate (tap icon to initiate).

    Note: if reading appears inaccurate try again, ensuring that the watch is firmly attached to arm.
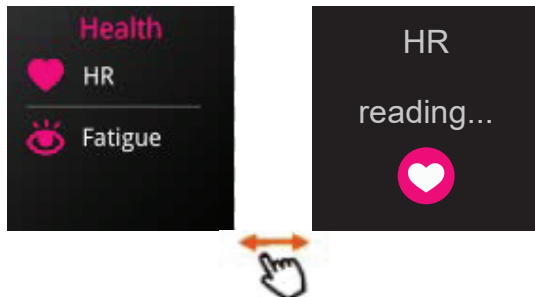
6.2 Fatigue

    6.2.1 This tests the heart rate variability (HRV).

    6.2.2 Place your index finger or thumb on the electrode on the device (see diagram).

Electrode symbol

Hold the posture for about 1 minute.

Ensure the pink bar is complete, then view data on the screen.

6.2.3 External factors such as stress, sleep levels, sickness and heart rate will result in a reading which will assist
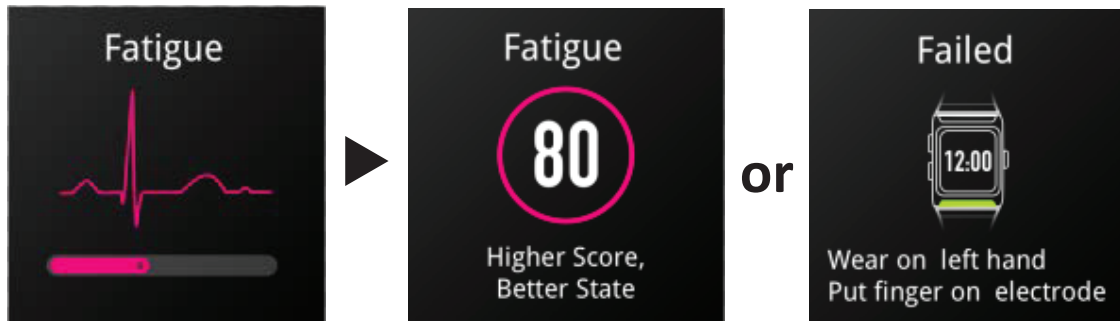you in determining your fatigue level.

6.2.4 Fatigue degree levels are defined as follows:
100: excellent
80 – 100: good
65 – 80: normal
50 – 65: fatigued
Less than 50: bad
It is recommended that you reduce your training intensity if below 65; or increase training
if higher than 80.

6.2.5 Please note:
a) HRV is still a new concept.
b) Important that when testing, you remain still: it is recommended you conduct the test at the same
time of the day when your body is in a similar condition.

7. Function operating instructions

7.1 Messaging: notifies you of messages received: in **DEVICE** tab section of app, select those messages you
want to receive (SMS, Facebook, WhatsApp, etc.). GPS1 device will vibrate or sound (or both)
depending on your app setting.

7.2 Schedule: in **DEVICE** tab section of app, you can schedule meetings.

7.3 Stop watch: tap appropriate button to start, pause, stop and reset.

7.4 Timer: allows appropriate period of time to lapse before notification.

7.5 Settings:
7.5.1 Dial: allows you to change appearance of home screen.
7.5.2 Long press: set quick start default sports mode so that you can start exercise by pressing button 2 without
scrolling through menu.
7.5.3 Smart track: automatically detects activity, and records activity data (only recommended in activities
which are constantly changing i.e. triathlon). Note: readings may not be as accurate as when manually started.
7.5.4 24h HR: Takes your heart rate continuously (will reflect readings in App).
7.5.5 No Disturb: activating will ensure that you dont get notifications – GPS1 device won't vibrate or sound.
7.5.6 24-hour time: your watch will show time from 00.00 to 23.59.
7.5.7 Language: set your choice of language.
7.5.8 Brightness: adjust brightness of display. (Brighter setting results in high battery consumption)
7.5.9 About: gives the devices unique code number to assist with pairing when 2 devices are close by.
7.5.10 Reset: tap icon to restore the factory setting. Note: your health details will be saved.

8. Sport operating instructions

8.1 General:
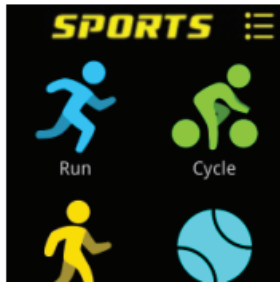
 8.1.1 The sports disciplines are ranked by frequency of exercise.
 8.1.2 There are 17 different disciplines, each with different sports settings.
 8.1.3 Three sports disciplines – running, cycling and fast walking – allow you to scroll up and down
    (when in that mode) to set specific training targets.

8.2 When tapping the top right-hand corner in Sports mode, the last three exercise details will be given.

8.3 Sport settings:
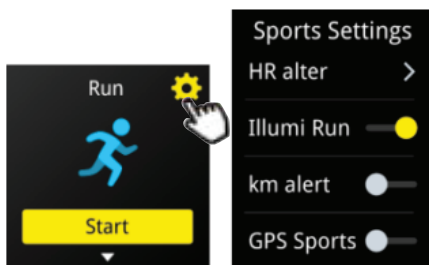
 8.3.1 Tap the top right-hand gear icon to enter sports settings for that particular sport.
    Note: sports settings can vary for each particular sport discipline: in some cases there will be no
       sports settings.
 8.3.2 HR alert: allows you to set maximum and minimum heart rate and device vibrates when you achive them.
 8.3.3 Ilumi run: only works in running mode: the background colour of the watch dictates current heart
    rate level.

| Warm-up | Fat-burning | Aerobic | Anaerobic | Extreme |
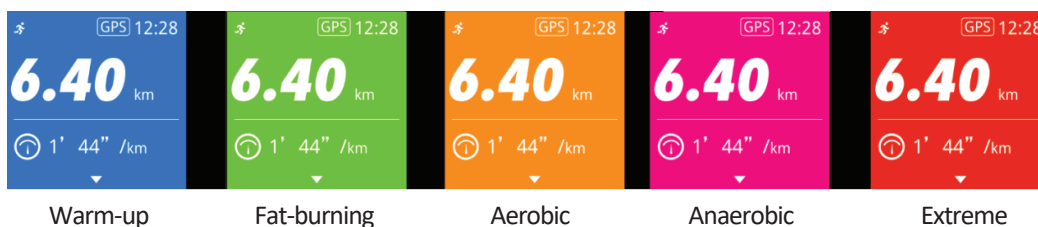
 8.3.4 Km alert: this will vibrate whenever you reach the next kilometre.
 8.3.5 GPS sports: allows you to enable or disable the GPS system.
    Note: disabling results in longer battery life.

8.4 Training targets:

8.4.1 For Run, Fast Walk and Cycling you can select the most suitable mode to achieve your goals. Swipe down vertically when in the sports discipline (note: CPET is only available for running).

8.4.2 Cardiopulmonary Exercise Tests (CPET) are based on the distance run and the heart rate level during 12 minutes of exercise. Level scored will indicate your maximum oxygen intake.

8.5 View sports results:

8.5.1 During exercise, slide right or click the button on the right of the screen to pause.

8.5.2 In the pause motion page, swipe up or down to view:
    Pause time, Active time, Heart rate, Active distance.
    Note: the color of the number will change depending on your current heart rate.

8.5.3 The device will only store data when 1 minute of exercise has lapsed.
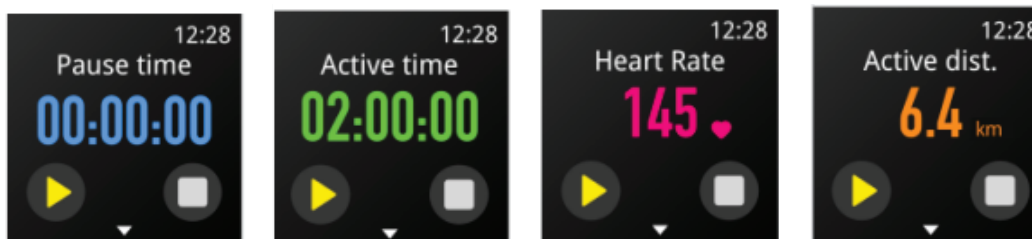
Different heart rate ranges

Red ▬ Extreme (220-Age)X90%~100% (Excluding 100%)

Pink ▬ Anaerobic (220-Age)X80%~90% (Excluding 90%)

Orange ▬ Aerobic (220-Age)X70%~80% (Excluding 80%)

Green ▬ Fat-burning(220-Age)X60%~70% (Excluding 70%)

Blue ▬ Warm-up (220-Age)X50%~60% (Excluding 60%)

9. GPS Operation

9.1 Before exercising, if GPS doesn't turn on, it will remind you to turn on GPS.

9.2 GPS flicker indicates searching for signal.

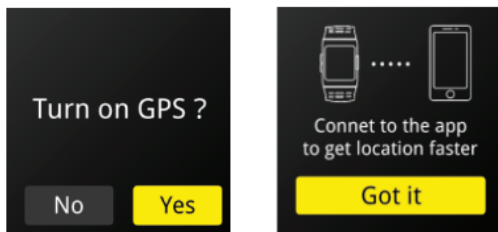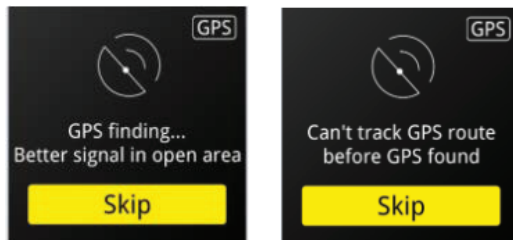9.3 When signal is found, it will automatically enter SPORTS MODE.

9.4 Acquiring satellite signals.

The device may need a clear view of the sky to acquire satellite signals.
Go outdoors to an open area.The front of the device should be facing the sky.
Wait while the device locates satellites.It may take 30-60 seconds to locate satellite signals.

10. TRAX GPS App Instructions

10.1 Select **DATA, DEVICE** or **PROFILE** at bottom of opening page of the app.

10.2 If device connected, it will automatically synchronise data from GPS1; if disconnected, reconnect through device page.

10.3 Ensure all information has been entered during setup phase.

10.4 Data page
  10.4.1 After synchronising, your Activity, Heart rate, HRV – fatigue and Sleep data for the 24-hour period, it will reflect on the app.
  10.4.2 By tapping on the appropriate section you will be given full details of that activity. When in detail page, you can view history by tapping on the date and selecting a previous date. You can also tap on details of the day's function to access further information.
  10.4.3 To record activity without the GPS1, you can start workout under GPS Sports section of the data page (note: this only applies to running, cycling and walking).

10.5 Device page
  10.5.1 Easy camera: allows you to take pictures remotely; open this section and tap on the device to do so (tapping device will take a picture).
  10.5.2 Schedule reminder and sedentary reminder: customize as required.
  10.5.3 Message notification: select notifications you would like to receive on your device.
  10.5.4 If you wish to unbind the device from the phone, tap unbind.
  10.5.5 Tap settings icon in top right-hand corner to view and customise date format; measurements choice; notification, sound/vibration and light activation.

10.6 Profile: indicates your personal settings and allows you to access FAQ, feedback, settings and Strava. You can also log out on this section.

10.7 Strava (also see demo video on www.dofit.co.za)
  10.7.1 Open profile page, click on Strava and allow GPS1 to connect with Strava.
            OK sign will appear if correctly connected.
  10.7.2 To view your activities on Strava, synchronise your activity with GPS1.
            When completed, click on activity and open it (important to click on the actual activity to
            see the full details before up loading on Strava).
  10.7.3   Note if the activity has already being recorded on your phone, it will not be duplicated.

11. Frequently Asked Questions

11.1 Why are heart rate measurements unsuccessful?

In general, thick hair or dark skin will affect the rate of success of measuring heart rate.

11.2 Why can't I get results for fatigue data?

May be due to weak ECG signal; moisten wrist to increase the conductivity.

11.3 Why does my fatigue value fluctuate?

Ensure that you are in a relaxed state when conducting fatigue test.
In addition keep posture consistent because fatigue will change with the body position,
such as lying or standing
Tip: Generally measure in the morning when getting up.

11.4 Why does my step count appear incorrect?

Ensure that you entered exact basic information in your APP, such as: gender, age, height, weight,
etc., this can increase the accuracy of pedometer.

11.5 Why is my GPS positioning slow?

In general, the first time will be slow; you can connect via the app to help with locating.

11.6 Why is there no cycling distance; or cycling distance inaccurate?

Cycling distance is calculated based on GPS positioning; if the GPS positioning is not successful, it
will not display the distance until connected. During exercise pause activity for more accurate results.

11.7 What do I do if my device freezes?

Turn your GPS1 off and restart the device.

12. Important safety and product information

12.1 If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.

12.2 The GPS1 optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.

12.3 Always consult your physician before beginning or modifying any exercise program.

12.4 The heart rate monitor, and related data are only intended to be used for recreational purposes, not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent heart disease.

12.5 While the device optical wrist heart rate monitor technology typically provides an accurate measurement of user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances. These include the user's physical characteristics, fitment of the device, and type and intensity of activity.

12.6 The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any incorrect readings.

12.7 The activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

13. Product parameters

Size	Body 44X34X12.8mm (1.73*1.33*0.5in)	Screen size	33.02mm (1.3in)
Resolution ratio	240X240	Weight	45g(1.59oz)
Bluetooth	Bluetooth 4.2 10M (33ft) allowance	Battery life	5-7days
Working condition	0-40℃（32-104℉）	Waterproof level	164 feet
System requirement	iOS9.0 or above, Android 4.4 or above,Bluetooth 4.2		
Battery	Built-in rechargeable lithium battery		
Adjustable range of wrist strap	From 155mm to 312mm(6.1 to 8.38in)		

14. Battery Warning

14.1 Do not immerse or expose batteries to water or other liquids.

14.2 Do not have the device exposed to a heat source or left in a high temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.

14.3 Do not operate the device outside of the temperature ranges specified.

14.4 When storing the device for an extended time period, store within the temperature ranges specified.