



**FIT COACH HR MULTI
MANUAL**



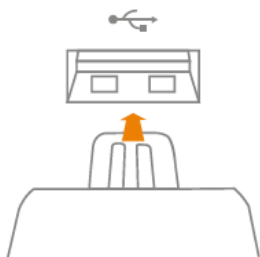
Congratulations on purchasing your **Guardo Fit Coach HR Multi!**

The sports watch with heart rate monitor that counts your steps, indicates how many calories you burn, analyzes your sleep cycle and registers your sports activities thanks to the multisports mode!

STEP-BY-STEP:

- ✓ Charge your activity tracker.
- ✓ Download & install the 'GUARDO FIT COACH TRACK' App on Google Play & APP STORE on smartphone OR tablet (compatible APP operating system = iOS 7.1 & above + ANDROID 4.4 & above + Bluetooth 4.0 or higher).
- ✓ Connect your smartphone/tablet with your Fit Coach activity tracker with the App.
- ✓ Correct time & date will now appear on your watch.
- ✓ Get started.

1. CHARGING THE FIT COACH HR MULTI



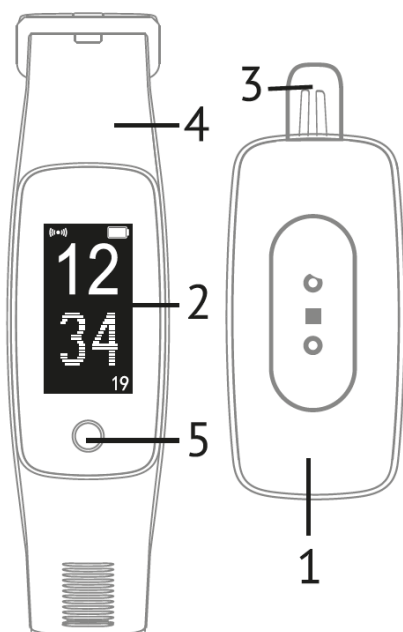
Pull the strap gently and take out the main unit.

Connect the main unit with built-in charging part to an USB power source such as a laptop, USB home charger or power bank.

After a few moments the Fit Coach will vibrate briefly and the two green LEDs at the back will briefly turn on. If nothing happens, turn the tracker around, it may be upside down in the USB socket.

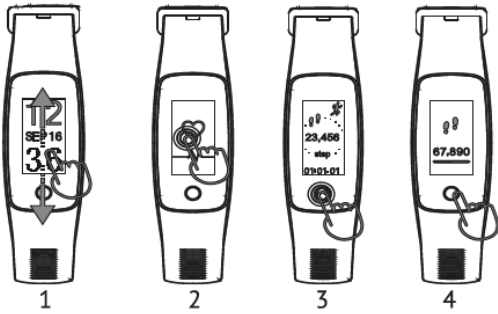
The working time after fully charging the main unit is max. 7 days.

2. PARTS AND BUTTONS



1. Main unit / host
2. Touch screen
3. Built-in USB-charger
4. Removable strap
5. "Home" button

TOUCH SCREEN



1. **Swipe up / down:** activate screen + switch to various functions / modes
2. **Touch the screen in the middle:** to switch between different display modes
3. **Press button:** to return to the main screen / previous screen

STANDBY SCREEN

Following info will appear:

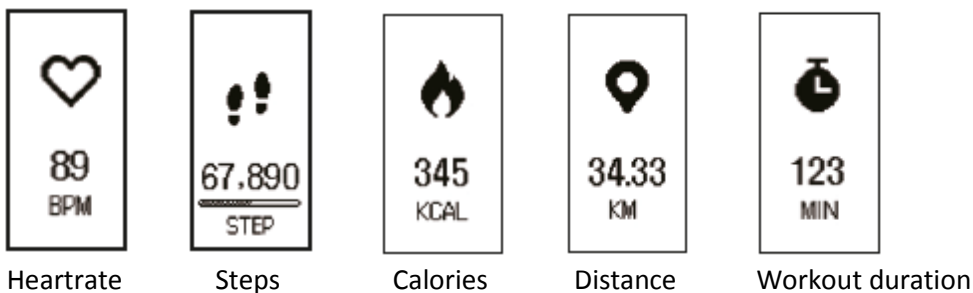
Date, battery level, Bluetooth indication & time



The STANDBY screen can be personalized (5 options). You can do this by using the screen of your watch:

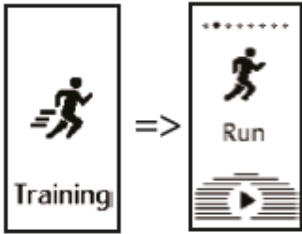


Touch the screen gently to step through the data of your watch step-by-step and activate the following activities:



MULTISPORTSMODE

Touch the screen to select sports type.



More information about the multisportsmode can be found in the chapter "6. Multisportsmode "!

GUIDED BREATHING

Touch the screen to Start a guided breathing session.:



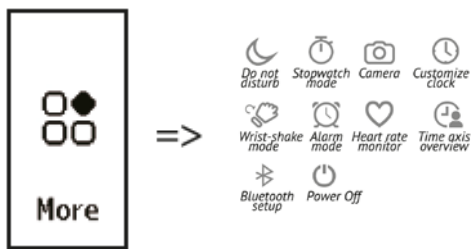
MESSAGE ALERT

Touch the screen to display message details.



MULTIFUNCTIONAL SCREEB

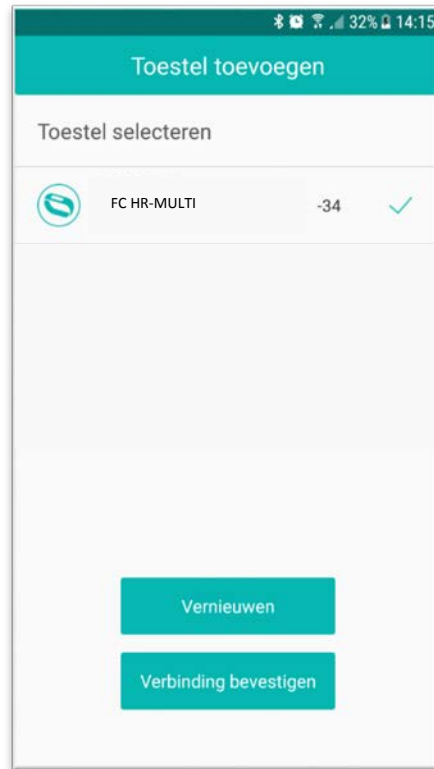
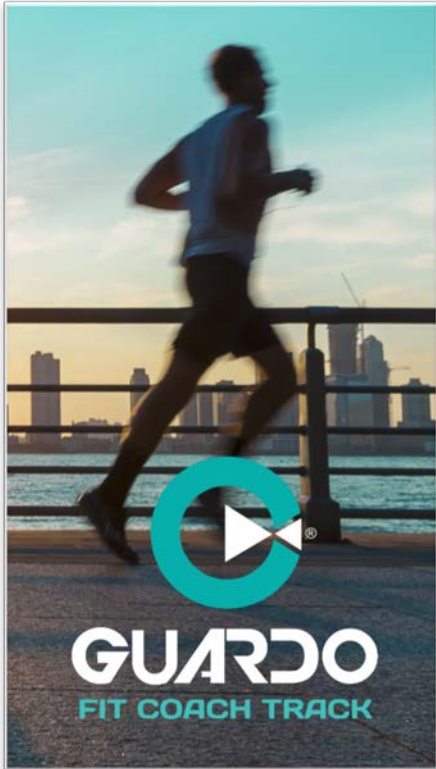
Touch the screen to display more options & functions:



Important: If you have switched off the Fit Coach Multi by pressing  , you can only switch it on again by putting the Fit Coach Multi into a USB socket. Then it will go back ON.

3. 3. PAIRING THE DEVICE WITH YOUR SMARTPHONE

1. Download the “**Guardo Fit Coach Track App**” on the App Store or the Google Play Store.
2. Make sure Bluetooth + GPS is active on your smartphone or tablet!
3. Open the App (At first use after installing the App, you first need to swipe 2 startup screens).
4. ! Make sure your FIT-coach screen is ON – by pressing key A or B on your watch. ! The screen will stay active for the longest time in heart rate mode.
5. The App will automatically start looking for nearby devices and will find your Fit Coach tracker.



6. Select your device (FC HR-MULTI) and press “**Confirm Bind device**” to connect the App with your Fit Coach.
7. The binding is successful when you get the notification “**Binding success**”.
8. The Fit Coach is now connected with your smartphone or tablet.

The **BLUETOOTH-RANGE** range between watch and smartphone/tablet is 5 to 10m max.

- ✓ Within this range you CAN synchronize your data between smartwatch and phone;
- ✓ Outside this range you CANNOT synchronize your data.

Once you get within this range again the Fit Coach watch will AUTOMATICALLY re-connect to the selected smartphone/tablet device (Manual synchronization is possible by dragging down the Home screen in the App).

The **DATE & TIME** of the Fit Coach will be updated and synchronized with your smartphone (or tablet).

Once the device is paired with the App, the App will also record, analyze and show the data from your heartrate, activity and sleep status automatically.

↪ If you “**UNBIND**” the APP from your Fit Coach device, all data will be lost.

↪ If “anti-lost” setting is ON, your Fit-Coach will vibrate when smartphone is out of the Bluetooth range and the connection is lost (up to 10m). It automatically re-connects when you re-enter the Bluetooth range.

Opmerkingen:

! If you wish to terminate the connection between the App and the Fit Coach (UNBIND), ensure that the Bluetooth function is switched off, otherwise all stored data will be lost!

! To synchronize data from the Fit Coach to your App, there must always be a Bluetooth connection between the watch and the App. Make sure that the screen of your Fit Coach is active.

4. USER-SETTING

We advise to ALWAYS enter requested data on your profile:

Gender – Height – weight

It can influence the calculation and registration of your daily activity.

We also advise to ALWAYS enter your personal targets:

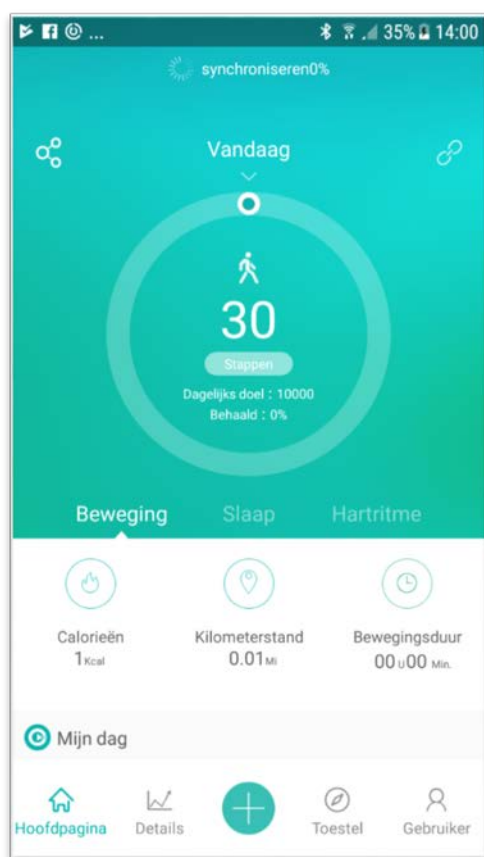
number of steps / day - hours of sleep / night

5. THE APP – SOME FACTS

The App consists of 5 main parts: **MAIN PAGE – DETAILS – MULTISPORTSMODE - DEVICE – USER**

A. MAINPAGE

Shows your **ACTIVITY (steps) & SLEEP & HEARTRATE**



You can check:

- ↪ How many steps you made during 1 specific day (24hrs)
- ↪ Monitor your sleep: will show 3 levels DEEP – LIGHT and AWAKE sleep (detects from the moment you go in bed, and from the moment you wake up again)
- ↪ your heartrate

Always 2 screens available:

- ↪ By exact figure
- ↪ By graphs

You switch from screen by ticking on the data screen.

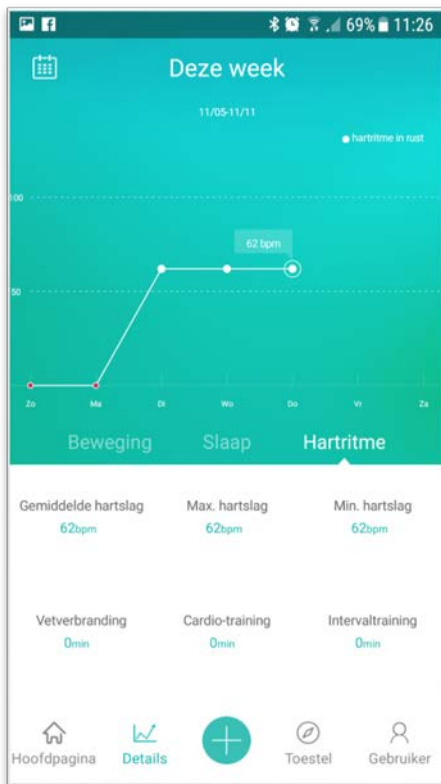
TO UPDATE these data, simply refresh by dragging down the screen with your finger.

On top of the screen you see the synchronization status from 0% to 100%. You can SHARE your data on twitter,

facebook etc.. by simply pressing



B. DETAILS



Show your step-, sleep- and heart rate data in a

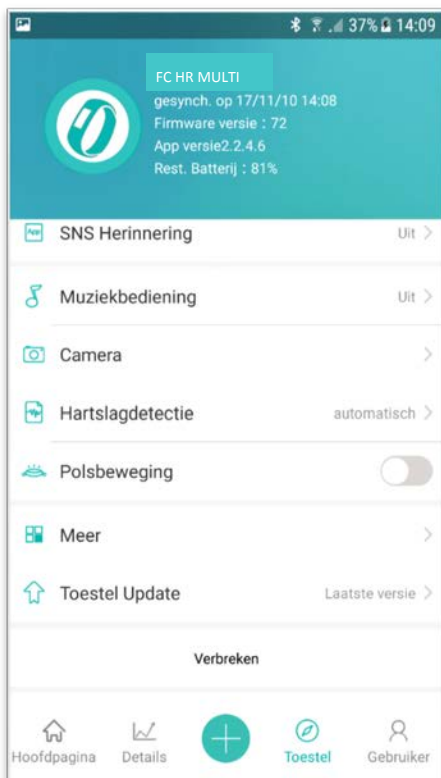
- ↶ Weekly
- ↶ Monthly
- ↶ Yearly

statistical view Change the time period by clicking on the calendar-icon.

C. MULTISPORTSMODE

See chapter 6!

D. DEVICE



You can switch ON or OFF various ALERTS (call alert, SMS alert, anti-lost alert ...)

ALERTS are indicated by **VIBRATION** on your fit coach. You can also activate various **SETTINGS** (wrist sense, auto heart-rate, take photo etc...)

Call alert:

Notification of incoming call with Caller ID. Standard setting is alert after 3 seconds. You can adjust and change.

Sedentary Alert:

Notification when you have been sitting still for too long.

Alarm Alert:

Alarm notifications on your wrist/ you will wake up by watch-vibration.

SNS Alert:

Notification for activity on Facebook, Whatsapp, ...

SMS Alert:

Notificatie when receiving an SMS.

Music control:

If music control has been activated in the App, you can control the music from your smartphone (pauze, play, FFWD, RWD) with your watch

Camera:

Use your Fit Coach as a remote shutter to take pictures, when ON you can press your watch to shoot a picture or movie!

Wrist Sense:

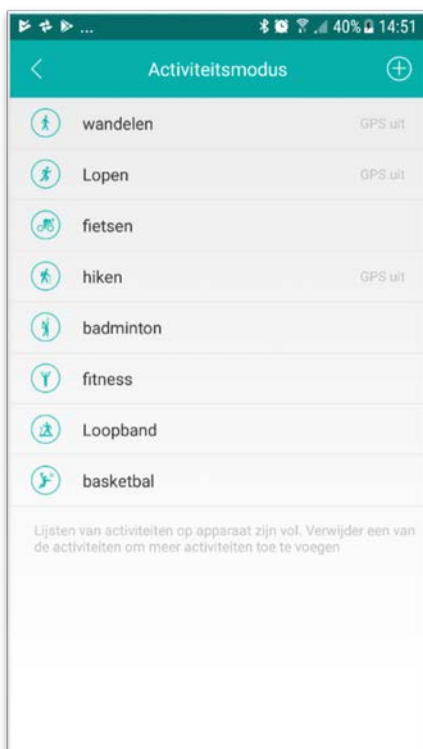
When ON the device will respond to wrist movement: display will go ON when making wrist movement. Standard this is OFF. When OFF you activate your screen by touching the screen.

Heart rate detection:

Choose between automatic or manual detection (heart rate will be measured in the app).



More:

Activity mode:



The standard activities that are present in your watch are shown here. A maximum of 8 activities can be selected.

If you wish to choose other activities, do this as follows:

1. Select the activity you wish to delete:
 - a. Android: Press 2 sec. on the activity and then choose "YES" if you are asked if you want to delete it.
 - b. Apple: On your phone, slide the activity to the left and choose 'Delete'.
2. To add an activity, press . You will then see an overview of all available activities. Select the desired activity and confirm by pressing at the top .

The selected activities are now available on your watch!

When hiking / walking / cycling and hiking is mentioned 'GPS ON'. These activities allow you to view the route traveled via GPS connection with the GSM. More info on this in chapter '6 - Multisport mode'.

Multilanguage environment:

Choose the language displayed on your watch display.

Weather forecast:

Get info about the weather conditions after activation.

Anti-theft alarm:

Notification when your smartphone (or tablet) goes outside the Bluetooth range.

Find My Phone:

When this is activated, press the Fit Coach key to send a notification to your phone.

Time format:

Choose 12h or 24h time display.

Heart rhythm interval:

Personalized preference of your heart rhythm during exercise.

Do not disturb mode:

Turn off notifications for a specific period of time.

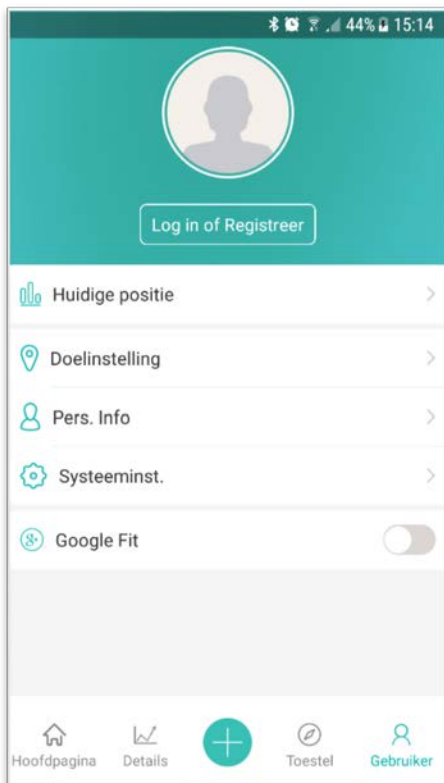
Restart the device:

To restart your device.

You can also UNBIND your Fit Coach with the app.

Attention: Unbinding the Fit Coach will result in loss of data !

E. USER



Register yourself as a user and log in to view your position as Fit coach user.

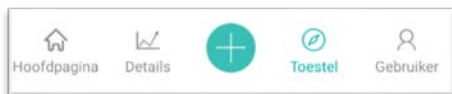
Adjust the **Target settings** (for daily steps, daily sleep), update your profile or profile photo.

Select **System settings** to switch between the metric or imperial system, to see if there is a new update of the App, ...

You can also share your data with Google Fit here.

6. MULTISPORTSMODE

The Sports mode is specifically designed to keep track of your statistics during your specific workouts. With the Guardo Fit Coach HR Multi you can choose a lot of specific sports and register your data for each sport.

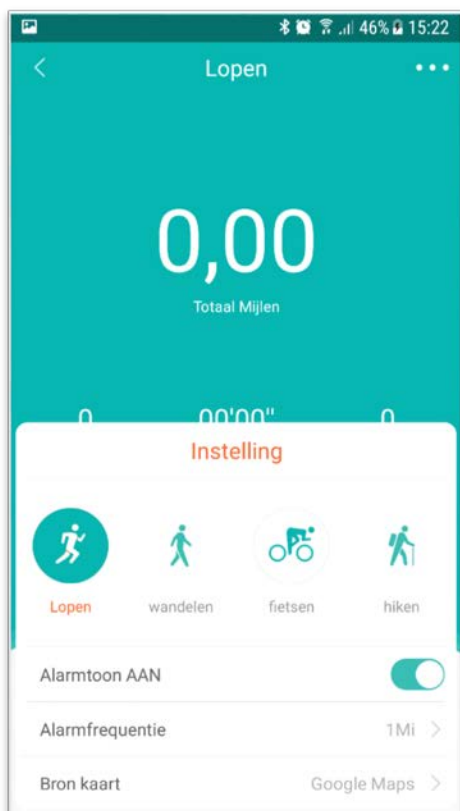


Press the + sign in the app at the bottom.

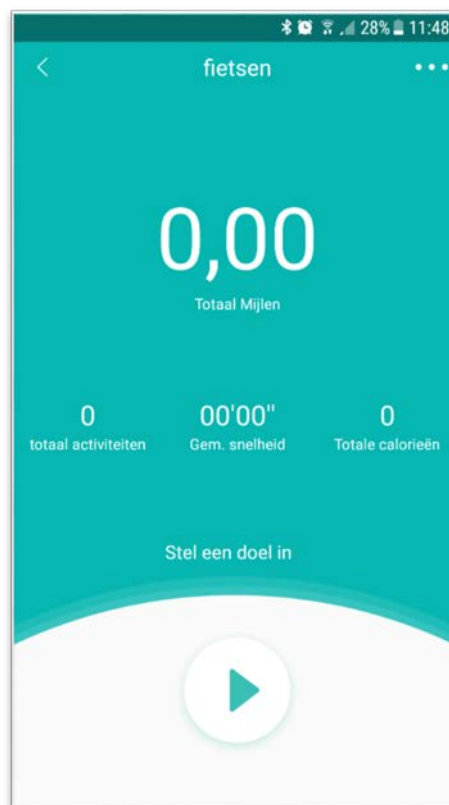
You will see 3 different icons:



Below are the sports for which activation of the GPS function of your smartphone is required: running, walking, cycling & hiking.



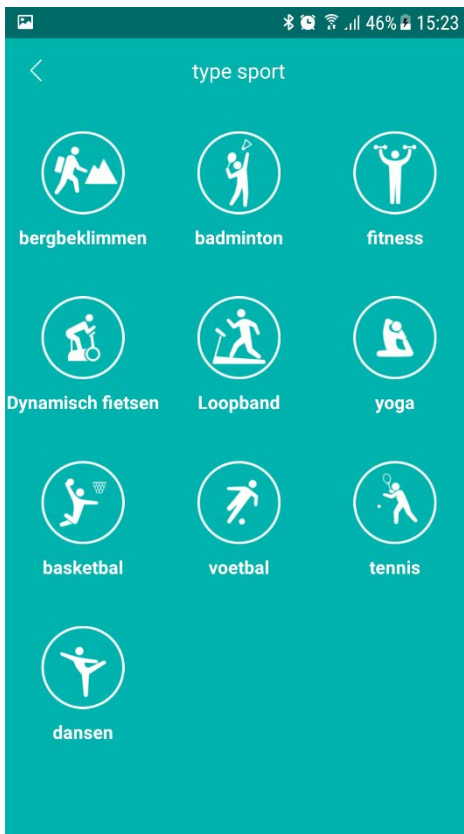
Press "... " at the top to go to the Settings menu. Here you can select your activity and also activate the desired settings.



Press the "Play" button to start and register your activity.



Below you will find all other sports / activities that you can select.



Select de requested activity!



Weight registration: If desired, you can register your daily weight here.

7. PROBLEEMOPLOSSING

The Fit Coach is no longer connected to the App.	Shut down all the Apps on your smartphone / tablet. Turn Bluetooth off and on again, open the Fit Coach App and reconnect.
My smartphone / tablet has a compatible operating system, but when I download the App, I get the notification that my device is not compatible.	You can download and install the app from our website: https://www.guardo.be/wp-content/uploads/2017/11/guardofitcoachtrack.zip
The date and time are not correct on my tracker.	You need to connect and synchronize the tracker with the App. Date and time are automatically adjusted.
I cannot find the app on my iPad.	To download the Fit Coach App on an iPad, you should change the selection at the top of the App Store. Currently, it's likely to be set to show only Apps for iPad. This selection or filter can be changed to "iPhone only" and then you can find the App.

8. SUPPORT

For more information, technical questions and return requests, please contact: support@guardo.be

9. GUARANTEE

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10. PRIVACY POLICY TE GROUP NV

- Address details: Kapelsestraat 61, 2950 Kapellen, Belgium
- VAT/COC number: BE 0871164423
- E-mail: privacy@te-group.com
- Contact for Privacy: Johan van Os

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TE Group NV respects the privacy of all users of its site and ensures the personal data you provide to us is treated confidentially.

Our use of collected data

Use of our services

When you log on for one of our services, we ask you to provide personal data. This data is used to provide the service. The data is stored on secure servers of TE Group NV or of a third party. We will not combine this data with other personal data at our disposal. By entering your data you give your consent to use this data for the purpose for which it was requested.

Communication

When you e-mail us or send other messages to us, it is possible we save these messages. Sometimes we request your personal data because is relevant for the situation concerned. This allows us to process your questions and answer your requests. The data is stored on secure servers of TE Group NV or of a third party. We will not combine this data with other personal data at our disposal.

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We may collect data for research to thus get a better insight into our clients, which enables us to align our services to this by means of cookies.

The website uses “cookies” (small text files that are placed on your computer) in order to help the website analyse how users use the site. The information generated by the cookie about your use of the website may be transferred to secure servers of TE Group NV or of a third party. We use this information for the purpose of assessing your use of the website, to create reports on website activity, and to offer other services related to website activity and internet use.

All information on this website is of a general nature, unless explicitly specified otherwise. The information is not adapted to personal or specific conditions.

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We do not collect or use information for any other purposes than those set out in this privacy policy, unless we have received your explicit consent to do so in advance.

Your personal data is only collected and processed to provide the information you requested or to perform the desired services.

The treatment of your personal data by TE Group NV is restricted to the intended purpose.

Your personal data is not used for direct marketing purposes.

Automated decision-making is not used.

At all times you are able to request, check and update your personal data or to have it deleted.

Third parties

The entered information is only shared with third parties if this is necessary for the services.

In case of a purchase in the webshop, the billing system of the protected payment system that sends data to your bank and our bank is used. A package delivery service (e.g. PostNL, Bpost, DHL) is also used. This data will only be used for the purpose of the application in question and shall not be spread further. In a number of cases the information may be shared internally. Our employees are obliged to respect the confidentiality of your data. The website sometimes uses films and moving images, that use YouTube, Vimeo (for HD films), Facebook (for 360 degrees videos). Google fonts are used TE Group NV has no control over how YouTube, Google, Vimeo or Facebook work, which have their own cookie and privacy statement and are established in the United States.

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Gym equipment

Gym related equipment, such as e.g. the Guardo Fitcoach, which can measure steps and heart rate, are not medical equipment, and do not provide any medical or other health advice, diagnoses or treatments. Always ask advice of your doctor or another authorized care provider, and do not postpone a visit to a medical professional with regard to information you consulted or by means of our services. The gym related equipment and services are only meant for gym and wellness purposes.

Fit Coach (multi)

The FitCoach and Fitcoach ONE only save the data on the user's smartphone or tablet. Per app the data of 1 piece of equipment can be saved. This data is not saved on the Internet from the app. You can choose to send the data to services such as Google Health or Apple Health.

The Fitcoach Multi saves the data on the smartphone or tablet, but also on a secure server. The advantage is that when you change smartphone or tablet, you can still view, supplement or remove the data. The data on the internet server is not sold or shared, but used by TE Group NV and the involved third parties to maintain your data. The co-operating third parties will only process your details under the responsibility of TE Group NV.

Tracking

Smartphone apps are able to use tracking information, such as e.g. determining when the sun rises at your location, or the route you followed. Your smartphone allows you to block tracking. If you want to switch off tracking you need to do this on your device. This may result in a restriction of functionality.

Minors

All apps and websites are made for adult buyers and users of products, but do not contain any offensive material. The parents or legal representatives need to supervise any use by minors. People under the age of 13, or a higher minimum age depending on the local legislation are not allowed to make an account, unless their parents have complied with the legal principles.

If TE Group NV notices that people of 13 or younger have sent data without consent, this data shall be deleted as soon as possible.

You can always contact privacy@te-group.com.

Storage time

There are legal storage periods for transactions and legal guarantee periods. After expiry of the storage time the data is deleted within 1 year.

Transactions: 7 year storage time.

Product related communication: 2 years of storage time because of the legal guarantee.
Other data maximum 1 year.

Changes

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Questions and feedback

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