FOLD

SYNC FIT

STEPS + DISTANCE + 24HR CALORIE BURN

USER GUIDE
/INSTRUCTION MANUAL

WWW.SYNCACTIVE.COM

SportlineⓇ and SYNC™ are trademarks of SPORTLINE,
a division of EB Sport Group, Hazleton, PA 18202
All Rights Reserved ©2013
Distributed in the UK by
EB Brands (UK), Worcester, WR4 9FA

5P223il/5015YN

FOLD

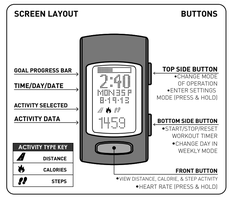
Congratulations on your purchase of **SYNC™ FIT** Steps + Distance + 24HR Calorie Burn. SYNC™ Fit is your all day fitness partner. It tracks your every move, provides you with ECG accurate heart rate data when you ask for it and calculates a truer calorie count.

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

ACTIVATING WATCH:
To save power during shipping, your watch has been deactivated. PRESS & HOLD any button for 3 seconds to activate.

FOLD

OVERVIEW 1

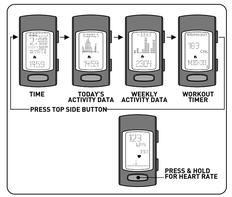


LIGHT
PRESS the FRONT button and the TOP SIDE button at the same time.

Notes:
•The band will automatically reset at midnight, while storing the previous days data in its memory bank.
•Activity data is continuously being recorded even when not shown on the display.

FOLD

MODES OF OPERATION 2

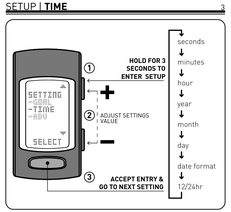


The SYNC™ FIT has 4 main operating modes that allow you to view current, past, and specific activity data. Within each of these modes you can view DISTANCE, CALORIES BURNED, and STEPS.

Notes:
•After 60 seconds of inactivity, the screen will default back to TIME mode.
•The band will automatically reset at midnight, while storing the previous days data in its memory bank.

FOLD

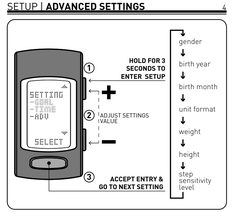
SETUP | **TIME** 3



From the TIME MODE, enter the settings screen by HOLDING the TOP SIDE button for 3 seconds. From the main setting screen (shown above), select the TIME setting so that it is blinking and then PRESS the FRONT button to confirm. Use the SIDE buttons to increase or decrease the value of the setting shown. Press the FRONT button to confirm and move to the next setting. After confirming all setting options, you will automatically exit back to the TIME MODE.

Notes:
• To re-enter the settings menu, HOLD down the TOP SIDE button for 3 seconds.

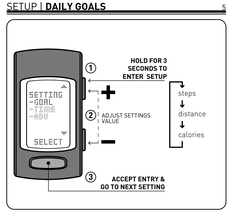
SETUP | **ADVANCED SETTINGS** 4



In order to provide accurate activity data, your biometric data must be confirmed in the settings. From the TIME MODE, enter the settings screen by HOLDING the TOP SIDE button for 3 seconds. From the main setting screen (shown above), select the ADV setting so that it is blinking and then press the FRONT button to confirm. Use the SIDE buttons to increase or decrease the value of the setting shown. Press the FRONT button to confirm and move to the next setting. After confirming all setting options, you will automatically exit back to the TIME MODE.

Notes:
• Adjusting the step sensitivity level will help fine-tune the accuracy of the data reported. Medium is the default setting and should work for most cases. If you find the band over-counting your steps, try the HIGH setting. If under-counting your steps, try the LOW setting.
• Stride length is automatically calculated and adjusts to your pace.

SETUP | **DAILY GOALS** 5



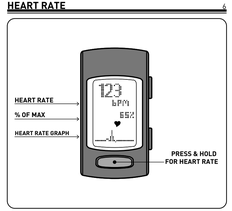
Create and track your daily goals based on distance traveled, calories burned, or steps taken . Once defined, the Progress Bar displayed at the top of the TIME MODE will give you a visual indication of your progress. A goal can be set for each of the 3 activities. The progress bar shown in the TIME MODE will reference the Activity Selected.

From the main setting screen (shown above), select the GOAL setting so that it is blinking and then PRESS the FRONT button to confirm. Use the SIDE buttons to increase or decrease the numeric value of the goal. PRESS the FRONT button to confirm the value and move to the next digit. After confirming the final digit, you will automatically exit back to the TIME MODE

Notes:
• You will need to go back into the settings menu for each goal you wish to set.
• Because these are daily goals, the progress bar will automatically reset to 0 at midnight.

FOLD

HEART RATE 6

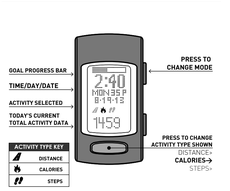


Calorie burn accuracy is optimized by recording regular heart rate readings throughout the day, and more frequently during exercise. From any MODE screen, and with the watch snug around your wrist, PRESS & HOLD the FRONT button for 3-8 seconds until your heart rate reading is shown.

Notes:
• The metal back plate of the watch must be resting firmly against your wrist. Excess arm hair may necessitate adding moisture in between the back plate and your skin to increase conductivity.
• Taking a heart rate reading with regular frequency will help improve the accuracy of calories recorded.

FOLD

MODES | **TIME** 7

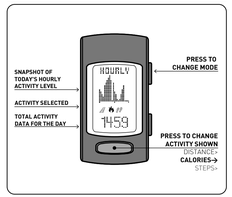


Shows the goal progress, time, date, and current distance, calories burned, and steps taken. You will see calories burned even during periods of non-activity because your body is always burning calories, even when sleeping or not in motion. SYNC accounts for these calories burned.

Notes:
• This watch automatically stores and then resets the data to 0 at midnight.
• The calorie screen will always show activity every hour (even if you are not moving) because this watch includes the basal metabolic calorie count (calorie burn while at rest).
• After 60 seconds of inactivity, the screen will default back to TIME mode.

FOLD

MODES | **TODAY** 8

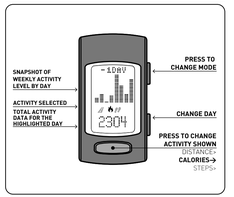


Shows your total steps, distance, and calories burned within the 24 hour period (midnight to midnight). Each column represents an hour within the 24 hour period and is meant to give you a visual representation of your activity during that hour. The mid-point of the graph represents 12:00PM (noon).

Notes:
• The chart shown is only meant to give you a visual snapshot of your daily activity, you cannot view individual hours. The total shown at the bottom represents the entire day, not the current hour.
• This watch automatically stores and then resets the data to 0 at midnight.
• The calorie screen will always show activity every hour (even if you are not moving) because this watch includes the basal metabolic calorie count (calorie burn while at rest).
• After 60 seconds of inactivity, the screen will default back to TIME mode.

FOLD

MODES | **WEEKLY** 9

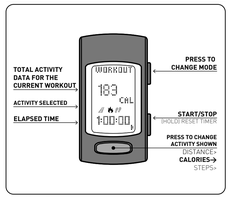


Shows your distance, calories burned, and steps taken within the last 7 days. Each column represents a previous day and is meant to give you a visual representation of your activity during that day.

Notes:
• This watch automatically stores and then resets the data to 0 at midnight.
• The calorie screen will always show activity every hour (even if you are not moving) because this watch includes the basal metabolic calorie count (calorie burn while at rest).
• After 60 seconds of inactivity, the screen will default back to TIME mode.

FOLD

MODES | **WORKOUT** 10

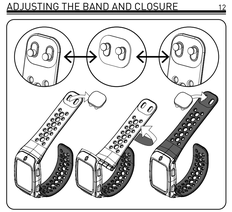


The WORKOUT mode allows you to record data for a specific activity period for up to 10 hours. This activity is shown separately here, but is also simultaneously recorded into the daily totals on previous screens.

Notes:
• The timer must be running for data to be recorded.
• Workout data will remain until the timer is reset. The data shown is also simultaneously included in the daily totals.

FOLD

ADJUSTING THE BAND AND CLOSURE 12



1. The Clasp on the short band can also be be rotated for a more refined fit.

2. The bands are reversible and replaceable. Simply remove the plastic clasp, slide the bands off and flip over, and then re-attach the clasp.

CARE & MAINTANCE | FCC COMPLIANCE 13

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:
Avoid exposing the SYNC™ band to extreme conditions.
Avoid rough uses or severe impacts to the SYNC™ band.
Never attempt to service your SYNC™ band 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 SYNC™ band.
Clean the SYNC™ band occasionally with a soft, dry cloth.
Store the unit in a dry place when you are not using it.

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.

FOLD

BATTERY SAFETY | WARRANTY 14

CAUTION – Battery Safety Information
• Non-rechargeable batteries are not to be recharged
• Rechargeable batteries must be removed before recharging
• Rechargeable batteries are only to be charged 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
• Battery 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 take responsibility for them responsibly in a specifically designated way, either using a collection scheme or into the correctly labelled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

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.)
©2013 Distributed by SportlineⓇ, Hazleton, PA 18202
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.
EB Brands UK, Berkeley Business Park, Wainwright Road,
Worcester WR4 9FA
www.sportline.com
Distributed in the UK by EB Brands UK, Worcester WR4 9FA

FOLD