



**Model: AR3C**

# **User Manual**

V1.1

July 2023

## Getting Started

Workout tracking made simple, progress made easy with ARIS, the premium wearable with fitness features, apps, and more. Take a moment to review our complete safety information at [microtube.tech/safety](https://microtube.tech/safety).

## General Specifications

<b>Dimensions (mm)</b>	48 x 35 x 17
<b>Input Power</b>	DC 5V 1.0A (USB 2.0)
<b>Wireless Communication</b>	BLE 5.0
<b>Battery</b>	Rechargeable LiPo 300 mAh
<b>Operating Temperature (°C)</b>	-10 to 45

# Safety, Regulatory, Legal

CMIIT ID: XXYYZZAABB

FCC ID: 2BBCR-Y1234Z

This device complies with part 15 of 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.

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

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

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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By using the device, you agree to the terms of use and privacy policy provided in the website [www.microtube.tech](http://www.microtube.tech). You agree to indemnify us of any liabilities and of compensation of any injuries arising either directly or indirectly as a result of the use of this product.

# What's in the box

Your box includes:

- ARIS
- Strap
- Charging cable

## Before setting up

For the best experience, download the latest ARIS app in the respective App stores. Follow on-screen instructions to create an account and use ARIS.

## Charge your ARIS band

A fully-charged model has a battery life to last 7 hours non-stop gym workouts. Battery life and charge cycles vary with use and other factors. Actual results may vary.

To charge:

1. Plug the charging cable into the USB port on your computer, or any approved USB wall charger.
2. Attach ARIS to the charging cable. ARIS will display an orange LED if it is charging. Once the green LED appears, unplug ARIS from the charging cable.

## Washing instructions

It is recommended to wash the band weekly to ensure hygiene.

To wash:

1. Detach ARIS sensor and casing from the strap.
2. Place the strap in a washing bag before putting it into washing machine.
3. Select normal washing cycle. Do not tumble dry or use excessive heat.

## Learn more

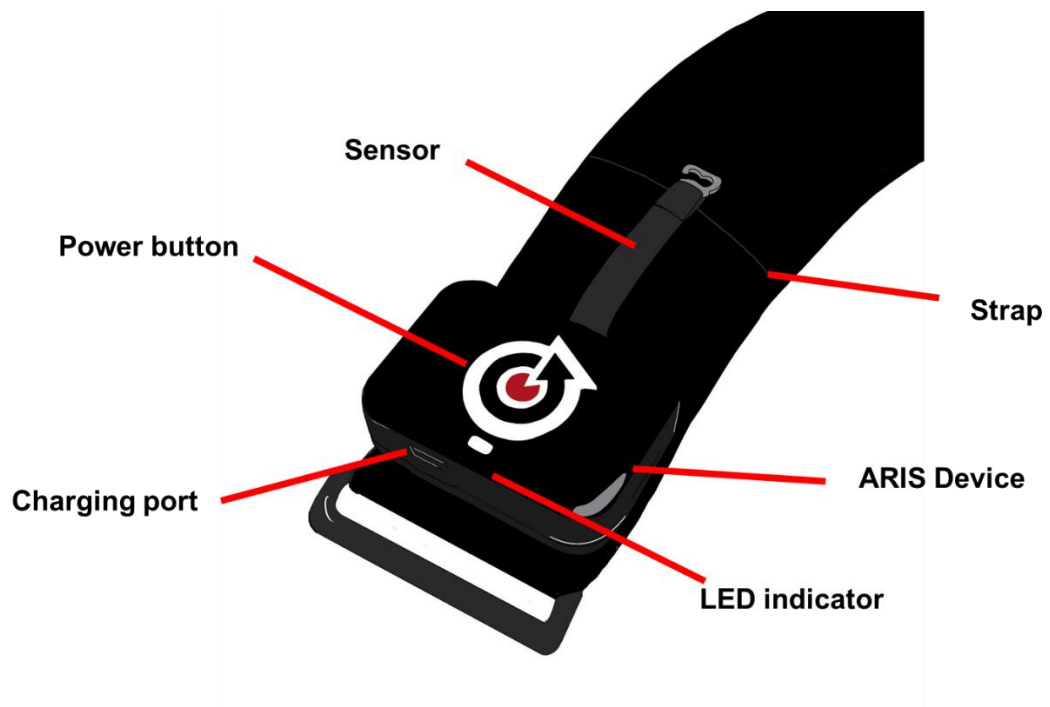
To learn more on ARIS features, safety, product warranty, return policy, and other troubleshooting FAQs, visit [microtube.tech/aris](https://microtube.tech/aris).

## Basics

### Using your ARIS band

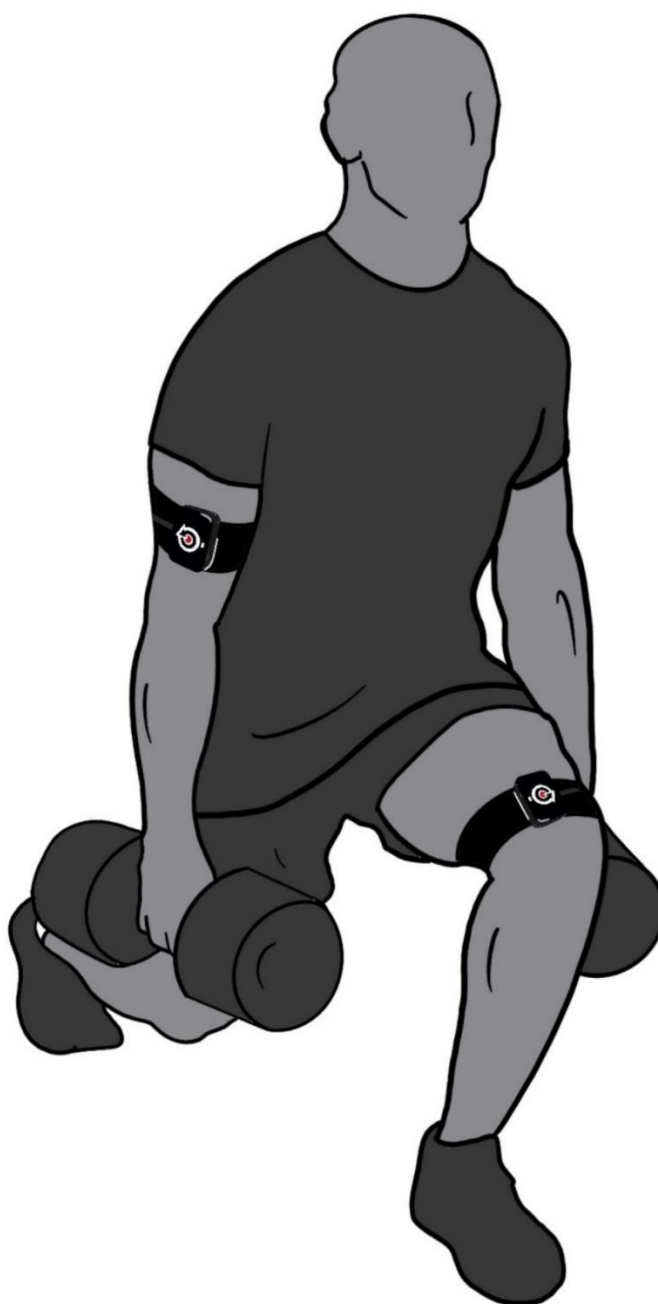
1. Make sure that the device is positioned securely.

2. Press and hold for 2 seconds to power on.
3. Launch ARIS in your mobile app and follow the on-screen instructions.
4. Ensure that the device is paired successfully, and the App shows the correct serial number on your device.
5. If the device is not found or paired successfully, switch off the device, close the App and repeat the step above.
6. Press and hold for 3 seconds to power off.



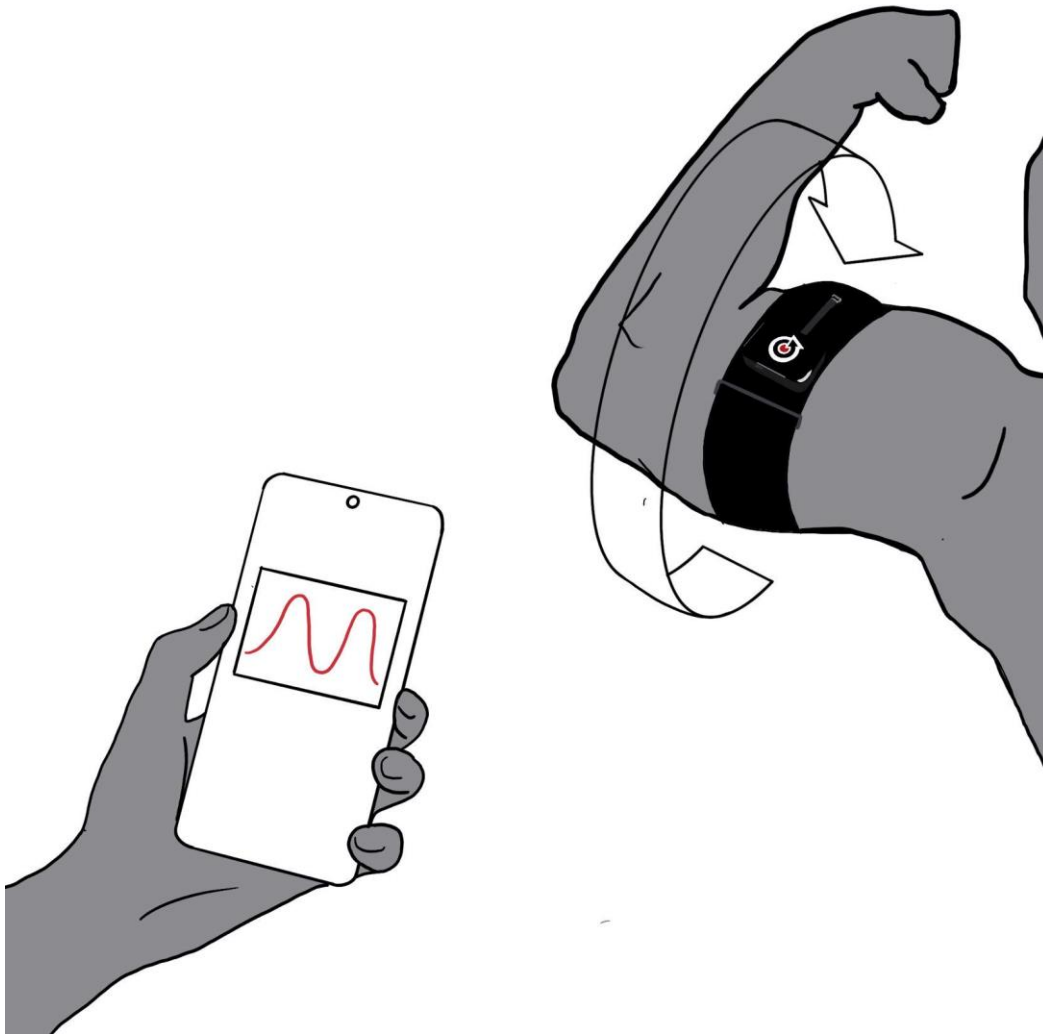
## Using your ARIS band

1. Slip the Velcro end through the buckle and strap it down securely.
2. Ensure that the device is either worn around the widest part of the biceps or just above the knee.
- 3.



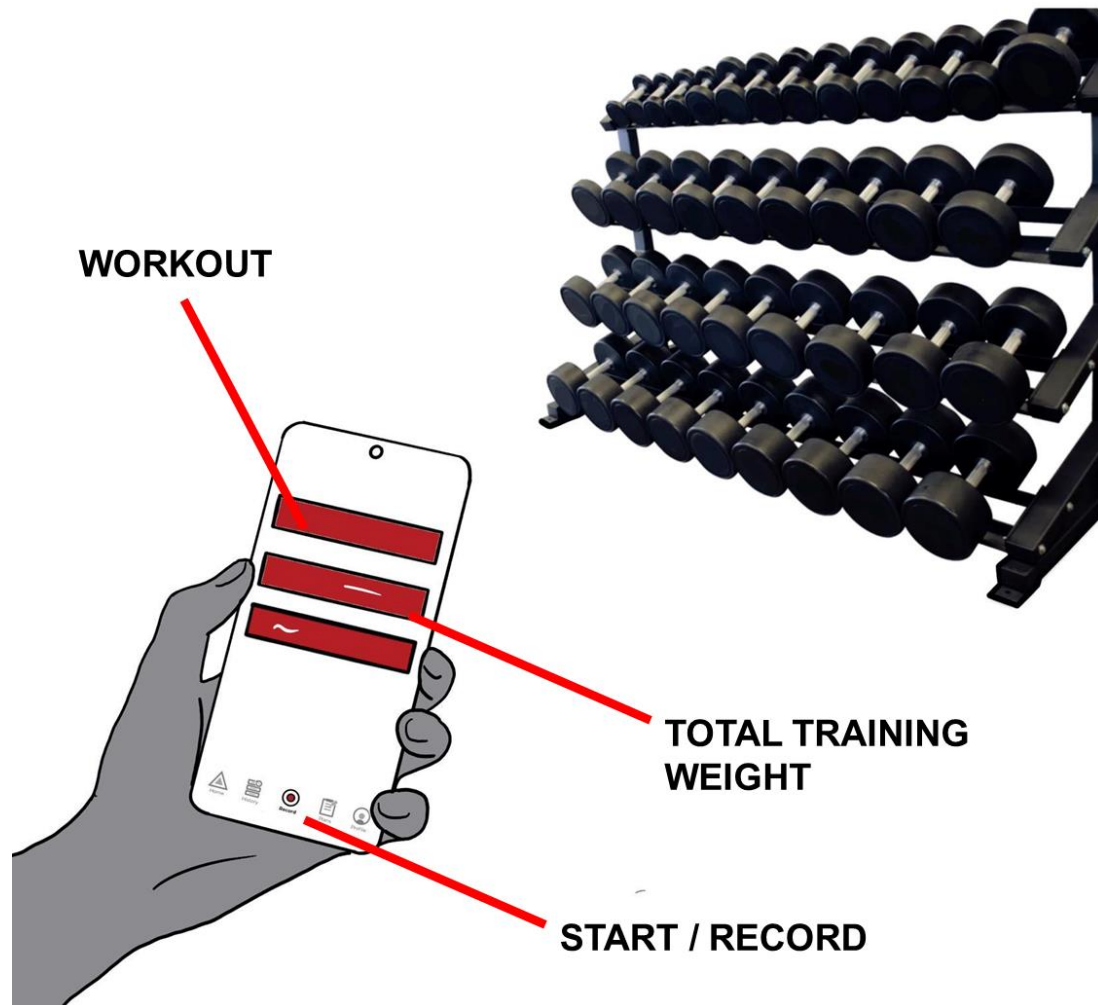
## Using your ARIS band

1. To calibrate, activate the Calibrate button on the App.
2. Make a Bicep Curl and observe the data graph generated on the App.
3. Rotate and tighten the band until a smooth curve can be detected.



## Starting your workout

1. To start your workout, select the workout routine, the total training weight, duration of workout (if any), and press Record.





## Completing your workout

1. When the countdown begins, get into position.
2. When the countdown ends, a vibration may be felt on ARIS. Start workout.
3. Once your workout ends, place the training weight down safely and End Recording.
4. The workout analysis will show in the next step.
5. Discuss with your fitness trainer on the workout analytics to maximize your training effectiveness.

