

# Lumafit



**GYM  
TRACKER**

**PERSONAL  
COACH**

**HOME  
FITNESS**

## Welcome

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Welcome to your Lumafit, the ultimate tracker for fitness and wellness. Whether you are doing sit-ups, push-ups, lunges or a session on the treadmill or rowing machine, Lumafit knows what exercise you are doing and how well you are doing it. The Lumafit combines head motion tracking with a medical grade heart monitor to fully understand your workout. Lumafit fitness and wellness tracker has been designed so you can track your exercises, improve your performance and get motivated to become the best you can be.

## Getting Started

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What's included in the box

- Lumafit Ear Worn Device
- Charging Cable
- Carry Pouch

## How to wear your Lumafit

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Built with comfort in mind, the Lumafit's design ensures a secure fit that withstands even the most vigorous of exercises. When first wearing the sensor it is often helpful to use a mirror so you can clearly see how it is fitting.

- 1: First rotate ear hook over ear from behind (as in picture). Adjust so feels secure and comfortable.
- 2: Open up clip by applying pressure at the bottom of clip and attach the clip to the ear lobe.
- 3: Insure earclip so it is horizontal as in picture (as sticking out sideways does not look as good). It's a good idea to push the base of the clip in towards your head to give best look and feel.
- 4: Before you begin to exercise it is a good idea to shake your head a little so you are happy that your Lumafit is on securely.
- 5: First time it is usual to take one or two attempts before you are happy that the Lumafit is on correctly.



## Android Requirements

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### Software

- Android Jellybean OS 4.0 or later
- 3/4G or Wifi connection
- Bluetooth 2.1+

### Hardware

- Micro USB port

## Lumafit LED Indicator

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The Lumafit indicator LED gives information on the status of the device.

### Charging

Place your sensor into the micro USB lead included in the box, and plug the charger in any USB port. When charging, the LED will stay on constantly for the duration of the charger until full, at which point it will automatically turn off.

### Powered On / Ready to Connect

Pressing the on button for a short tap (around one second) will toggle on and off of the Lumafit. When turned on the LED will initially flash fast for 2 seconds and then flash slowly once every 2 seconds. This indicates the Lumafit is ready for connection.

### Discoverable Mode

Pressing the on button for a long press of 6 seconds will put the Lumafit into discoverable mode.

This will allow smartphones and tablets to discover the Lumafit during a Bluetooth search. When put in discoverable mode on the LED will initially flash fast for 2 seconds and then flash more slowly with a **double flash** every 2 seconds. The Lumafit will stay in discoverable mode for 5 minutes or until it is turned off.

### Connected

When the Lumafit is powered on and a smartphone or tablet connect to the device the LED stays on constantly.

### Low Battery Indicator

When your battery is below 10%, your sensor will alert you with a fast blinking LED.



## Downloading the Lumafit Apps

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You will need to use the Lumafit App with your Lumafit device.

1. Click on the Google Play icon on your Android device.
2. In the search toolbox, enter Lumafit Bootcamp.
3. The Lumafit app should appear in the discovered apps list.
4. Click "Install" icon, A new green icon will appear asking "Install App". Tap once.
5. Once the download is complete you can find Lumafit Virtual Coach your apps.

## Lumafit Fitness and Wellness Apps

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The Lumafit device will work with a number of apps that help track fitness and wellness. In the next few months new apps will be released to help automatically track gym sessions and outdoor running sessions. Also available soon will be Lumafit "Zen", an application that teaches meditation based on realtime data from your heart activity. The first app to be released for the Lumafit is Lumafit Bootcamp.

## Lumafit Bootcamp App

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The Lumafit Bootcamp App is an interactive fitness coaching application that puts you through a bootcamp workout tracking your motion and giving instant feedback on your progress. Lumafit tracks individual exercise motions including squats, crunches, push-ups, lunges running on the spot, jumping jacks, side lunges, oblique crunches, ski jumps and even burpees. Perfect for when you cant make the gym and are looking to burn 100 – 200 calories at home.

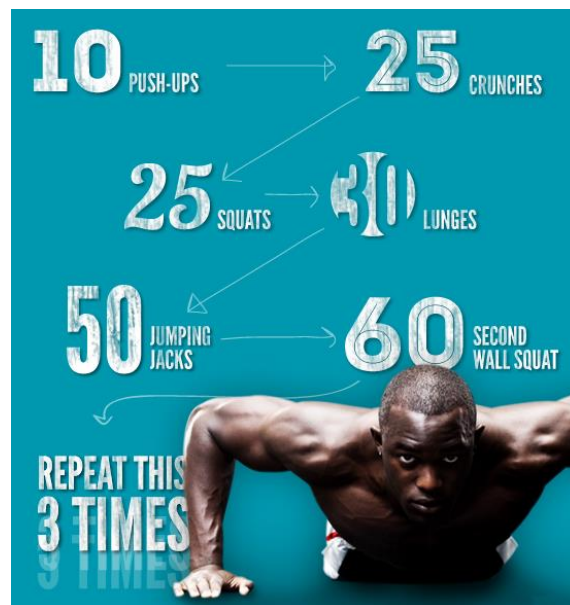


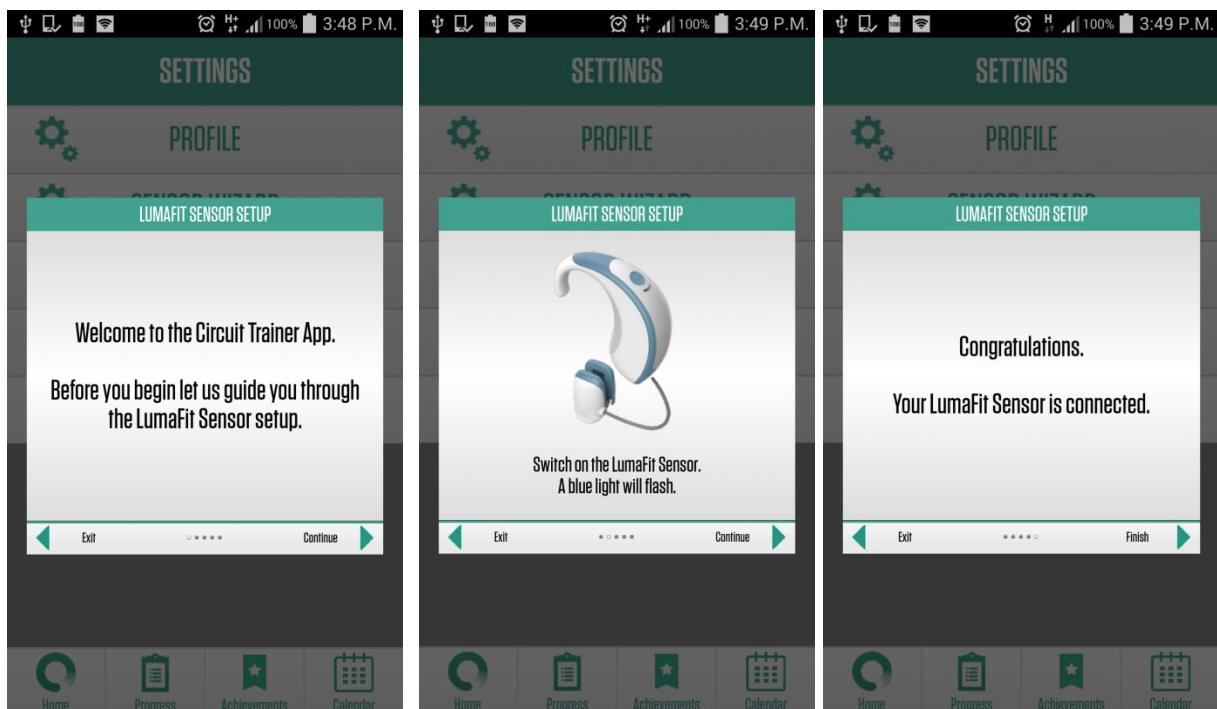
Figure 1: Example Bootcamp Workork

## Pairing LumaFit with your Android Phone

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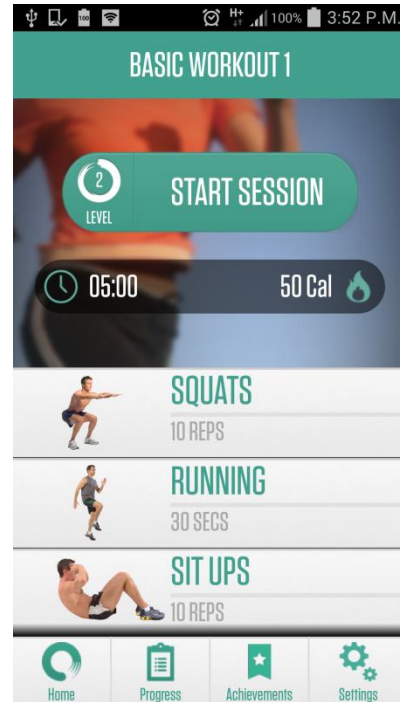
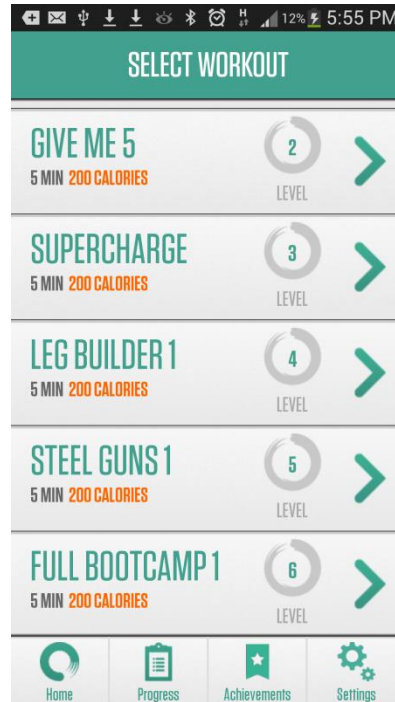
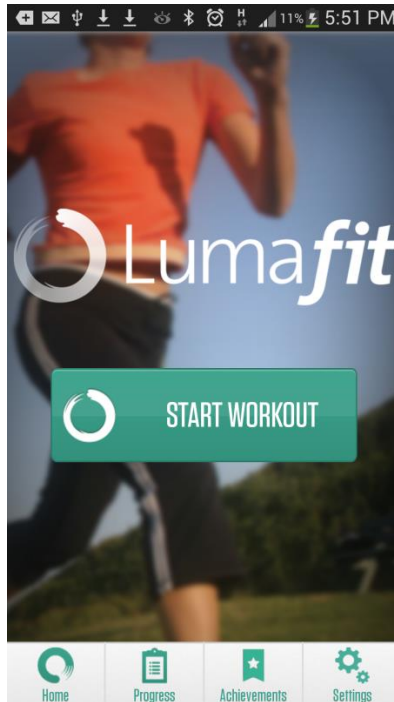
You will need to first pair the LumaFit device with the app.

1. First select Settings from the home screen. Then select Sensor Wizard from the Settings menu.
2. Insure Bluetooth is activated on your Android smartphone or tablet.
3. Insure the LumaFit is first off. Then set the LumaFit into discoverable mode by pressing the power button for 6 seconds. The LED should double flash very two seconds.
4. Now follow the instructions in the pairing wizard.
5. The wizard should find the sensor and pair.
6. When complete press “finish”. Your lumafit is now paired and ready to work with LumaFit apps.



## Start a Workout

From the home screen select “Start Workout” to begin an interactive workout session. Pick from the workout list. Workouts range from easy (level 1) to extremely tough (level 10). Each workout uses circuits of bootcamp exercises.





## Interactive Workout

Once you have selected a workout press “Start Session”. This will bring you to the workout screen. The top of the screen shows your current exercise progress as well as sessions statistics including heart rate and calorie burn. The bottom part of the screen shows the full workout exercise list for this workout.



## Important Information for Tracking Exercises.

1: At the beginning of each exercise the sensor waits for you to get in position for that exercise before starting countdown. For example if the exercise is a squat you need to be standing upright. For a sit-up it waits until you are on the ground with your head pointing at the ceiling. For a push-up it waits until you are flat on the ground facing the floor.

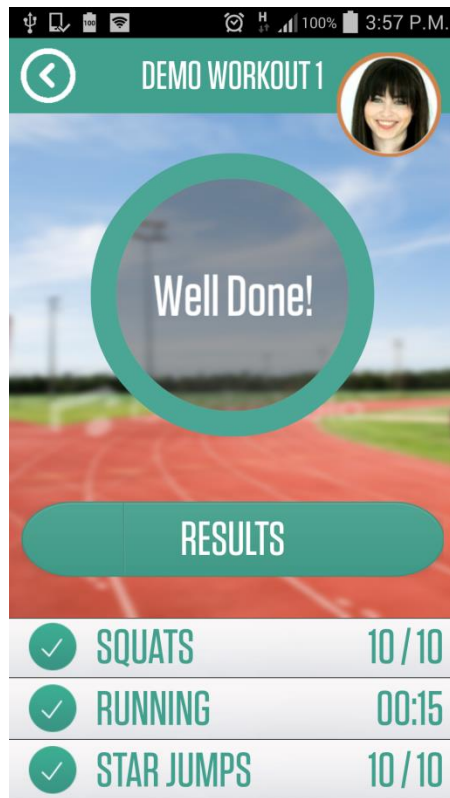
2: The Lumafit uses head motion to identify and score your exercise motions. If exercises are not done to correct form the Lumafit will give you back messages such as “Too Slow” or “Go Lower”. For each exercise the two most important points are:

- **Keep head still and straight** throughout exercise.
- **Don't go too slow.** Each exercise needs to be performed at a reasonable speed. If too slow it may not be recognized by the sensor.

If you are having problems please check videos of each exercise on [www.lumafit.com](http://www.lumafit.com) or email support at [support@lumafit.com](mailto:support@lumafit.com)

## Workout Stats

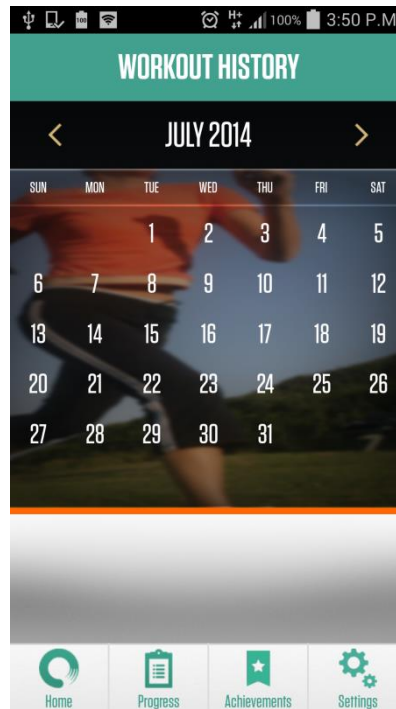
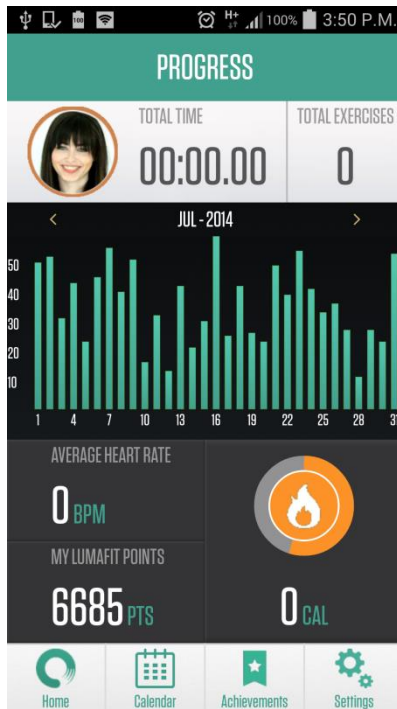
Once you have completed a workout press “Results”. This will bring you to the workout results screen. The results screen shows a graph of your heart rate during the workout. It also gives statistics on average and maximum heart rate as well as calorie burn during the workout. Swiping the screen right brings up the list of exercises and a breakdown of times spent on each exercise the heart rate during each specific exercise in the session.





## Personal Progress and Achievements

Each session is recorded and can be viewed at any time from the calendar screen. Press on the date and it will bring up the sessions performed on that date. The progress screen shows graphs showing progress towards personal goals (such as progress towards target goals such as 5000 calories burnt in a month). The achievements screens shows specific progress towards achievement goals. This includes 2000 press-ups or doing a session every day for a month.



## Share Your Workouts

You can also share your workouts on Facebook as well as sync with your favourite fitness tracking apps. We're now linking with Samsung S Health, MapMyFitness and MyFitnessPal.



## ***Customer Support***

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Troubleshooting and assistance for your Lumafit can be found at <http://www.Lumafit.com/support>.

## ***Tech Specs***

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2 Photoplethysmograph  
3 Axis Accelerometer  
Bluetooth Classic 2.1  
Battery 100mAh  
5 hours Battery Life  
30m Range  
Micro USB Recharge

## ***Return policy and warranty***

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Lumafit provides a one-year limited warranty. Under conditions of the warranty agreement provided with your Lumafit, purchasers will be entitled to repair or replacement for defective Lumafit units. This warranty begins from the date of initial purchase.

Warranty information and the Lumafit.com Store Return Policy can be found online at [www.Lumafit.com/support](http://www.Lumafit.com/support).

## ***Regulatory and Safety Notices***

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### Disposal and Recycling Information

This product contains a Lithium-ion battery which means it must be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

A: Do not dispose of the Lumafit with household waste. Please dispose of in accordance with the relevant recycling law in your country.

B: Do not dispose of product in a fire. The lithium-ion battery cell may explode.

C: CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

D: Disposal of the packaging and your Lumafit should be done in accordance with local regulations.

## FCC Statements

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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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or 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 technician for help.

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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.

## Europe - EU Declaration of Conformity

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The equipment complies according to the radio equipment and telecommunications terminal Equipment Directive 1999/5/EC. This equipment meets the following conformance standards:



Safety: EN 60950-1:2006+A11:2009+A1:2010+A12:2011

Health: EN 62479:2010

EMC: EN 301489-1 V1.9.2

EN 301489-17 V2.2.1

Radio: EN 300 328 V1.8.1

Certification Model Number: LF1

Import: Zinc software Limited

Address: 47 Slievebloom Park Drimnagh, Dublin 12, Ireland



 Lumafit