# protrack**h2o**
## wireless fitness band

Instruction Manual
Item #GP-5578



GNC
LIVE WELL

(BC)

## Introduction

The GNC protrack**h2o** wireless fitness band allows you to track your steps, distance, calories burned and quality of sleep.  The tracker features three exercise modes: running, swimming and weight lifting.  It is compatible with iOS and Android devices so that you can track your daily, weekly, monthly and yearly data via the GNC Pro Fitness app on your mobile device.  Please read this manual before using this device in order to get the best results.

### Intended Use

The protrack**h2o** wireless fitness band is a home fitness product only and is not intended to serve as a substitute for the advice of a physician or medical professional. Do not use this device for the diagnosis or treatment of any health problem or disease. This is not a medical device.

### Important Note

Your protrack**h2o** wireless fitness band is a Bluetooth device that can be used to monitor your steps using iPhones and iPads which run iOS 7 and above, or Android devices running Android 4.3 or above. In addition, your smartphone or tablet needs to be Bluetooth compatible. To use your activity tracker with your smartphone or tablet, you must make sure the Bluetooth function is enabled.

## Package Contents

1. Protrack**h2o** wireless fitness band
2. USB charging cable
3. User's manual with warranty information

## Features

- Bluetooth connectivity
- Wirelessly syncs data to smartphones and portable devices
- Waterproof
- Swimming, running and weight lifting exercise modes
- Tracks steps, distance, calories burned and quality of sleep
- Dot matrix display

## Charging Your Device

Your tracking band must be charged before using.  In order to charge, follow the steps below:

1. Secure the included USB charging cable to the wireless fitness band.  You should feel a click when it is securely in place.
2. Insert the USB cable into an available USB port on your computer or USB charging adapter.
3. Please allow up to 2.5 hours for an initial charge before the first use.

## Using Your Activity Tracker



Mode Button

To toggle between each of your wireless fitness band's activity modes, quickly press the **Mode** button twice.

### Step Activity Mode

This is the default mode of your wireless fitness band.  The Step Activity Mode records your steps, calories burned and distance traveled.  Press the **Mode** button once on your tracker to toggle through the different statistics.

The Step Activity Mode option includes:

- <u>TIME</u>: The current time.
- <u>STEP</u>: The number of steps taken.
- <u>DIST</u>: The distance traveled in miles/km.
- <u>CALS</u>: The amount of calories burned.
- <u>GOAL</u>: The percentage of your goal that has been met.
- The percentage of battery life remaining.

## Sleep Mode

The Sleep Mode (ZZZZ) sets your activity tracker to record your sleep quality and time.

The Sleep Mode option includes:

- <u>TIME</u>: The current time.

## Weightlifting Activity Mode

The Weightlifting Activity Mode (LIFT) records the amount of reps you have performed during your exercise routine.  Press the **Mode** button once on your tracker to toggle through the different statistics.

The Weightlifting Activity Mode option includes:

- <u>TIME</u>: The current time is displayed.
- <u>REPS</u>: The amount of reps you have completed.
- The percentage of battery life remaining is displayed.

## Swimming Activity Mode

The Swimming Activity Mode records your strokes completed and swimming time.  Press the **Mode** button once on your tracker to toggle through the different statistics.

The Swimming Activity Mode option includes:

- <u>TIME</u>: The current time.
- <u>STRK</u>: The amount of strokes completed.
- <u>SWTM</u>: The amount time swimming.
- The percentage of battery life remaining.

## Setting up the GNC Pro Fitness App

### Mobile Device Requirements

Your protrack**h2o** wireless fitness band can be used as a Bluetooth device, compatible with most iPhone/iPad/Android phones and tablets that support Bluetooth.

### Device Requirements

- iPhone with iOS 7 and above
- Android phone with OS 4.3 and above

*NOTE*: *Your Android mobile device, tablet, iPhone, or iPad must be equipped with Bluetooth*

## Installing the GNC Pro Fitness App

Sync your protrack**h2o** wireless fitness band with your mobile device so you can view your latest stats, graphs and charts on your smartphone or tablet.

The GNC Pro Fitness app can be found on the iOS App store or Google Play store by searching for 'GNC Pro Fitness'. If you have already installed the GNC Pro Fitness application, check for available updates to make sure you have the latest version.

## Initial Setup and Device Pairing

Your GNC protrack**h2o** wireless fitness band must be paired directly through the GNC Pro Fitness App.

1. Enable Bluetooth on your smartphone or tablet. Check your mobile device settings if needed.
2. Open the GNC Pro Fitness App from your mobile device, and press the Start button to begin the setup wizard.
3. Select either metric or US to choose between the metric and imperial standards of measurement.
4. Select your gender.
5. Press "Select Language" to select your language.
6. Press "Time Display' to choose between a 12 and 24 hour clock.
7. Enter your name, height, weight, and age.
8. Press "Save" to save your personal settings.
9. Press the **Mode** button on the wireless fitness band to send out a Bluetooth signal.
10. Select your GNC device from the list of available devices, and press "next".
11. Set your daily goals by pressing "Select" and choosing a goal for that mode. When finished, press "next".
12. The initial setup is complete. Press "Sync" to connect and synchronize your wireless fitness band.

The system will reset any previous recorded data to zero, and you will now be ready to enjoy your protrack**h2o** wireless fitness band.

## Using the GNC Pro Fitness App

The GNC Pro Fitness app is separated into three main sections.  The Activity section shows you your statistics for each of the three exercise modes for the current day.  The History section shows you previous workout and exercise data by day, week, month and year.  The Settings section lets you view and edit your personal settings and workout goals.  Simply press on one of the three options to go to that section.
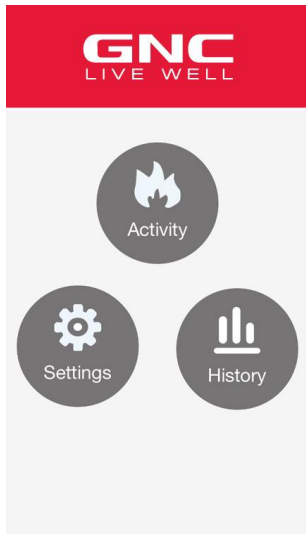
## Activity

The main activity screen shows you your current exercise statistics.  From this screen you can sync your device by pressing "SYNC" in the upper left, or share your daily activity via Facebook or Twitter by pressing "SHARE" in the upper right.  You can also view your wireless fitness band's current battery life, as an icon, percentage remaining or estimated time remaining.  To switch between each exercise mode, select one of the corresponding icons across the top of your screen.

### Step Activity

The step activity section of the app displays:

1. The number of steps you have taken.
2. The percentage of your goal complete.
3. Calories burned.
4. Distance traveled (in miles/km).

## Weightlifting Activity

The weightlifting activity section of the app displays:

1. The amount of reps completed.
2. The percentage of your goal complete.

## Swimming Activity

The swimming activity section of the app displays:

1. The amount of strokes completed.
2. The percentage of your goal complete.
3. The amount of time you have spent swimming.

## History

The history section of the app will display any recorded exercise or sleep activity broken down by day, week, month and year. The top portion of the screen will show your exercise activity, while the bottom will show your sleep quality. You can select any of the three exercise mode icons to view the history of that activity. At the bottom of the history screen, you can press day, week, month or year to view recorded history data since you began using the protrack**h2o** wireless fitness band. The arrows to the left or right of the date will let you scroll through days, weeks, months and years of data.
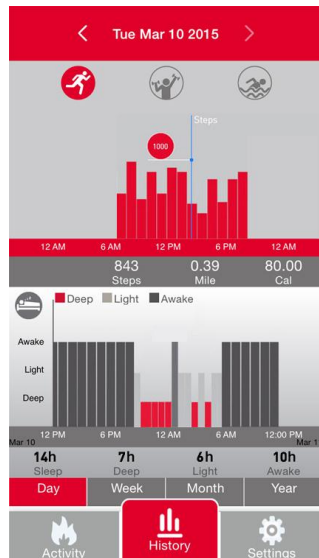
## Activity History

To select different exercise modes, press the corresponding icon across the top of the screen.  The sleep section of the history screen is shared across all three exercise modes.

### Day

Top
- <u>Step Activity</u>: Shows the total steps taken, distance traveled and calories burned.  Pressing the bars on the chart will show you how many steps you took that hour.
- <u>Weightlifting Activity</u>: Shows the total reps completed.  Pressing the bars on the chart will show you how many reps you completed that hour.
- <u>Swimming Activity</u>: Shows the total strokes completed and time spent swimming.  Pressing the bars on the chart will show you how many strokes you completed that hour.

Bottom
- Shows your total sleep time, deep sleep time, light sleep time and awake time through the night.  Pressing the bars of the chart will show you the amount of hours in that specific zone.

### Week

Top
- <u>Step Activity</u>: Shows the total steps taken during the week.  Pressing the bars on the chart will show you how many steps you took each day.
- <u>Weightlifting Activity</u>: Shows the total reps completed during the week.  Pressing the bars on the chart will

show you how many reps you completed each day.

- <u>Swimming Activity</u>: Shows the total strokes completed during the week.  Pressing the bars on the chart will show you how many strokes you completed each day.

Bottom

- Shows the total hours slept during the week.  Pressing the bars of the chart will show you how many total hours you slept each day.

## Month

Top

- <u>Step Activity</u>: Shows the total steps taken during the month.  Pressing the bars on the chart will show you how many steps you took each week.
- <u>Weightlifting Activity</u>: Shows the total reps completed during the month.  Pressing the bars on the chart will show you how many reps you completed each week.
- <u>Swimming Activity</u>: Shows the total strokes completed during the month.  Pressing the bars on the chart will show you how many strokes you completed each week.

Bottom

- Shows the total hours slept during the month.  Pressing the bars of the chart will show you how many total hours you slept each week.

**Year**

Top
- <u>Step Activity</u>: Shows total steps taken during the year.  Pressing the bars on the chart will show you how many steps you took each month.
- <u>Weightlifting Activity</u>: Shows the total reps completed during the year.  Pressing the bars on the chart will show you how many reps you completed each month.
- <u>Swimming Activity</u>: Shows the total strokes completed during the year.  Pressing the bars on the chart will show you how many strokes you completed each month.

Bottom
- Shows the total hours slept during the year.  Pressing the bars of the chart will show you how many total hours you slept each month.

## Settings

The Settings section lets you view and edit your personal settings and workout goals.

## My Profile

The My Profile setting allows you to change:



- Gender: Male or female
- Measurement method: Select between metric and US.
- Time display: Select 12 or 24 hour time display.
- Name
- Height
- Weight
- Age

When you have finished editing your information, press "Save".
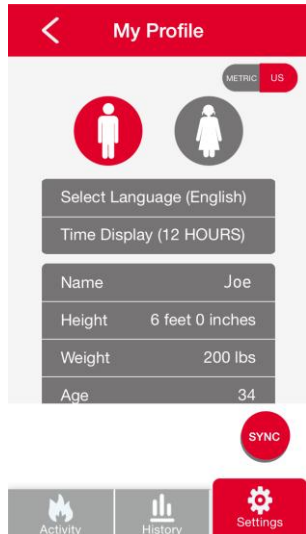
## Workout Goal

The Workout Goal setting allows you to set your daily goals for steps, reps and strokes.  Press the numbers in the red box to the right of the screen to select your goal amount.



When you have finished editing your information, press "SYNC".  You can also press "Cancel" to return without changing your goals.

## Sedentary Reminders

The Sedentary Reminders setting allows you to create a vibrating reminder to keep yourself active.

- <u>Reminder</u>: Turn the sedentary reminder on or off.
- <u>When inactive for</u>: Select the amount of time for which you can be inactive before the alarm goes off.
- <u>Start and End</u>: Select the times you would like the reminders to begin and end.
- <u>Days of the week:</u> Press the days of the week you would like the reminders to be active for.
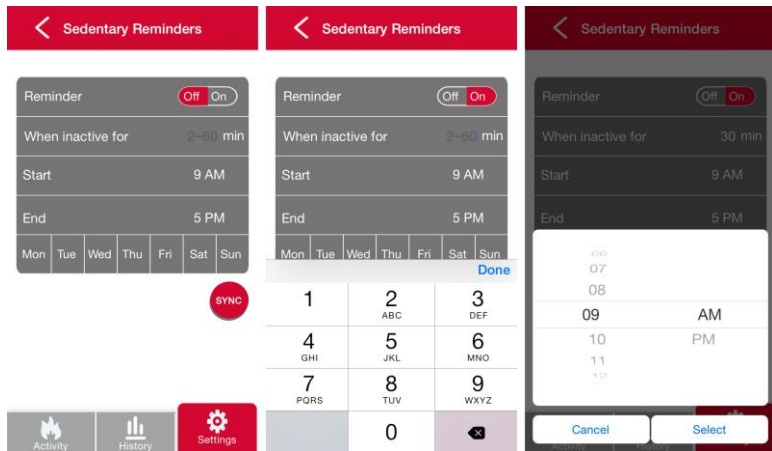


When you have finished setting up the reminder, press "SYNC" to save.

### Vibrate Alarm

The Vibrate Alarm setting allows you to set up an alarm.

- <u>Alarm Clock</u>: Turn the alarm on or off.
- <u>Set Alarm</u>: Set the time you would like the alarm to go off.  You can choose the days you want the alarm to work on by pressing each day.
- <u>Days of the week:</u> Press the days of the week you would like the alarm to be active for.
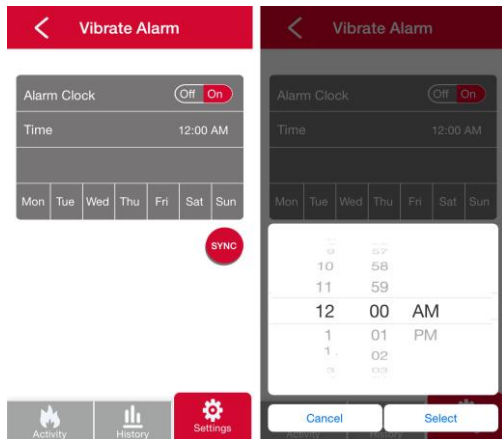


When you have finished setting up the alarm, press "SYNC" to save.

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## In-App Help Guide & User Manual

For additional information and answers to Frequently Asked Questions, click the Help Guide & User Manual button.
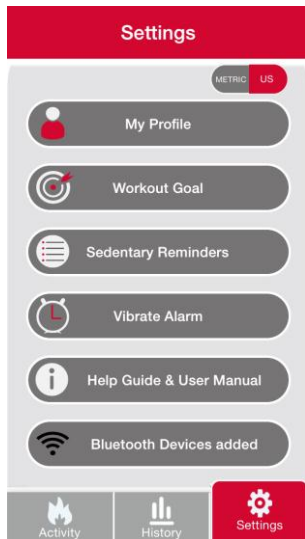
## Important Safety Instructions

1. Please keep this manual as a reference guide for the correct way to operate your wireless fitness band.
2. Do not expose your wireless fitness band to fire or excessive heat; it contains a battery.
3. Do not attempt to disassemble your wireless fitness band.  It does not contain serviceable components.
4. Do not place your wireless fitness band in a dishwasher, washing machine, or dryer.
5. Do not expose your wireless fitness band to extreme temperatures.
6. Do not expose your wireless fitness band to environments with strong magnetic or electrostatic interference.
7. Do not use abrasive cleaners to clean your wireless fitness band.
8. Because the product contains a rechargeable battery, please avoid overcharge and over-discharge. Remember to charge the battery before it fully discharges.

## Regulatory Notices

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.

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

NOTE: This equipment 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 equipment 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 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 to correct the interference by one or more of the following measures:
--Reorient or relocate the receiving antenna.
--Increase the separation between the equipment and receiver.
--Connect the equipment 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.

The product is made in conformance with all the applicable European regulations.

## DISPOSAL

The device (including its removable parts and accessories) must not be disposed of together with municipal waste at the end of its life, but in compliance with European Directive 2002/96/EC. Since it must be handled separately from household waste, either carry it to a separately-collected waste disposal center for electrical and electronic appliances or give it back to be retailer on purchasing a new device with the same purpose. Any infringement will be severely prosecuted.

### NOTE:
*Specifications and designs are based on the latest information available at the time of printing and subject to change without notice.  Please refer to the online Help/Instruction Manual for the most current information.*

# Sakar Warranty Card

## Sakar Warranty

This warranty covers the original consumer purchaser only and is not transferable.
This warranty covers products that fail to function properly UNDER NORMAL USAGE, due to defects in material or workmanship. Your product will be repaired at no charge for parts or labor for a period of one year.

## What is Not Covered by Warranty

Damages or malfunctions not resulting from defects in material or workmanship and damages or malfunctions from other than normal use, including but limited to, repair by unauthorized parties, tampering, modification or accident.

## What to Do When Service Is Required

When returning your defective product (postage pre-paid) for service, your package should include:

1.  A copy of original bill of sale;
2.  A detailed written description of the problem;
3.  Your return address and daytime telephone number.

## Mail to the Address Below:

In the U.S.                             In the U.K.
Sakar International                     Sakar UK
Attention: Service Department          2D Siskin Parkway East
195 Carter Drive                       CV3 4PE, UK
Edison, NJ 08817


You may also visit sakar.com for further assistance, if necessary, or call our technical support department toll free at 1-877-397-8200 in the US, or 0-800-917-4831 in the UK.