ATLAS

Multi-Trainer 3 Starters Guide

Atlas® Multi-Trainer 3
Starters Guide

⚠ WARNING

See the Important Safety and Product Information for product warnings and other important information at atlaswearables.com/safety

⚠ WARNING

Always consult your physician before you begin or modify any exercise program.

Table of Contents

4

Getting Started

When using your device the first time, complete these tasks to set up the device and learn the basic features.

1. Charge your device (page 6).

2. Pair with a smartphone (page 10).

3. Start a workout (page 18).

   - Standard workouts (page 18).

   - Freestyle workouts (page 23).

4. Calibrate an exercise (page 32).

Charging Your Device

NOTICE

To prevent corrosion and preserve charging speed, thoroughly rinse and dry the gold contacts, and the surrounding area, after every workout before connecting to the charger.

Your device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet AC adapter or a USB port.

1. Plug the USB end of the cable into an AC adapter or a computer USB port.
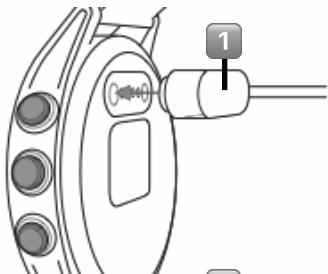
2. Align the charging end **1** with the gold contacts on the back of your device.

3. When you connect your device to a power source, your device turns on and a charging indicator appears on the Watch Screen.

- The first time you turn on your device, it is in pairing mode.

4. Charge your device completely.

Device Overview
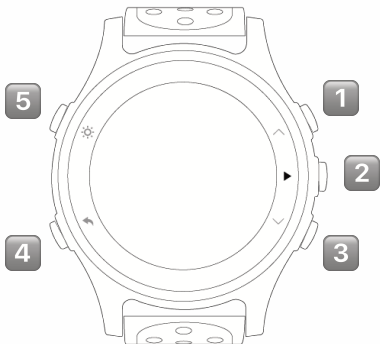
1	∧	**UP**: Select to scroll up through the data, options, pages, exercises, and settings.
2	▶	**ENTER**: Select to enter your Quick Access workouts. Select to enter, continue, or choose an option.
3	∨	**DOWN**: Select to scroll down through the data, options, pages, exercises, and settings.
4	↩	**BACK:** Select to return to the previous screen. Select to open the menu and pause your workout.

| 5 | ☼ | **LIGHT**: Select to turn the backlight on and off.
TIP: Hold for 15 seconds to restart. |

Pairing With Your Smartphone

To use the Connected Features of the Atlas device, it must be paired directly through the Atlas Fitness app. Do **not** pair from the Bluetooth settings menu on your smartphone.

1. Ensure your device is charged (page 6).

2. From the Google Play or Apple App Store on your smartphone, install and open the Atlas Fitness app.

3. Bring your smartphone within 1 m (3 ft.) of your device.

4. Select the option to add your device to your Atlas Fitness app.

   • Follow the on-screen instructions on your smartphone.

   TIP: If your device is not appearing in the mobile app see My phone will not connect to the device, page 60.

Wearing Your Device

Wear your device above your **left** wrist bone.
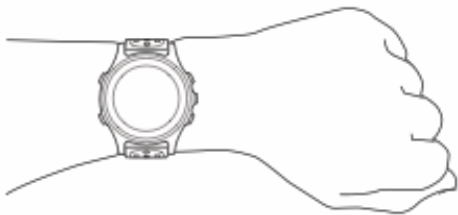
NOTE: The device should be snug but comfortable, and it should not move while exercising.

NOTE: The heart rate sensor is located on the back of the device and must maintain constant contact with your skin.

Workouts

You can discover and create custom workouts with the Atlas Fitness app, and add them to your device. The Atlas device is compatible with many workout modes that cover many genres of fitness.

Workouts are organized into groups.

All workouts within the workout groups in your Library are available on your device.

To learn more about compatible workouts, see *atlaswearables.com/ workouts101*.

Your device is compatible with many types of workout modes:

- Standard guided workouts
- Freestyle workouts
- As Many Rounds As Possible
- Every Minute On The Minute
- For Time
- Heart Rate Only

Adding Workouts To Your Device

Before you can perform a workout on your device, you must add the workout group to your Library with the Atlas Fitness app.

TIP: Every workout added to your Library will be synced to your device.

1. Pair your device with the mobile app (*Pairing With Your Smartphone*, page 10).

2. In the Fitness app select **Library**. These workouts are available on your device.

3. In the Fitness app select **Discover**. These workouts are not on your device but can be added to your Library.

4. Find a workout you like and select **Add.**

5. Wait while the smartphone connects and updates your device.

Workout Library	28 Days To Six-Pack Abs
28 Days To Six Pack Abs	Day 1: Abs/Cardio 1
30-Day Butt and Gut	Day 2: Chest
365 Circuit Trainer	Day 3: Abs/Cardio 2
⌄	⌄
1	**2**
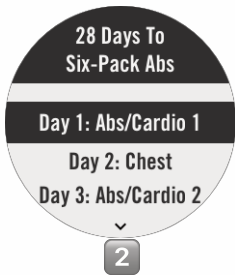
Start a Workout on Your Device

1. From the Watch Screen, select ∧ or ∨ to scroll to the **Workout Library** option.

2. Select ▶ to open the **Workout Library** option.

3. Scroll through the Library 1 with ∧ or ∨ and select ▶ to open a group.

4. Scroll through the group 2 with ∧ or ∨ and select ▶ to enter a workout.

Standard Workouts

In Standard workouts, your device can guide you through an ordered workout routine, set-by-set, with a prescribed
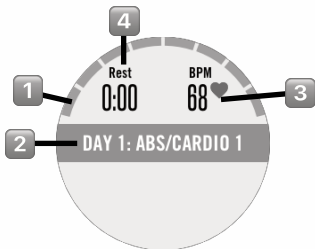
1	Exercise sets (light grey)
2	Current workout/exercise name
3	Current heart rate
4	Rest timer
∧	Next exercise
∨	Previous exercise

number of repetitions, load, and rest time.

Smart vibrations will notify you when when you complete the exercise and when your rest time is up.

NOTE: In this example screen, the 7 bars along the top edge of the display reflect 7 remaining exercise sets in the example workout 1 .

1. Select ▶ to start the timer and view your first exercise.

    - The first exercise set is highlighted yellow 5 .
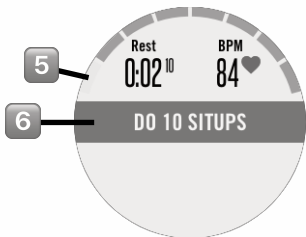
- The workout name is replaced with the first exercise 6.

- The grey bar 2 turns **blue** 6. Your device is now searching for the current exercise.

2. **Do** the current exercise 6 (10 sit ups).

TIP: See a ●REC symbol? See Calibrating Exercises, page 32.

Active
0:01⁸⁰   BPM
         128 ♥

7 —— TRACKING 10 SITUPS
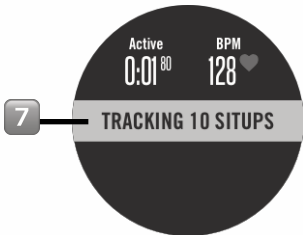
- After a few repetitions of correct form, the device automatically transitions to **tracking** mode and the blue bar turns **yellow** 7.

- Complete the current exercise target 7 (10 sit ups).

3. Your device progresses to next exercise [8] (yellow), marks the last exercise as complete [9] (dark grey), and updates the current exercise [10].
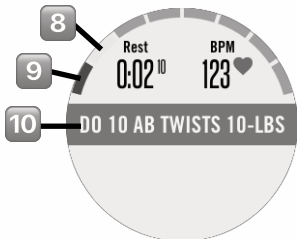
4. Repeat steps 2 and 3 to complete the guided workout.

Freestyle Workouts

In Freestyle workout mode, your device can search and track any exercise in the workout, in any order, and any number of times.
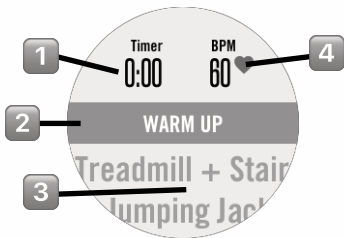
1	Rest timer
2	Current workout

| 3 | Exercise list |
| 4 | Heart rate |

1. Select ► to begin the timer.
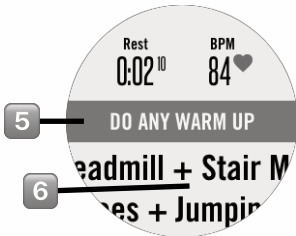
- The rest timer begins, the grey bar turns **blue** 5 to show the device is **searching**.

2. **Do any** exercise from the exercise list `6`.

   TIP: See a ●REC symbol? See Calibrating Exercises, page 32.

   - After a few repetitions, the device automatically transitions to **tracking** mode and the blue bar turns **yellow** `7`.
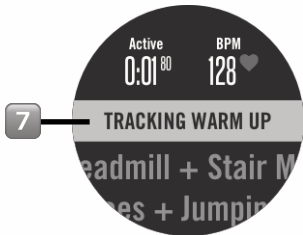
3. Complete the exercise.

4. Repeat steps 2 and 3 to complete more exercises in the freestyle workout.

Tips for Logging Workouts

- Looking at your device in the middle of an exercise may change the 3-dimensional motion pattern and reduce the tracking accuracy of your device.

- Because different body types and forms affect 3-dimensional motion patterns, a new device may have exercises that need to be calibrated.

See section *Calibrating Exercises* (page 32) or learn more at atlaswearables.com/calibration.

- Charge your device before starting a workout (Charging Your Device, page 6).

- View the screen to see which exercises are in the workout.

- Select ► to manually record an exercise, page 32.

- Wear your device properly, page 12.

Logging Load Used

Load is the amount of weight or resistance used during an exercise.

1. After completing a set, select ⬑.

2. Select **Edit Last Exercise.**

3. Select ▶ to confirm the exercise name.

4. Select ▶ to confirm the repetition count.

5. Select ⌃ or ⌄ to adjust the load, select ▶ to confirm.

Pausing and Ending a Workout

1. Select ⬑.

2. Select an option in the pause menu with ⌃ or ⌄:

- To resume your workout, select **Resume**.

- To edit the last exercise name, repetition count, or load, select **Edit Last Exercise**.

- To log an additional exercise that is not in your Quick Access workouts, select **Log Extra**.

- When available, select **Switch Quick Access** to switch between Quick Access workouts. See atlaswearables.com/quickaccess for more information.

- To save the workout and return to Watch Screen, select **Save and End**.

- To discard the workout and return to Watch Screen, select **Discard and End**.

Exercise Tracking

Your device can be used to automatically track repetitive exercises for indoor and outdoor fitness activities and workouts.

| **1** | SEARCHING |
| **2** | TRACKING |
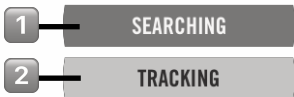
During your workout, a **blue** bar **1** indicates your device is "**searching** for exercises". You can perform the current exercise(s) when the bar is blue.

A **yellow** bar **2** indicates "**tracking** an exercise". The bar turns yellow while you are performing an exercise.

For troubleshooting tips:

- *My device is tracking the wrong exercise* (page 61)

- *My device isn't tracking any exercises* (page 64)

Calibrating Exercises

Because different body types and forms affect 3-dimensional motion patterns, **a new device has exercises that need to be calibrated**.

Your device will not search for or track exercises with "●REC" icon. In order to calibrate these exercises, you must

record 3-5 sets before they can be automatically tracked.

To improve the accuracy of an existing exercise you can recalibrate an existing exercise with your personal form (atlaswearables.com/calibration).

You can also create your new exercises that aren't in the Atlas database and record your form with your device (*Create New Exercise*, page 38).

3 In guided workout modes, exercises that are not yet calibrated display a "●REC " icon on the bottom half of the screen.

3 Guided modes   4 Freestyle mode

4 In Freestyle workout mode, these exercises are designated by "●" before the exercise name.

Your device will **not** search for nor automatically track these exercises. Instead, you must manually record these

Active   BPM
0:00¹⁰   123 ♥

ID 5 OVERHEAD PRESS 80-L

● REC

5 Recording screen

exercise by selecting ▶ on the searching screen to begin recording.

5 After the recording begins, the "recording screen" appears.

After completing the exercise, select ▶ to end the recording and move on to the

next exercise or select ◄ to cancel the recording.

Tips for Calibrating Exercises

- To get the most accurate recording, get in to the starting position of the exercise before recording. When you complete the set, end the recording as quickly as possible to avoid including other non-repetitive motions in the recording.

- The default calibration is built from thousands of fitness enthusiasts but every body is different. Creating or customizing exercises with your own recordings may increase training

accuracy. Your device will track future exercises based on your recorded form (atlaswearables.com/calibration).

- While recording, perform the exercise recordings as you would normally perform them at the gym. Your device is only as smart as you make it. Performing an exercise perfectly while training, then poorly while exercising may lead to reduced accuracy.

- If you manually log an exercise with **Log Extra**, the data will not be recorded. Exercises added with Log Extra will not improve your tracking experience.

- If you manually log an exercise in the middle of a workout, you can save it as a default exercise name and rename it later in the app. After renaming the exercise, the recorded data will be saved and added to that exercise.

- For any exercise, you can view your recording logs and calibration status.

Create A New Exercise

1. From the Atlas Fitness app, select **Profile** > **Exercises** > **+**.
2. Follow the on-screen instructions on your smartphone.

New exercise are automatically set to calibrate and need to be manually recorded until 3-5 clean recordings are logged.

Daily Tracking Features

Basic Activity Tracking

In Watch Mode, the basic activity tracking feature logs your daily step count, distance traveled, activity intensity, Calories burned, and sleep statistics for each recorded day. Your Calories burned includes your base metabolism (basal metabolic rate), activity Calories, and workout Calories.

The number of steps taken during the day appears on your device. The step count is updated periodically.

For more information about exercise tracking, activity tracking and fitness metrics, go to *atlaswearables.com/accuracy*.

Viewing Basic Activity Statistics

1. From the Watch Screen, select ⌃ or ⌄ to view additional options and select ▶ to open **Daily Steps**.

Using Basic Activity Tracking

1. Open the Atlas Fitness app, select **Profile** > **A3 Watch** > **Basic Activity Tracking**.

2. Enable

Setting Stride Length

1. Open the Atlas Fitness app, select **Profile > A3 Device > Basic Activity Tracking**.

2. Enable **Manual Stride Length**.

3. Enter a manual stride length based off the total length traveled in a single step. For walking and running, stride

length is measured from heel to heel and determines how far you walk with each step.

Disable Basic Activity Tracking

1. **Open the Atlas Fitness app, select** **Profile** > **A3 Device** > **Basic Activity Tracking**.
2. **Disable.**

Sleep Tracking

While you are sleeping, your device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your

normal sleep hours in the user settings on your Atlas Fitness app. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics in History on your Atlas Fitness app.

Viewing Sleep

1. From the watch face, select ∧ or ∨ to view additional options and select ▶ to open **Sleep**.

Using Sleep Tracking

1. Wear your device while sleeping.

2. Open the Atlas Fitness app, select **Profile** > **A3 Device** > **Sleep Tracking**.

3. Enable.

4. Start or end sleep (below).

You can view your sleep statistics in History on your Atlas Fitness app.

Start or End Sleep

To manually enter sleep mode on your device:

1. From the Watch Screen, select ⌃ or ⌄ to scroll and select **Sleep** > **Start Sleep**.

2. To end a sleep recording, select **Sleep > End Sleep.**

Disable Sleep Tracking

1. Open the Atlas Fitness app, select **Profile** > **A3 Device** > **Sleep Tracking**.

2. Disable.

Daily Heart Rate Tracking

Using Daily Heart Rate Tracking

1. Open the Atlas Fitness app, select **Profile > A3 Device > Daily Heart Rate Tracking .**

2. Enable.

3. Select frequency.

Disable Daily Heart Rate Tracking

1. Open the Atlas Fitness app, select **Profile** > **A3 Device** > **Daily Heart Rate Tracking**.

2. Disable.

Connected Features

Connected features are available for your Atlas device when you connect your device to a compatible smartphone using Bluetooth wireless technology. Some

features require you to install the Atlas Fitness app on the connected smartphone. Go to *atlaswearables.com/apps* for more information.

Enabling Bluetooth Notifications

Your device can display notifications, calendar reminders, and messages on your device.

Before you can enable notifications, you must pair your device with a compatible smartphone (*Pairing Your With Your Smartphone*, page 10).

1. Open the Atlas Fitness app, select **Profile** > **A3 Device** > **Notifications**.
2. Enable.
3. Select During Workout notification preferences.
4. Select Not During Workout notification preferences.
5. Select a timeout.

Notifications displayed on your smartphone will also appear on your device. Go to *atlaswearables.com/notifications* for more details on how to customize which notifications appear on your smartphone.

Disable Notifications

1. From the Watch Screen, select ⌃ or ⌄ to scroll and select **Settings > Device Information**

2. Disable.

Locating A Lost Smartphone

You can use this feature to help locate a lost smart phone that is paired to your device and currently within range.

1. Hold ☼ and ⌄ for **5 seconds**.

The device begins searching for your paired smartphone. An audible alert sounds on your smartphone and the

Bluetooth signal strength is shown on the device display. The Bluetooth signal strength may increase as you move closer to your smartphone.

2. Select ← to stop searching.

Device Information

You can view your device information, such as the device serial number, software version, and regulatory information on your device.

1. Open the Atlas Fitness app, select **Profile** > **A3 Device**.

Atlas Specifications

Battery Type: Rechargeable, built-in 450 mAh lithium-ion battery.

Water Rating: Splash, shower, and swim safe.

Operating Temperature Range: -10º to 50ºC (from 14º to 122ºF).

Charging Temperature Range: 0º to 45ºC (from 32º to 113ºF).

Power and Battery

The actual battery life depends on the features enabled on your device, such as activity tracking, wrist-based heart rate,

smartphone notifications, workout frequency, and exercises per workout.

Up to 3 weeks	Smartwatch mode with activity tracking and 24/7 wrist based heart rate monitoring
Up to 2 weeks	Smartwatch mode with activity tracking, 24/7 wrist based heart rate monitoring, and 10 workout hours with 30 exercises.

Up to 1 week	Smartwatch mode with activity tracking, 24/7 wrist based heart rate monitoring, and 20 workout hours with 30 exercises.

Maximizing the Battery Life

You can do several things to extend the life of each battery charge.

- Disable connected features (page 49).

- Disable wrist-based heart rate monitoring (page 46).

NOTE: Wrist-based heart rate monitoring is used to calculate Calories burned.

- Disable sleep tracking (page 45).
- Disable basic activity tracking (page 42).

Device Maintenance

NOTICE

Do not use a sharp object to clean the device.

Avoid using chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the device.

Avoid pressing the keys under water.

Keep the bands dry. Prolonged exposure to water can damage the bands.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can

occur, because it can cause permanent damage.

Cleaning Your Device

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1. Wipe your device using a cloth dampened with fresh water.

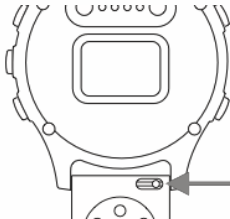   *NOTE: You can use a mild detergent solution to improve cleaning.*

2. Wipe it dry.

After cleaning, allow your device to dry completely.

Changing The Bands

1. Slide the latch on the band, and remove the band from your device.

2. Align the new band with your device.
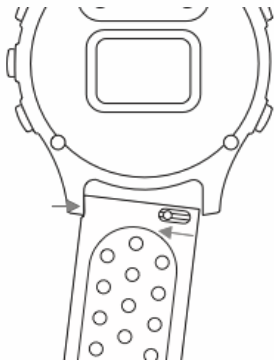
3. Press one end of the new band into place.

4. Slide and hold the latch on the new band and press the other end into place.

NOTE: Make sure the band is secure. The latch should insert the pin completely into the sockets.

5. Repeat steps 1 through 4 to change the other band.

Troubleshooting

Common Questions

Which smartphones are compatible with my device?

The Atlas device is compatible with smartphones using Bluetooth Low Energy wireless technology.

Go to *atlaswearables.com/ble* for compatibility information.

My phone will not connect to the device

- Enable Bluetooth wireless technology on your smartphone.

- Your device must be paired directly through the Atlas Fitness app, and not from the Bluetooth settings menu on your smartphone.

  NOTE: You may need to turn Bluetooth off, wait 10-seconds, then turn Bluetooth back on.

- Bring your phone within 1 m (3 ft.) of your device.

- Restart your device, page 10.

Resetting Your Device

1. Select ☼ for 15-seconds.

Tracking Issues

For more information about tracking accuracy, go to atlaswearables.com/accuracy

My device is tracking the wrong exercise

If you are performing an exercise but your device is recognizing it as a different

exercise, you can learn more at
atlaswearables.com/calibration or try
these tips:

- If your device is uncalibrated, make sure you're wearing your device on your left wrist.

- Verify that the exercise you are performing is in the exercise list.

- Verify the exercise name does not have a REC symbol next to it.

- Verify that you are performing the exercise correctly by checking the corresponding form video.

- In guided workout modes, verify that the screen says "Do…".

  NOTE: Your device can have difficulty recognizing similar exercises.

- To recalibrate exercises that are getting mixed up see atlaswearables.com/calibration.

- Split similar exercises into different Freestyle workout groups. You can use Quick Access workouts to quickly switch between frequently used groups.

My device isn't tracking any exercises

If you are performing an exercise but the device is not recognizing it, you can learn more at atlaswearables.com/calibration or try these tips:

- If your device is uncalibrated, make sure you're wearing your device on your left wrist.

- Verify that the exercise you are performing is in the exercise list.

- Verify that you're performing the exercise correctly by checking the corresponding form video.

- In guided workout modes, verify that the screen says "Do…".

My step count does not seem accurate

Step counting can be affected by some wrist motions like washing dishes or pushing a stroller. If your step count does not seem accurate, try these tips:

- Wear your device on your non-dominant wrist.

- Carry your device in your pocket when pushing a stroller or lawn mower.

- Carry your device in your pocket when actively using your hands or arms only.

NOTE: The device may interpret some wrist motions such as washing dishes or clapping your hands, as steps.

My daily step count does not appear

The daily step count is reset every night at midnight.

The step counts on my device and my App don't match

The step count on your Atlas Fitness app updates when you synchronize your device.

NOTE: Refreshing the Atlas Fitness app does not synchronize your data or update your step count.

NOTE: *If you have Google Fit or Apple HealthKit integrated, the numbers on your device may not match your app.* The device only logs the steps (and distance) that the device tracks. The app finds unique steps between your device and other data sources.

My sleep statistics do not seem accurate

The device automatically detects your sleep and monitors your movement during your normal sleep hours. If your sleep statistics do not seem accurate, try these tips:

- Wear the device on your non-dominant wrist.

- Adjust your sleep tracking settings.

Legal

Important Safety and Product Information

The information provided in this document may not apply to all configurations. It is the responsibility of the user to consult the appropriate guide in determining applicability of the safety information to their specific configuration.

FCC ID: 2AMCA-A103

IC ID: 24501-A103

FCC Compliance

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

This device complies with FCC part 15 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.

Changes or modifications not approved by Atlas® could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of 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 this 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.

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized Atlas service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

Industry Canada Compliance

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée.

This device complies with Industry Canada license 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.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes: 1. cet appareil ne peut pas provoquer d'interférences et 2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive.