

# FIT SMART



Fit Smart is a fitness band that combines the convenience of accurate heart rate measurement from the wrist (no chest strap required), all day activity tracking and real-time, personalized fitness coaching.

Fit Smart helps you get fit faster to enjoy the benefits of a more active, energetic lifestyle.



## FIT SMART FEATURES



### REAL TIME COACHING

Train smart with real-time guidance and personalized training plans to help you work out at the right intensity



### ALL DAY ACTIVITY

Set goals and track steps, calories and distance all day.



### EFFORTLESS HEART RATE

Continuous heart rate measurement from your wrist.  
No chest strap required.



### WORK OUT TRACKING

Records workout time, heart rate, calories, pace, distance and stride rate during workouts. Add GPS tracking using your smart phone.



### MOBILE APP COMPATIBLE

Start your workout on the Train & Run app or record your workout on Fit Smart and sync later to view your stats.