

MYKRONOZ

SMARTWATCH

DESIGNED IN SWITZERLAND

# ZeFit<sup>2</sup>Pulse

## ENGLISH

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# OVERVIEW

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To interact with ZeFit<sup>2</sup> Pulse touchscreen, double tap on the touch-sensitive area to wake the device. ZeFit<sup>2</sup> Pulse touchscreen only respond to tap gestures in this specific touch-sensitive area. ZeFit<sup>2</sup> Pulse screen turns off when not in use. To ensure ZeFit<sup>2</sup> Pulse is responding accurately to your taps, we recommend using your fingertip and not your nail. To move between screens, swipe left or right.

# 1. CHARGING

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Charge ZeFit<sup>2</sup> Pulse for two hours before your first use.

1. Put ZeFit<sup>2</sup> Pulse on the magnetic charging dock
2. Make sure the pin on the charging dock fit correctly onto the charging terminals on the back of ZeFit<sup>2</sup> Pulse
3. Plug the small end of the USB cable provided into the charging's dock USB port
4. Plug the big end of the USB cable into a power source
5. A battery indicator will fill to indicate charging is in progress. Once ZeFit<sup>2</sup> Pulse is charged, the battery indicator will be full



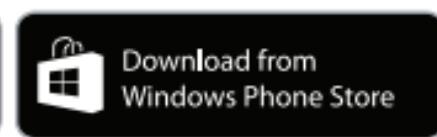
A full charge takes 1:30 hour. When the battery level gets low, a battery indicator will appear.

## 2. PAIRING

The first time you use ZeFit<sup>2</sup> Pulse, a **SET UP** message will prompt you to set up your ZeFit<sup>2</sup> Pulse using a mobile device or a computer.

### GET ZeFit<sup>2</sup> Pulse APP

To set up your ZeFit<sup>2</sup> Pulse using your mobile device, you first need to get ZeFit<sup>2</sup> App. Search for ZeFit<sup>2</sup> App in the App store, Google Play or Windows Phone store, download and install the App on your mobile device.



### System Requirements

#### iOS

iOS 7+ devices with Bluetooth 4.0 BLE  
iPhone 4s, 5, 5c, 5s, 6, 6 Plus, iPad (3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> gen) iPad Mini, iPod touch (5<sup>th</sup> gen)

#### Android

Select Android 4.3 + devices that support Bluetooth 4.0 BLE

#### Windows Phone

Select Windows Phone 8.1 that support Bluetooth 4.0 BLE

Visit [www.mykronoz.com](http://www.mykronoz.com) to get the latest compatibility list

1. Enable Bluetooth on your mobile device
2. Open **ZeFit<sup>2</sup> App** on your mobile device. **Sign up** if you are a new member or **Log in** with your existing account. After entering your personal information, tap **Set up**
3. Make sure ZeFit<sup>2</sup> Pulse is nearby and select ZeFit<sup>2</sup> Pulse in the list of devices
4. You will receive a pairing request on your mobile device.  
Press **Pair** to accept it



5. Then, a pairing request will appear on your ZeFit<sup>2</sup> Pulse display. Tap on your ZeFit<sup>2</sup> Pulse to accept the pairing

6. When ZeFit<sup>2</sup> Pulse is successfully paired, you will be notified on ZeFit<sup>2</sup> Pulse and on your mobile device's screen



- You can also set up your ZeFit<sup>2</sup> Pulse using our Mac or PC software available on MyKronoz website: <http://www.mykronoz.com/support/>
- System requirements: Windows 7,8, XP,10 - Mac OS X 10.8 and above



If pairing fails, repeat the same steps. Pairing is a one-time process. If you want to pair ZeFit<sup>2</sup> Pulse with another account, you first need to unpair it from the current one. Open ZeFit<sup>2</sup> App, go to Settings > Connect ZeFit<sup>2</sup> Pulse > Unpair ZeFit<sup>2</sup> Pulse. Tap Connect ZeFit<sup>2</sup> Pulse to pair a new device

### 3. WEARING

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ZeFit<sup>2</sup> Pulse has a removable wristband and is adjustable to fit different wrist sizes.

1. Pop ZeFit<sup>2</sup> Pulse tracker unit into the wristband
2. Place ZeFit<sup>2</sup> Pulse around your wrist and put the clasp pin inside the hole
3. Press a few times to ensure the pin is fully inserted and that ZeFit<sup>2</sup> Pulse is securely fastened



To get the most accurate data, we recommend wearing ZeFit<sup>2</sup> Pulse on your non-dominant hand and not too loose.

## 4. DISPLAYS

Homepage 24h



Incoming call



Full memory



Activity mode



Homepage 12h



Pairing request



Low power



Sleep mode



Syncing



Upgrading



Successful pairing



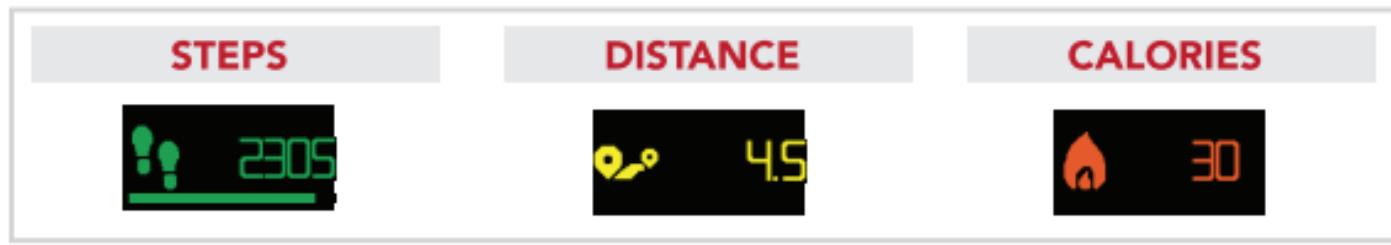
Anti-lost alert



ZeFit<sup>2</sup> Pulse will automatically sync the time and date of your paired mobile device. You can set your preferred time and date format manually in the Settings tab of ZeFit<sup>2</sup> App. Make sure you keep the device charged to avoid the time being reset.

## 5. ACTIVITY

ZeFit<sup>2</sup> Pulse tracks the number of steps taken, distance travelled, calories burned and heart rate level throughout the day. You can view your daily activity in real-time on ZeFit<sup>2</sup> Pulse display by swiping left or right on the touchscreen.

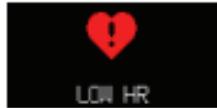


ZeFit<sup>2</sup> Pulse shows daily data. The activity tracker resets at midnight. To upload your latest activity data, do not forget to tap the sync icon in the upper right hand corner of ZeFit<sup>2</sup> App

## 6. HEART-RATE

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On the heart-rate interface, press and hold the display for 3 seconds to launch heart rate monitor. You can define your tracking frequency and heart rate zones in **ZeFit<sup>2</sup> app** and set up an alert if you reach a low heart rate or high heart rate level.



## 7. TIMER

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On the timer interface, press and hold the display for 3 seconds to launch the timer. Repeat the same steps to turn it off.



## 8. SLEEP

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ZeFit<sup>2</sup> Pulse tracks the hours slept and the quality of your sleep  
(light sleep, deep sleep, awake times)

### ■ START / EXIT SLEEP MODE

To start sleep mode, open **ZeFit<sup>2</sup> App**, tap on the bottom purple sleep bar, click on Add sleep log > Start Sleep now

To end sleep mode, open **ZeFit<sup>2</sup> App**, tap on the bottom purple sleep bar, click on Add sleep log > Awake

### ■ PRESET SLEEP

Open **ZeFit<sup>2</sup> App** > Go to Settings > Advanced Settings > Click on **Preset sleep** to enter your desired bed and wake up times. By default, ZeFit<sup>2</sup> Pulse will track your sleep from 11pm until 7am.



To upload your latest sleep data, do not forget to tap the sync icon in the upper right hand corner of **ZeFit<sup>2</sup> App**. If you forgot to activate sleep mode, you can manually add sleep logs in **ZeFit<sup>2</sup> App**. Open **ZeFit<sup>2</sup> App**, click on Add sleep log > Add sleep

## 9. GOALS

Tap the Goals tab of ZeFit<sup>2</sup> App to set daily goals for steps taken, distance travelled, calories burned and hours slept. Click on the sync button in the upper right corner to save your goals. On the Steps screen of your ZeFit<sup>2</sup> Pulse, a progress bar will show how close you are to your daily goal.

Once you hit one of your daily goal, ZeFit<sup>2</sup> Pulse will gently vibrate and display a Goal achieved icon



## 10. REMINDERS

Tap the Reminders tab of ZeFit<sup>2</sup> App to add daily life reminders. You can set up to 6 daily reminders, and choose the type of reminder and preferred time and day. ZeFit<sup>2</sup> Pulse will gently vibrate and display the corresponding reminder icon to alert you. A single tap on your ZeFit<sup>2</sup> Pulse can dismiss the reminder. If not dismissed, the same alert will repeat after two minutes.

## 11. NOTIFICATIONS

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ZeFit<sup>2</sup> Pulse shows notifications of incoming and missed calls, SMS, email, social media activity, calendar events and anti-lost alert\*. Open **ZeFit<sup>2</sup> App**, tap Settings > **Notifications** to select the notifications you want to receive onto your ZeFit<sup>2</sup> Pulse. If you wish to disable certain notifications, swipe the selection button to the left. A single tap on your ZeFit<sup>2</sup> Pulse can dismiss the notification. If not dismissed, the notification will reappear next time you wake up the screen.

### *Setting up notifications for iOS users:*

- Go to "Settings" of your iOS device
- Tap "Notification Center"
- Select which type of notifications you wish to receive on ZeFit<sup>2</sup> Pulse
- Enable "Show in Notification Center" to receive the notification on ZeFit<sup>2</sup> Pulse



Caller ID supports latin character only. For more languages support, please contact [support@mykronoz.com](mailto:support@mykronoz.com). \*Windows Phones may not support those features, please contact [support@mykronoz.com](mailto:support@mykronoz.com) for more information.

## 12. SMS

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When receiving a SMS notification, press and hold ZeFit<sup>2</sup> Pulse display to read the SMS content and see the identity of the sender. You can scroll down to read the full text message.

Press and hold to skip to another SMS.



## 13. MISSED CALLS

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When receiving a Missed Call notification, press and hold ZeFit<sup>2</sup> Pulse to see the identity of the missed call. You can scroll down to check the missed call history.

Press and hold to skip to another notification.



You can read the latest 3 SMS received. You can view the latest 5 Missed Calls.

## 14. TECH SPECS

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Size & Circumference	50 x 22.5 x 11.7 mm Min: 154 mm Max: 210 mm
Weight	25 gr
Bluetooth	4.0 BLE
Battery type	Li-iOn 190mAh
Battery life	Up to 10 days
Charging time	2 hours
Memory	14 days of activity
Display	TFT Color touchscreen (0.9" / 160*80 pixels)
Sensor	3-axis accelerometer
Operating temperature	-20°C to +40°C
Water resistance	IP67
International warranty	1 year

SCAN FOR  
MORE LANGUAGES



Scansionare per ottenere più lingue  
Digitalizar para obter mais línguas  
Escanear para obtener más idiomas  
Scannen, um anderen Sprachen erhalten  
Scan om meer talen te krijgen  
Daha fazla dil almak için tarama  
Skanowanie, aby uzyskać więcej języków  
în scanare pentru a obține mai multe limbi  
сканирование, чтобы получить больше языков  
请扫描二维码以获取更多语言翻译。  
掃描QR碼 獲得更多的語言  
より多くの言語を取得するためにスキャン  
สแกนเพื่อให้ได้ภาษามากขึ้น  
더 많은 언어를 얻기 위해 검색

OR VISIT

<http://www.mykronoz.com/assets/user-guide-zefit2pulse.pdf>  
TO DOWNLOAD OUR MULTI-LANGUAGE USER MANUAL

## **WARNING**

- Connecting the charging cable improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty. Unplug the cable after ZeFit<sup>2</sup> Pulse is fully charged.
- ZeFit<sup>2</sup> Pulse unit and charging dock contains strong magnets that may interfere with pacemakers, credit cards, watches and other magnet-sensitive objects. If you use a pacemaker or any other electronic medical device, please consult your physician before wearing or handling ZeFit<sup>2</sup> Pulse
- This product is not a medical device and should not be used to diagnose or treat any medical condition.
- This product is in compliance with the IP rating IP67. IP67 indicates that the product is resistant again dust ingress and water ingress up to 1 meter of submersion in still tap water at room temperature, for a maximum duration of 30 minutes

## **ABOUT THIS MANUAL**

The features of ZeFit<sup>2</sup> Pulse and the contents of the user manual are subject to change. To get the latest instructions on how to use this product, please refer to the online user manual available on [www.mykronoz.com](http://www.mykronoz.com)

## **SUPPORT**

If you have any question or require assistance regarding our product, please visit [www.mykronoz.com/support/](http://www.mykronoz.com/support/) or email us at [support@mykronoz.com](mailto:support@mykronoz.com)

## ATTENTION

- | Un mauvais branchement du câble de chargement peut causer de graves dommages à l'appareil. Les dommages causés par une mauvaise utilisation ne sont pas couverts par la garantie. Débranchez le câble après une charge complète de ZeFit<sup>2</sup> Pulse.
- | ZeFit<sup>2</sup> Pulse et son socle de charge contiennent des aimants puissants qui peuvent interférer avec les stimulateurs cardiaques, cartes de crédit, les montres et autres objets magnétiques sensibles. Si vous utilisez un stimulateur cardiaque ou tout autre appareil médical électronique, veuillez consulter votre médecin avant de porter ou de manipuler ZeFit<sup>2</sup> Pulse.
- | Ce produit n'est pas un dispositif médical et ne doit pas être utilisé pour diagnostiquer ou traiter une condition médicale.
- | Ce produit est en conformité avec l'indice de protection IP IP67. IP67 indique que le produit est résistant à la poussière et à l'eau jusqu'à 1 mètre en immersion dans l'eau du

## À PROPOS DE CE MANUEL

Les fonctionnalités de ZeFit<sup>2</sup> Pulse et le contenu du manuel de l'utilisateur sont susceptibles d'être modifiés. Pour obtenir les dernières instructions sur l'utilisation de ce produit, veuillez vous référer au manuel disponible en ligne sur [www.mykronoz.com](http://www.mykronoz.com)

## SUPPORT

Si vous avez des questions ou si vous avez besoin d'aide concernant votre produit, veuillez consulter la page [www.mykronoz.com/support/](http://www.mykronoz.com/support/) ou nous envoyer un e-mail à l'adresse [support@mykronoz.com](mailto:support@mykronoz.com)

# SAFETY INSTRUCTIONS

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Before using the device, read these instructions carefully.

- ZeFit<sup>2</sup> Pulse has one built-in battery. Do not disassemble the battery on your own. KRONOZ LLC is not responsible for any damage or personnel injury caused by the removal of the battery or any component.
- This device is not waterproof so keep it away from all sources of heat or humidity. Do not use it near sink or other wet areas. Do not immerse the product in any liquid other than water. Do not immerse the product in salt water. Do not swim wearing this product. Do not use the product underwater.
- Charge the battery in a cool, ventilated room. Excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion.
- Avoid excessive temperatures. Do not expose this device to excessive smoke, dust sand, or direct sunlight for an extended period of time.
- Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the areas with water (do not rub the eye) or seek medical help.

- Do not short-circuit. Short-circuiting can occur when a metallic object, such as coins, causes direct connection of positive and negative terminals of the battery. Short-circuiting may damage the battery.
- Do not use batteries that have been damaged or have been exhausted.
- Keep the batteries out of children's reach and in a safe place to prevent danger.
- Do not dispose of batteries in fire as they may cause explosion. Dispose of used batteries in accordance with your local regulations (such as recycling). Do not dispose as household waste.
- Use only the USB cable supplied to charge this battery. Do not charge for more than 24 hours.
- KRONOZ LLC is not responsible for any damage caused by improper use of the device.

# REGULATORY NOTICES

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USA



## FCC STATEMENT

This 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.

## CAUTIONS

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

## FCC NOTICE

This equipment complies within the limits of a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against radio and TV interference in residential areas. However, even during normal operation, this equipment may cause TV or radio interference. If this equipment 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 one or more of the following corrective measures:

- Reposition the receiving antenna
- Increase the distance between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID: 2AA7D-ZEFT2P

## CANADA

### INDUSTRY CANADA (IC) STATEMENT

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme à la norme CNR d'Industrie Canada applicable aux appareils radio exempts de licence. Son utilisation est soumise aux deux conditions suivantes: (1) cet appareil ne doit pas provoquer d'interférences et (2) l'utilisateur de cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable du dispositif.

IC: 12131A-ZEFT2P

## EUROPEAN UNION

### CE DIRECTIVE



Declaration of conformity with regard to the EU Directive 1999/5/EC.

Kronoz LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directive 1999/5/EC. The complete declaration of conformity is available on request via our customer service: [support@mykronoz.com](mailto:support@mykronoz.com)

Déclaration de conformité à l'égard de la directive européenne 1999/5/CE.

Kronoz LLC déclare que cet appareil est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive R&TTE 1999/5/CE. La déclaration de conformité complète est disponible sur demande auprès de notre service client: [support@mykronoz.com](mailto:support@mykronoz.com)



## DISPOSAL AND RECYCLING INFORMATION

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies: Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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Designed in Switzerland - Made in China



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