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SYNC™ ELITE
ALL DAY ACTIVITY TRACKER

USER GUIDE
/INSTRUCTION MANUAL

WWW.SYNCACTIVE.COM

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SPORTLINE

1- GETTING STARTED

Congratulations on your purchase of a SYNC™ Activity Tracker. The SYNC™ Activity Tracker features highly advanced sensor technologies that accurately measure your body movements when worn from multiple locations on the body and in multiple orientations. In addition, the built-in audio jack technology allows you to easily upload your data to any compatible smartphone or tablet through the MapMyWalk™ smartphone application. Please visit **www.syncactive.com/compatibility** for a complete list of compatible devices.

Downloading the MapMyWalk™ Application:
In addition to the Activity Tracker you have purchased, you will also need to download the MapMyWalk™ application for FREE on to your compatible smartphone or tablet and create a user account.

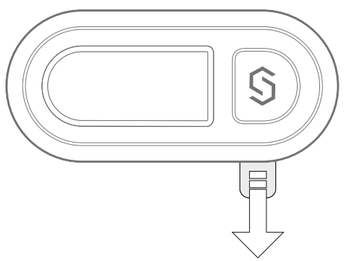
For a complete tutorial regarding downloading, installing, and using the MapMyWalk™ application, please visit: **www.syncactive.com/tutorial**

CUSTOMER SUPPORT
If you have questions, comments or need assistance with your device please feel free to contact Customer Support by calling **1-866-694-4575**.

2- REMOVING BATTERY INSULATOR TAB

To activate your Activity Tracker after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Locate the tab on of the Activity Tracker.
2. Firmly grasp the tab and pull away from the Activity Tracker until completely removed from the unit.
3. The unit will now be activated and the screen will be on.

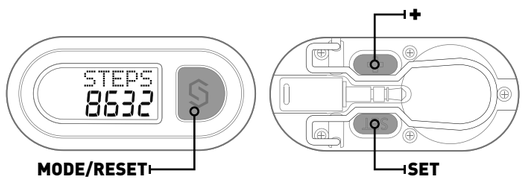


3- BUTTONS AND THEIR FUNCTIONS

MODE/RESET BUTTON
- Operating Mode: Scrolls through display modes.
- Press & Hold: Resets Activity Tracker data
- Programming Mode: Decreases current value

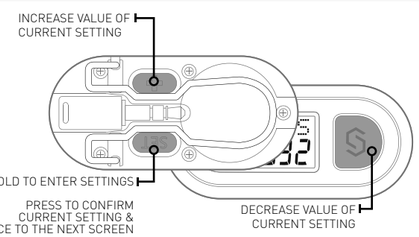
SET BUTTON
- Operating Mode: Press & Hold to enter the Programming Sequence.
- Programming Mode: Accepts the information being adjusted and advances to the next setting.

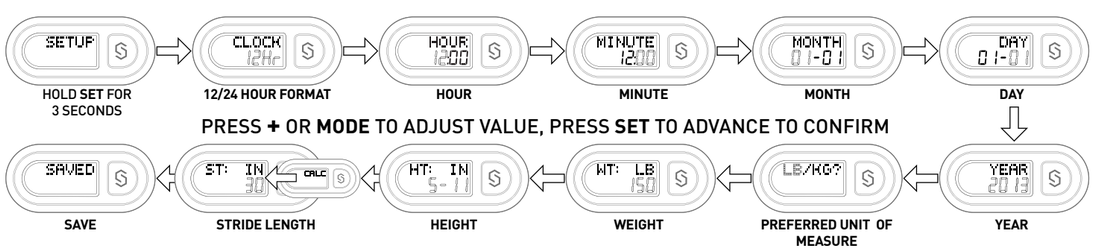
+ BUTTON
- Programming Mode: Increases current value



4- PROGRAMMING THE ACTIVITY TRACKER

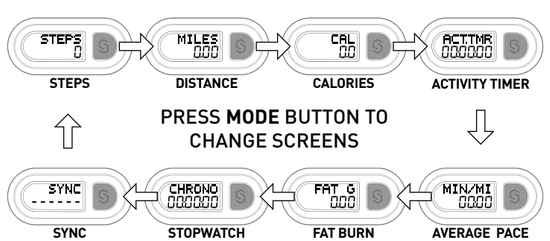
1. Enter the Programming Sequence by **PRESSING & HOLDING** the **SET** button on the back of the unit for approximately 3 seconds.
2. Adjust the value of each of the settings shown by **PRESSING** the **+** button to increase or **MODE** button to decrease. Press **SET** to confirm.
3. When prompted for stride length, this activity tracker has an automatic stride length calculator that sets your length based on your height. **PRESS** the **SET** button to accept this value or you can adjust your Stride Length (see "Determining Stride Length" on the back page) by **PRESSING** the **+** or **MODE** buttons.
4. **SAVED** will be displayed on the final press of the **SET** button. The unit is now programmed and ready for use!





5- OPERATING THE ACTIVITY TRACKER

The Activity Tracker automatically begins capturing data once movement occurs. There are no Start or Stop buttons to push. Scroll through display modes by **PRESSING** the **MODE/RESET** button on the front of the unit.



NOTE: The Activity Timer will automatically record your time moving and does not need to be started or stopped. The Stopwatch is a manual timer, and must be started and stopped per the instructions on the next page.

TO CLEAR ALL CURRENT ACTIVITY TRACKER DATA:
1. **PRESS & HOLD** the **MODE/RESET** button on the front of the unit.
2. Continue holding as the display reads "RESET".
3. When Activity Tracker data reads zeros (0), **RELEASE** the **MODE/RESET** button. The unit is now ready for a new workout.

NOTE: Your personal profile settings will be saved.



USING THE STOPWATCH:
1. Navigate to the Stopwatch/Chrono screen.
2. **HOLD** down the **MODE** button for 3 seconds to start the timer.
3. **HOLD** down the **MODE** button for 3 seconds to stop the timer. Continue **HOLDING** down the **MODE** button after the timer has stopped and it will reset to 0.



NOTE: Resetting the stopwatch screen does not reset the other Activity Tracker data.

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6- UPLOADING

UPLOADING ACTIVITY TRACKER DATA TO MAP MY FITNESS

1. Open the MapMyWalk™ application on your smartphone or tablet and navigate to the SYNC section.

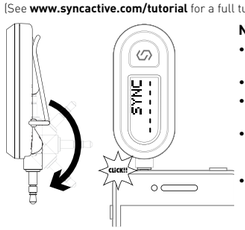
2. Adjust your smartphone/tablet volume to its maximum level to ensure optimum uploading conditions.

3. Flip out the audio jack from the Activity Tracker and insert it fully into the audio port of your smartphone or tablet until it clicks.

4. Press the **MODE** button on your Activity Tracker until the SYNC screen is shown. A flashing line will be shown on the screen to indicate that it is ready to upload data.

5. Press the SYNC button on the MapMyWalk™ application and your data will be uploaded. If the Activity Tracker does not successfully upload after a short period, it will time out, and default back to the STEPS screen. At this point, you will need to navigate back to the SYNC screen on the Activity Tracker and try uploading again through the application.

(See **www.syncactive.com/tutorial** for a full tutorial)



NOTES:

- The Activity Tracker must be on the SYNC screen for uploading to occur.
- Volume of smartphone/tablet should be set to high
- It is recommended that you upload your data once a week to ensure activity is recorded.
- When the unit's memory is 80% full, a MEMORY LOW warning will flash every minute until the data is up-loaded
- When the unit's memory is 100% full, a MEMORY FULL warning will flash every 30 seconds until the data is uploaded. No additional data can be saved at this time.

7- MEASURING STRIDE LENGTH

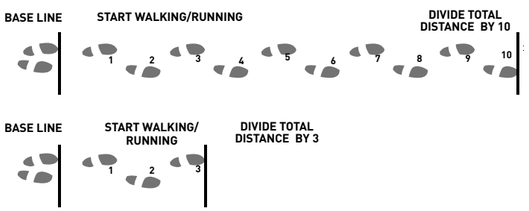
HOW TO MEASURE YOUR STRIDE LENGTH

The Activity Tracker automatically sets your stride length based upon your height input during the Set Up sequence. You may choose to adjust this stride length. To obtain your personalized measurement, see below.

1. To find out what your stride is, walk or run 10 steps and then measure the distance with a tape measure from the first step's toe to the 10th step's toe.

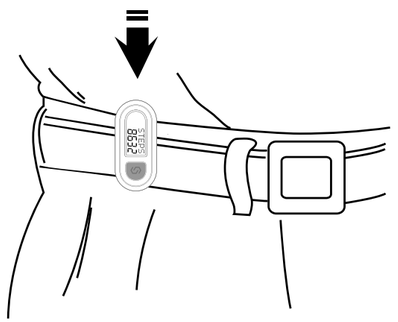
2. Divide your total distance by 10 to get your average stride length.

3. For a quick estimate, walk 3 steps, measure the distance, and divide by 3. The more steps you take, the more accurate and realistic your stride will be. An average walking stride for a female is 2 feet (24 in.), a male is 2.5 feet (30 in.).



8- HOW TO WEAR THE ACTIVITY TRACKER

This Activity Tracker will be most accurate when worn close to the body, ideally on your belt or waist line or inserting the unit into a tight, secure pocket.



9-CARE & MAINTENANCE

WARNING: Before you start any exercise program or perform any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and discuss your plans.

CAUTION: The Activity Tracker is not water resistant.

Avoid exposing the Activity Tracker to extreme conditions.

Avoid rough uses or severe impacts to the Activity Tracker.

Never get the Activity Tracker wet. This unit is not water resistant.

Never attempt to service your Activity Tracker or take it apart.

Do not expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.

Do not drop or step on the Activity Tracker.

Clean the Activity Tracker occasionally with a soft, dry cloth.

Store the unit in a dry place when you are not using it.

10- FCC COMPLIANCE

The 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.

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

2. NOTE: This product 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 product 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 product 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 product and receiver.
- Connect the product 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.

11- REPLACING THE BATTERY

This unit uses one CR2032 3V lithium battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely.

2. The unit is not functioning properly.

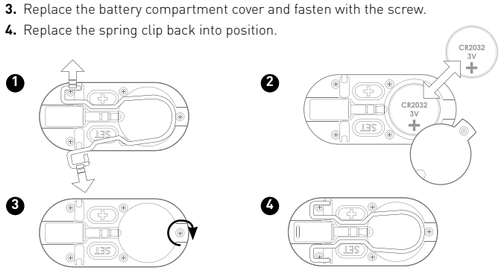
TO REPLACE THE BATTERY:

1. Remove the spring-loaded belt clip on the back of the unit to expose the battery compartment door. Unscrew the battery compartment door with a small Phillips screwdriver.

2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery facing up).

3. Replace the battery compartment cover and fasten with the screw.

4. Replace the spring clip back into position.



12- BATTERY SAFETY INFORMATION

⚠ CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner



The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

13- WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:
EB SPORT GROUP, 585 OAK RIDGE ROAD, HAZLETON, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME **PHONE**

ADDRESS

STORE PURCHASED FROM

DATE OF PURCHASE **PURCHASE PRICE**

STATE **ZIP**

PROBLEM WITH PRODUCT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

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