

FlyFit User Manual

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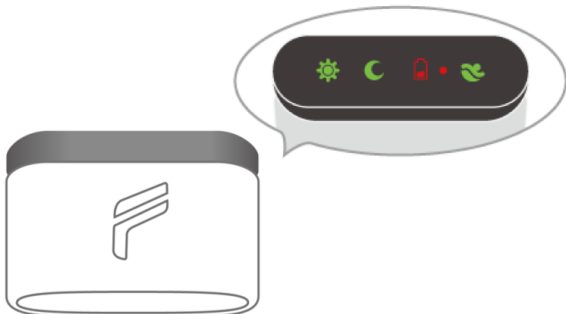
Meet your FlyFit

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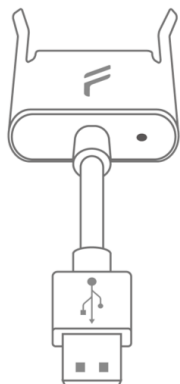
Meet your FlyFit

FlyFit is a smart ankle tracker with gesture recognition technology.

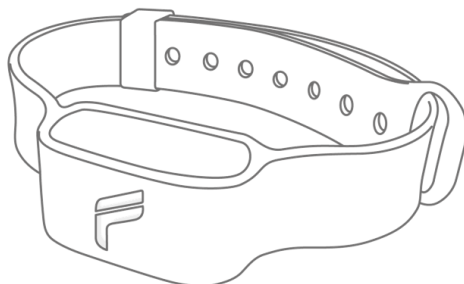
Tracker



Charging Cable



Ankle Band



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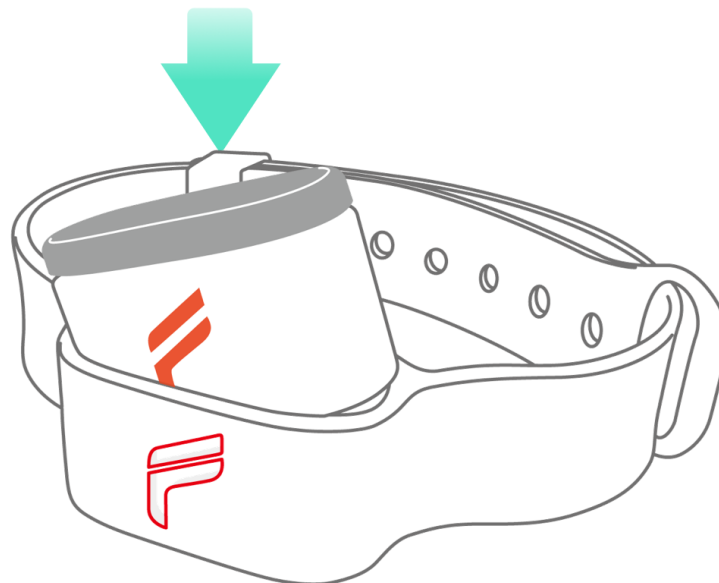
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Install the Tracker

Press the tracker in the container on the ankle band.



- The logo on the tracker should be on the same side with the logo on the ankle band.

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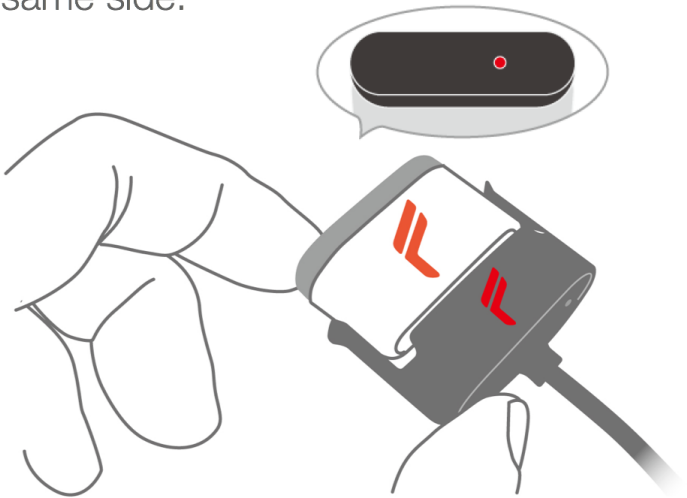
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Charge & Sync

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Charge & Sync

Connect the tracker with the charger.
Plug the charger in the USB port.
Please make sure both logos on the
charger and the tracker should be on the
same side.



- Red light on: Charging is in progress.
- Flashing red light : 90% charged.
- All lights off: 100% charged.

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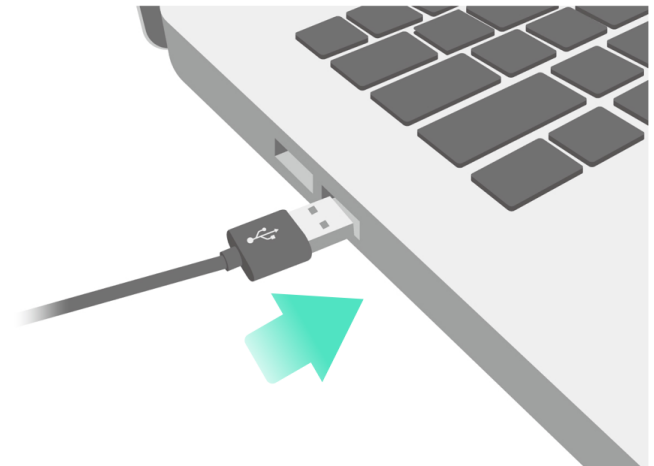
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How to Wear your FlyFit

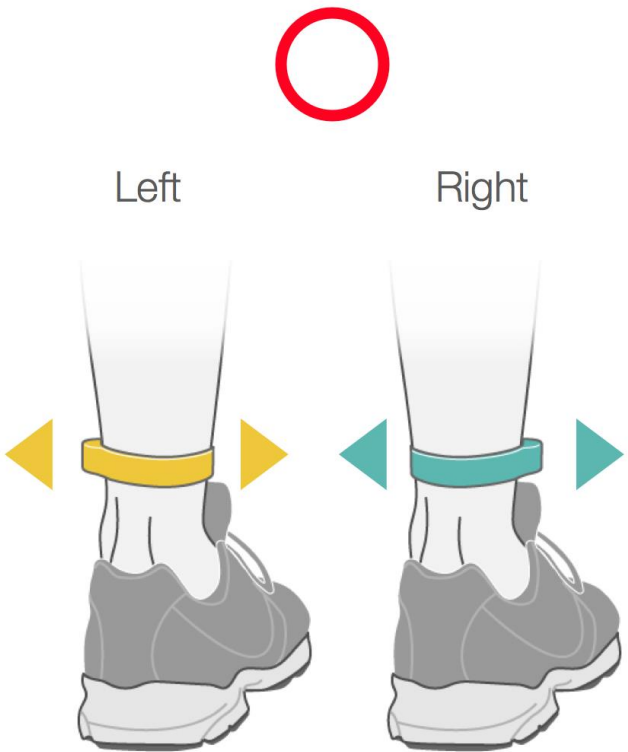
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Put on the Ankle Tracker

Please wear the tracker on the left or right side of your ankle.

Left

Right



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Put on the Ankle Support

Please wear the tracker on the left or right side of your ankle support.



- Wear socks or ankle support inside when strenuous exercise to avoid bruising.

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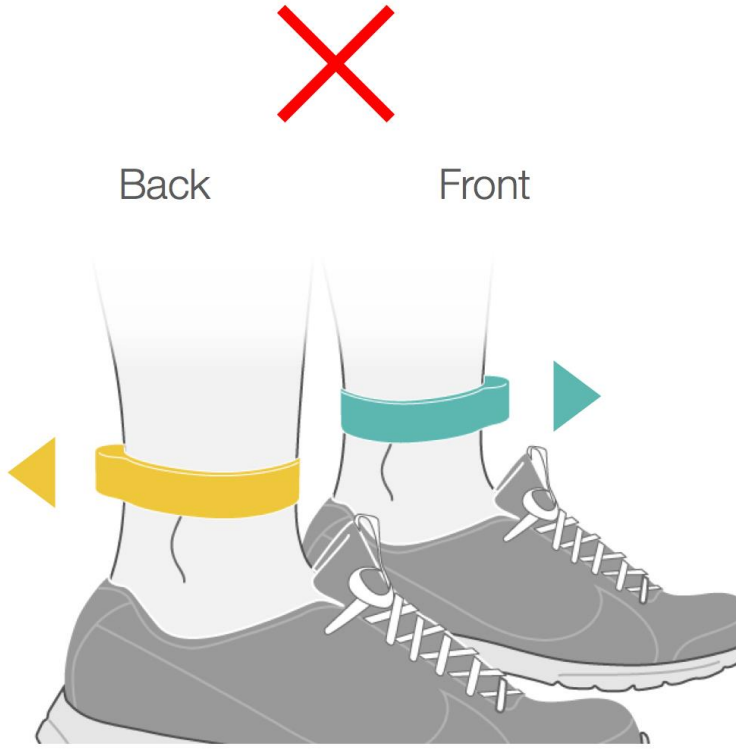
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Put on the Ankle Tracker

Please **do not** wear the tracker in the front and the back of your ankle.

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Front



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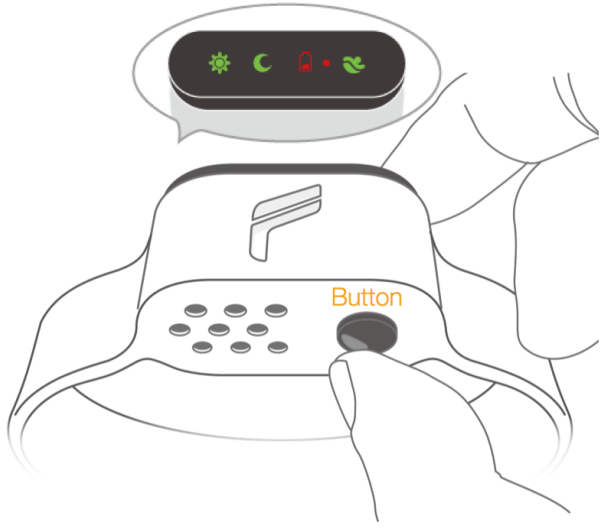
Switching Modes & Hardware Reset



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Switch between modes

 Active
  Sleep
  Battery
  Swim



- Press the button below once to switch between modes.
- Press 4 secs to turn off.

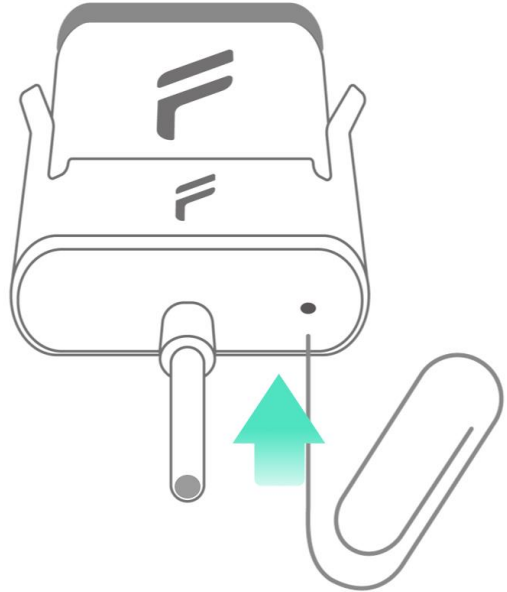
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Hardware Reset

Connect the tracker with the charger, plug the charger in the USB port to confirm charging. Then push a straightened paperclip through the hole below charger to reset the hardware.



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ATTENTION

Please read all the safety information below before using the device. Failure to follow these safety instructions could result in injuries or damage to the electronic components in the device.

- Do not expose the device to high temperature and flames.
- Do not leave FlyFit Ankle Band with sharp objects.
- Do not use the device in salt water / sea / hot spring.
- Do not charge the device in damp area or extremely high or low temperature.
- Do not disassemble this product.

Please refer to the « [Safety Instructions](#) ».

☐ I have read and will follow the Safety Instructions.

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Frequently Asked Questions

- Questions about Hardware

Q: I can't turn on my FlyFit.

A: Charge the FlyFit before the first time you turn it on. If you still have problem turning on your FlyFit, please try to reset the hardware.

Q: My tracker blinks red light while I am charging.

A: When it's 90% charged, your FlyFit blinks red lights. All lights would be off when it is fully charged.

Q: I went for a run but did not get any feedback from the device.

A: Please make sure you bring your phone while you're running. Strava only supports real time recording with GPS and bluetooth. You might want to bring your phone with you in order to monitor your real time cadence performance.

Q: My tracker blinks yellow light after charging for several hours. Is that normal?

A: It's normal if you only get one light on, it indicates that It is ready to sync with bluetooth.

Q: How to turn off my FlyFit?

A: Press the button below the tracker for 4 seconds. All the lights on the tracker would flicker once and the tracker is off.

- **Questions for APP**

Q: When will the FlyFit App be available?

A: We're still waiting Apple App store to confirm our app, hope our users will be able to download it before Christmas!

The Andriod App will come out later than iOS APP. We hope to publish the Android APP in late January.

Q: Why I fail to pass Bluetooth Pin Code to connect it to my Android device?

A: We have test run the FlyFit Tracker with some Android devices. The correct Pin Code is 00000000.

Q: I can't connect my phone with the tracker.

A: We provide device with Bluetooth 4.0 including iPhone 4s, iPhone 5, iPhone 5s, iPhone 5C,iPAD mini, Nexus 7 II, Samsung Galaxy S4, sony, Xperia Z1 ,or later version device with Bluetooth 4.0/BLE. Please make sure your phone is compatible with Bluetooth 4.0, if you still can't connect your phone with the tracker, please let us know.

Q: How do I pair it with Strava?

A: Here is the tutorial <https://www.youtube.com/watch?v=1pAXwR9bQuU>.

Please press the button below the band and hold on the tracker for 30-60 seconds to sync the tracker with the Strava.

Q: How do I connect my FlyFit with third party apps beside Strava?

A: You can connect your FlyFit with third party apps that support Bluetooth Cycling Speed and Cadence Profile (CSCP).

The attached photo is a reference for you.

- If there's further question, please email to our service account.
service@myflyfit.com

Third Party Apps



Strava - Wahoo Fitness - MapMyFitness - MapMyRun - MapMyRide - BikeBoard - Digifit -
Biologic BikeBrain - Runmeter - Cyclemeter.