# TRAX FITNESS

SPORT 2.0
USER MANUAL

- Multi-Sport Mode
- Built-in Heart Rate sensor
- Monitor your daily activity and sleep
- Built-in sedentary reminder
- Incoming call reminder
- Display SMS, emails, calendar events and social media activity
- Fully compatible with iOS 9.0 and Android 4.4 or above

For more information visit
www.trax-fitness.com

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1. Trax Sport Device Overview

Touch Screen

Heart Rate Monitor

USB OPEN Side

Using the touch screen
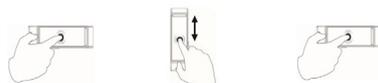
Tap Device screen: move through main menu.

Swipe up/down for more menu functions.

Press and hold Device screen to select items.

2. Charging the Trax Device

2.1 With the Device removed from your wrist, locate the arrow on the underside labelled **OPEN**.

2.2 Place your thumb on the **OPEN** arrow while holding the body of the Device with another finger.

2.3 Pull the strap away and then downwards from the Device body. This should expose the Device body.

2.4 Continue to pull the Device body out from the strap, thus separating the watch body and the strap completely.
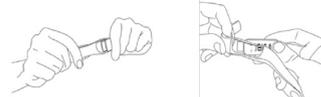
2.5 Locate the gold USB end of the watch body.

2.6 Plug the USB into a USB Port (5V/1A) such as a laptop, wall charger or other suitable unit to charge.
Note: Only one side of the USB will work. If the Device does not begin charging, remove from the charging unit, turn the USB around and try again.

2.7 The Device will vibrate slightly and a battery icon will appear on the screen once it is charging.

2.8 The green battery indicator on the Device screen will stop moving when the Device is fully charged.

2.9 Re-attach the Device body to the wrist strap by sliding the USB point in first. Then pull the rest of the strap onto the Device body.

3. Pairing device to Smartphone

3.1 Ensure that your Trax Device is turned on. If the Device is turned off, press and hold the screen to turn it on.

3.2 Switch on your Smartphone's Bluetooth.

3.3 Download the **TRAX GPS** App from your App store on your Smartphone.

3.4 Open the App and press **Sign Up** (below Sign in) to create a new account. Fill in your details and create an account. You will only need to do this once.

3.5 Fill in the App questions.

3.6 Set goals or leave this for later and press NEXT.

3.7 The App may prompt you to allow call and message notifications. Select **ALLOW** if you would like to receive your Smartphone notifications such as calls and messages on your Device.

3.8 In the DEVICE section, click on the + sign next to bracelet.

3.9 ALLOW any prompts to access your Smartphone's location if asked.

3.10 Select your Trax Device name (Trax SP).

3.11 The name of your Trax Device should appear at the top of the app screen with "Connected" below if pairing is successful.

4. App settings and features

4.1 DEVICE Page on App

4.1.1 **Alarm/ Schedule**: allows you to set up to four alarms or four scheduled events into the App calendar for each day. Select your date on the calendar.

4.1.1.1 Click + at the bottom of the screen to add a new alarm (clock) / schedule.

4.1.1.2 Press SAVE after making changes to your alarm/ schedule.
Note: Your Trax Device will vibrate and display the name of your alarm/ scheduled event at your pre- set time.
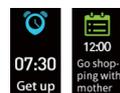
4.1.2 **Sedentary reminder**: set up to remind yourself to get up and move after periods of inactivity.

4.1.2.1 Select a time period during which you would like to receive your reminders to move around.

4.1.2.2 Once you have selected your time period, press on TIME PERIOD SETTING to save your time period (pictured below).

Time period Setting   08:00 - 12:00   ›

4.1.2.3 Your Sedentary reminder will appear on your Trax Device screen (pictured below) and vibrate.

4.1.3 **Smart reminder**: allows you to personalise the notifications you will receive on your Trax Device.
Note: You must turn on notification access for the TRAX GPS App on your Smartphone for this function to work. Notifications will appear on your Trax Device's screen. You can press and hold the screen to reject calls.

4.1.4 **Auto heart rate**: allows you to automatically record your heart rate between set time periods.

4.1.5 **Heart rate guidance**: provides you with guidance on your heart rate data by alerting you when you reach certain heart rate zones. To select periods where you do not want heart rate guidance, select Not remind in the zone and choose a heart rate period in which you don't want to be alerted. Your Device will alert you to your heart rate outside of these zones by vibrating and displaying your heart rate data in red.
Note: this heart rate function only works when you are busy with a selected sport activity.

4.1.6 **Vibration remind**: personalise the vibration settings for all your Device notifications.

4.1.7 **Language switch**: press to select another language.

4.1.8 **Time Format**: press to switch between a 12h and 24h clock format.

4.1.9 **Weather format**: press to switch between Centigrade and Fahrenheit.

4.1.10 **Palming Gesture**: turn off to stop your Trax Device screen from automatically lighting up when you raise your wrist. You can also set the Device up to only light up between certain time periods.

4.1.11 **Unit of measurement**: press to switch between Imperial and Metric.

4.1.12 **Firmware upgrade**: press to upgrade the firmware of your Device.

4.1.13 **Unbind**: unpairs your Smartphone and your Device.

4.2 SPORT PAGE: displays data for **Stand Up time, Steps, Calories burned, Sports** and **Health**.

4.2.1 **Data**: select the data section at the top of the screen (pictured below) to see details about your Steps, Calories and Stand Up time. If your data doesn't display, pull down and hold the icon below. This will synchronise data between the Device and Smartphone.

4.2.1.1 Select either **Steps**, **Calories** or **Stand Up** to see a detailed graph for each data section

4.2.1.2 Press on the arrow in the top right-hand corner to share any of your data to social media.
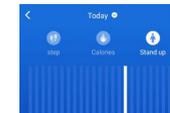
4.2.1.3 You can switch between Today's data (**T**) or data from other days (**D**) at the bottom of the page. You can also swipe from left to right on your Smartphone screen to see data from previous days.

4.2.2 **Sport**: swipe **right to left** over the Sports icons to see distance and time of your **Running, Walking or Riding** activities. Select each one to view the data in more detail.
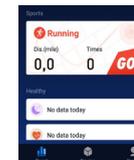
4.2.3 **Healthy**: displays your **Sleep** and **Heart Rate** data. Click on each for more details. Note: Sleep data is determined by your movement while sleeping. Vigorous movement will result in no sleep being recorded. If you have any sleep disorders, contact your medical practitioner. To update and sync your data between the Device and Smartphone, pull down on the screen in the Data menu.

4.3 PROFILE PAGE:

4.3.1 Personal Information: Select the personal information section at the top of the page to edit any details such as gender, weight, height and birthday.
Note: these indicators will affect certain Device functions. Fill them in accurately.

**4.3.2 Goal setting**: select to change your goals for Sport and Weight. Press SAVE after making any changes.

4.3.3 Help: provides you with possible questions you might have about your Device and the App.

4.3.4 Link: allows you to link your App to Google Fit or Strava.

4.3.5 Setting: make changes to a number of App features such as your Password, Unit of Measurement (Imperial or Metric) Temperature (Centi grade or Fahrenheit) and see details about your App's Software.

5. Wearing and operating the Device.

5.1 Wear your Device next to your wrist bone. Make sure that the Device is tight enough that it will not move around, but not too tight that it causes discomfort.
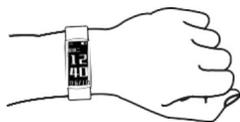
5.2 With the Device on your arm, tap the screen or raise your hand as though checking the time to light up the screen.
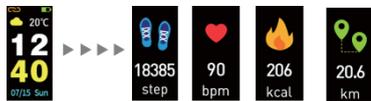5.3 The Device touch screen works in four ways:
   5.3.1 Tapping the screen
   5.3.2 Sliding from top to bottom
   5.3.3 Sliding from bottom to top
   5.3.4 Press and hold

6. Main Menu Functions

6.1 Tap your Device touch screen display to switch through the **Clock**, **Step, Heart Rate** (bmp) **Calories** (kcal) and **Distance** (km) as pictured below.

   6.1.1 Once you reach the **Heart Rate** icon, wait a while for the Device to read your Heart Rate.

6.2 From the Clock screen, slide either up or down to see **Training, Function**, or **Message**. Tap on one to select it.

   6.2.1. TRAINING: slide screen from bottom to top to switch between the different sport modes. There are 7 different sports modes to choose from: **Running, Cycling, Badminton, Basketball, Soccer, Table Tennis** and **Tennis**.
   6.2.1.1 Press and hold the screen to start any of the sports. The Device will begin recording immediately.
   6.2.1.2 Tap the screen to view sports data while you are busy with an activity. The Device will show you the **Time** of the activity, your **Heart Rate**, **Calories**, and **Distance**.

   6.2.1.3 Press and hold the touch screen to stop your activity and view the activity Data from your completed activity. You can then sync your data and view it in the App.
   Note: The activity needs to be longer than 5 minutes in order to save and sync to the App.

6.2.2 FUNCTION: opens more settings and changes for your Device. Once you have selected the function menu, slide from bottom to top to switch through the options. Press and hold to select one.

   6.2.2.1 Watch face: slide screen up or down to choose between different watch styles. Press and hold to select one.

6.2.2.2 Product information: press and hold to see information about your Device.

6.2.2.3 Restore: press and hold to reset your Device. All information on the Device will be cleared.
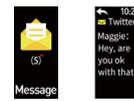
6.2.2.4 Power Off: Long press to turn off the Device. Press and hold to turn it back on.

6.2.3. Message alert: tap the screen to view message details. Slide the screen to view the next message. Tap the return icon to return to the Message page.
Note: once read, messages will disappear off the Device, but will still appear on your Smartphone.

7. Frequently asked Questions

7.1 How do I find the Device when pairing?
Make sure that Bluetooth is on and your Smartphone software is either Android 4.4 and above, or iOS 9.0 and above. Make sure the distance between your Smartphone and Device is less than 0.5m. Ensure that your Device is fully charged (see section 2). If you are unsure of your Device's name when pairing, see 6.2.2.2.

7.2 Smartphone disconnects from Device occasionally
If your Device is out of range of your Smartphone, it may disconnect. Turn your Bluetooth on your Smartphone off and on. In the App, under Device, slide down the page, press reconnect. You can also try restarting your Trax Device by turning it on and off (see 6.2.2.4).

7.3 Sleep tracking in not accurate
Ensure that your Device is not too loose on your wrist. If you wake up and take less than 30 steps, the Device will not recognise that you are awake, therefore sleep data will not be updated. In your App under DATA, slide down on the screen from top to bottom. This will resync your data.

7.4 Device is not showing notifications and messages
Ensure that your notifications for the App are turned on through your Smartphone's settings. When you first connect your Device to your Smartphone, it should ask for permission to access your Device. If you did not allow this, go to your Smartphone's notification settings and allow notifications for the TRAX GPS App.

7.5 I don't want my Device to show me notifications
As mentioned above, go to your Notification settings on your Smartphone (this will be different depending on the phone model. Next to the TRAX GPS App, turn off your notifications. You can also select which notifications you would like to see under DEVICE>Smart reminder in the App.
For more FAQ's go to Profile> Help in your App.

8. Important Safety and product information

• Prolonged exposure may cause skin irritation or allergies in some users. If you find any skin redness, swelling, itching or other allergic symptoms, please discontinue to use or wear it over clothing. If symptoms persist, please consult your doctor.
• This product contains electronic components which may cause injury if not used correctly.
• This product is not for diagnosis, treatment or prevention purposes.
• Do not operate your Device while driving or performing any tasks in which the Device can cause distraction.
• This product is not a toy. Do not allow children or pets to touch your Device.
• This product contains small parts that may cause choking in small children. Do not leave your child unattended with the Device.
• Periodically clean the Device especially the parts in contact with the skin. Use a clean, moist cloth.
• Keep the band away from hot water.
• To ensure circulation, do not tighten the Device strap too tightly.

• Remove the product from time to time in order to clean it, but also let the skin breathe freely.
• Do not open the housing.
• If the display is broken, do not use the Device.
• This product and its battery contains substances that may be harmful to the Environment.
• Do not place the product in the washing machine or drying machine.
• Do not expose your product to extremely high or low temperatures.
• Do not use in the sauna/steam room or similar environments.
• Do not expose the product to direct sunlight for excessive periods of time.
• Do not place the product into a fire, the battery may explode.
• Do not use abrasive cleaners to clean the product.
• If the product gets wet, do not attempt to charge it at all.
• If the Device feels excessively hot, remove it from your wrist.
• Your product is equipped with built-in battery that cannot be replaced.
• Product damage, or attempt to open the product could void the warranty and pose security risks.
• Use a recognized USB charging port to charge the Device battery.
• Charge the battery in accordance with the instructions in this guide.

9. Product Specifications

Main unit size: 49*19*10mm
Wristband: 252mm
Screen: TFT
Weight: 17.8g
Bluetooth: BLE4.2
Battery life: about 5-7 days
Working condition: 0-40 °C
Protection Degree: IP67
Battery: Built-in rechargeable lithium battery
System requirement: iOS9.0 or above, Android 4.4 or above
Bluetooth 4.2