

### Using the Wrist band

The PR125 is easy-to-use and simple to navigate. The PR125 works with Act2fit2 App, 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, and TARGET GOAL, SLEEP MONITORING, Reminders such as Hydration reminder, Pill reminder, Move alert, Notifications, 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 PR125 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 ACT2FIT2 App on your Bluetooth Smart Ready device. Search for the ACT2FIT2 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 PR125 - SIMPLE!

### Understanding the Data

#### ESTIMATED CALORIES BURNED

NOTE: The ESTIMATED CALORIES BURNED is 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 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 PR125 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:

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

Xxx (to be explained by Dennis )

????Once the word "LOW BATT" appears in the display, you

**will not be able to SYNC data from the watch to the app. (To be confirmed with Dennis.**

## **Charging the wrist band (Charging diagram from Cal)**

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.

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.

Water Resistance

**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

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