XTREME®

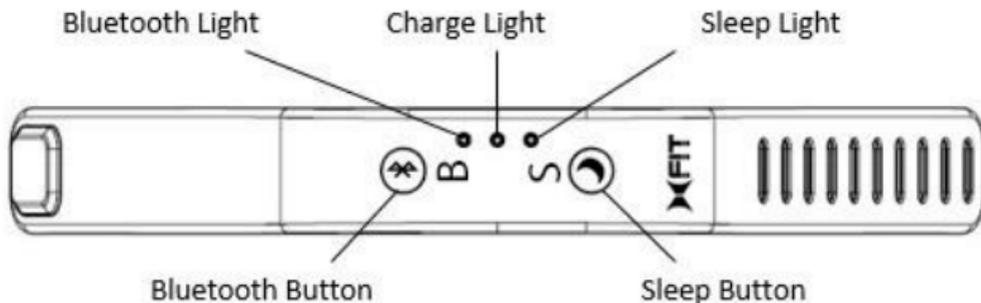|		
TRACK YOUR SLEEP SUIVEZ VOTRE SOMMEIL	TRACK PROGRESS SUIVEZ VOS PROGRÈS	TRACK DISTANCE MESURE DE LA DISTANCE
SET YOUR GOALS PROGRAMMEZ VOS OBJECTIFS	TRACK YOUR STEPS SUIVEZ VOS PAS	SYNCS WIRELESSLY SYNCHRONISEZ SANS FIL

FIT Band

Device Diagram

Compatible with: iPhone 4S/5/5C/5S/6/6 Plus, iPad 3/4/Air/Mini, iPod touch 5th Gen.
Running Apple iOS 6 or higher.
Samsung Galaxy S3, S4, S5. Running Android 4.3 or higher.

Charging your wristband

- Before starting, charge your device. The middle red light blinks when charging and turns solid when charging is complete.
- The red light will blink every few seconds for 24 hours before the battery dies. We recommend charging it when you see the red light start to blink.
- To access charging port, remove the tracking unit from the wristband to expose the micro usb port.
- Use the supplied charging cable and plug the micro USB side (small end) into the tracking unit and the other end into a computer USB port or a home charger with USB port (not included)

Getting Started

To gain access to quick start guides, how to videos and
links to download the app plus much more.

From your device, open your web browser and type in:

www.XTApp.co

or scan the QR code below from a scanning app.

Download app at

www.XTApp.co

After downloading the app, open it up and enter your personal information.

1. Type in your name at the top
2. Press English or metric
3. Tap stride to enter stride (distance between each step, back of one foot to front of other when walking [most people are 25-30 inches or 70-75 cm])
4. Tap height to enter height
5. Tap weight to enter weight
6. Tap Goal, to enter your step goal.
7. Select gender male or female
8. Tap age to enter age
9. Press the 'Continue' Button

Sync wristband with app

1. Press and hold the Bluetooth 'B' ✳ Button until the blue light starts flashing, then let go
2. Press the 'Sync' Button in the App
3. Select your device from the list
4. Press OK
5. After this, when syncing your device again, you will not need to select your device over again
6. To clear your data and start over, press 'Clear Data'
7. To reselect another device or your device over again, press "Reset". *Warning, this will clear all your synced information*

Your device is always on tracking your movements. Sync your band to only one device every 24 hours to avoid data loss.

Sleep mode

When you are ready to go to bed at night, you will want to put your wristband into sleep mode to monitor your sleep activity.

1. Press and hold the 'S' ☾ Sleep button until the green light comes on, then let go

   (You can confirm the device is in sleep mode by tapping the sleep button. If the light comes on then you are in sleep mode)

2. To exit sleep mode, press and hold the 'S' sleep button until the green light come on and then shuts off, then let go
3. **When you are not in sleep mode you are automatically in activity mode tracking your every step. Your device is always on tracking your movements**

Using the App – Tracking Steps

- The first screen shows your statistics for that day.
- To scroll through the past days, swipe your finger left or right on the date. (Date code is Day/Month/Year)
- Taping the 'details' button button will take you to the daily detail page. Tapping the 'summary' button will take you back.
- Tapping the Activity 'History' icon will bring you to the history page. To view details of a day in history tap a date.

Using the App – Tracking Sleep

- Tapping the 'Sleep' button will bring to the Sleep Screen
- 'Tapping the 'Details' button' brings you to the daily detail page. Tapping 'summary' button brings you back.
- Tapping sleep 'History' icon on the bottom will bring your sleep history. To view details of a day in history tap a date.

Trouble Shooting

For more help

My device is still not syncing
Update your iOS or Android software to the latest version. If the problem still persists uninstall the app and re-install it. You can also try to recharge your band and then try syncing again. As a last resort use small paper clip to hold down the tiny button on the bottom of the band for a few seconds to reset the band.

My phone syncs but it does not show any new activity data.
Check to see if your band was in sleep tracking mode. To do this, tap the sleep button. If the light blinks green you are in sleep mode. To disable sleep mode, hold down the sleep button until the green light flashes off, then let go.

My band is not working anymore and the lights do not light up.
Try charging your band for a few hours.

Only sync the band with one device. Data will not sync between devices.

Note: The wristband is not water proof, only plash proof. Do not submerge under water.