

User manual

Using the Wrist band

The Arc-2.0 is easy-to-use and simple to navigate. The Arc-2.0 works with ACT2FIT, the app designed to help you track your fitness goals. Simply sync your wrist band data with the fitness app daily so you can review your STEPS, DISTANCE ,CALORIES , EXERCISE TIMER, TARGET GOAL, SLEEP MONITORING and monitor your activity for both day and night.

PLEASE NOTE : the wrist band will automatically RESET at MIDNIGHT. At that time, the PREVIOUS DAY'S data will automatically be saved. The Arc-2.0 stores up to 30 days of activity so you can SYNC the wrist band & app at your convenience.

Setting the wrist band

Before you can set up your wrist band or transfer data from your wrist band to the fitness app, you need to install the FREE ACT2FIT App on your Bluetooth Smart Ready device. Search for the ACT2FIT 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 ARC-2.0 - SIMPLE!

Understanding the Data

EESTIMATED CALORIES BURNED

NOTE : The ESTIMATED CALORIES BURNED are based on an advanced 24-hour calories 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 wrist band, your steps + distance + calories + Exercise time 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 wrist band for the STEPS, DISTANCE & EXERCISE TIME to record; these are all based on movement.

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

Target 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 % of the goal you have achieved in GOAL mode.

WEAR the ARC-2.0 24/7

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

SYNC the wrist band 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 wrist band.

Low Battery Warning

Signs of failing / dying batteries are:

- "LOW BATT." appears in the display when you press the switch or double tap the Arc-2.0



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

Charging the wrist band:

- A trick indicates that the battery is fully charged.



THIS WRIST BAND IS NOT WATERPROOF !

IPX4

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

CAUTION : This WRIST BAND is only water resistant to a STATIC pressure of IPX4 and water damage will occur if you accidentally press a button under water. Please take extreme

caution if you decide to wear the wrist band during water-based activities or while bathing.

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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 wrist band 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 wrist band. **THE WRIST BAND IS NOT WATERPROOF.**

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

DO NOT expose the wrist band 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 wrist band in soapy dishwater or bubble baths. The alkali contained in

soaps can damage the rubber seals.

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

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

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

NEVER expose the wrist band 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

Printed and Produced in China.

FCC STATEMENT

- 1. This device complies with Part 15 or 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.**
- 2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.**

FCC Radiation Exposure Statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without RF striction.

NOTE: This equipment has been tested and found to comply with the limits for a Class B

digital, pursuant to Part 15 or 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 the 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 or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and 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.

Water Resistance

Industry Canada Notice

This device complies with Industry Canada licence-exempt RSS standard(s).

1. 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."

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Avis d'Industrie Canada

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. Cet appareil numérique ne dépasse pas les Rèlements sur l'interférence radio par un appareil numérique de classe B stipulées dans les Règlement sur l'interférence radio d'industrie Canada.