

Salvatore Ferragamo

TIMEPIECES

F - 80 MOTION

User Guide

## F-80 MOTION

In the same style but with a smart twist, F-80 Motion enters in the world of connected watches, offering a wide range of functions including:

- Activity tracking
- Get active alert
- Adaptive coaching
- Sleep pattern tracking
- Smart sleep alarm
- Time zone synchronisation
- World timer

All the data collected are synchronized via Bluetooth to the MMT-365® App available for iOS and Android devices.

The app uses simple and easy-to-understand graphics to highlight how much you have moved and slept.

F-80 Motion combines high-tech content with the iconic sporty appeal that is a hallmark of the F-80 line.



## F - 80 MOTION

Connected 44 mm - Swiss Made



Ref FAZ01 0016

SF 61/1130-001 651275

Ref FAZ02 0016

SF 61/1130-002 651276

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<b>Movement</b>	MOMT285 connected via Bluetooth to iOS and Android mobile devices - MMT 365® activity and sleep pattern tracking - Adaptive coaching - Smart sleep alarm - Time automatic set up across time zones - Cloud function for backup and restore - 2+ years battery life
<b>Case</b>	Blue or black IP treatment - 6 screw decorations on top ring
<b>Dial</b>	Blue or black guilloché - Luminescent indexes and hands - Activity monitoring and date at 6 o'clock
<b>Strap</b>	Blue or black calf leather combined with black caoutchouc - Deployant buckle
<b>Glass</b>	Sapphire crystal anti-reflection, scratch-resistant
<b>Water resistance</b>	100 meters

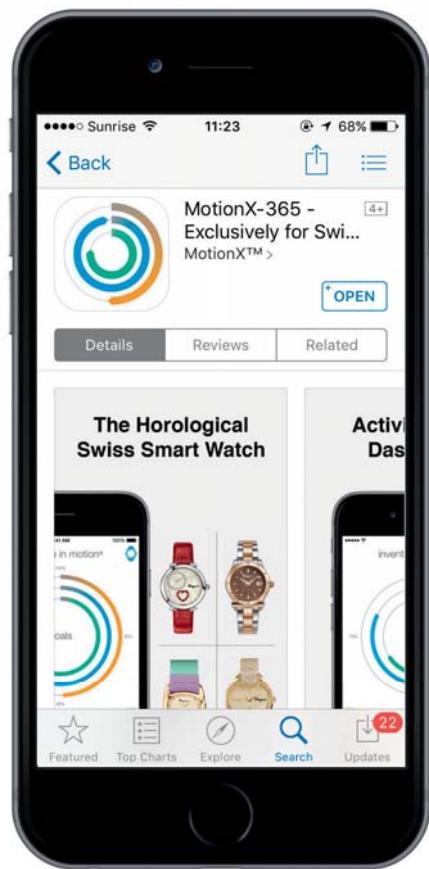
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F-80 MOTION

LET'S GET STARTED

## DOWNLOAD THE MMT-365® APP



iOs

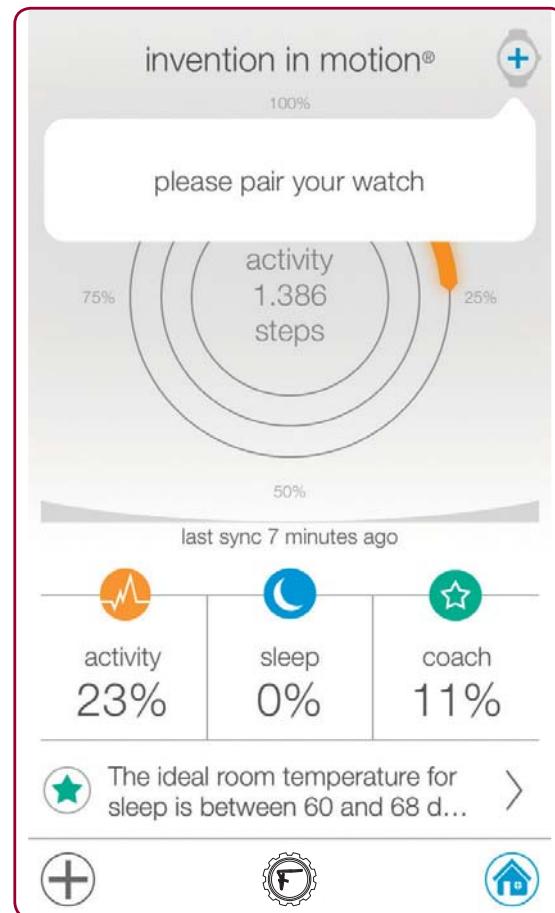


Android

- Go to the Apple Store or to Play Store and search MotionX-365
- Download and install the app on your device

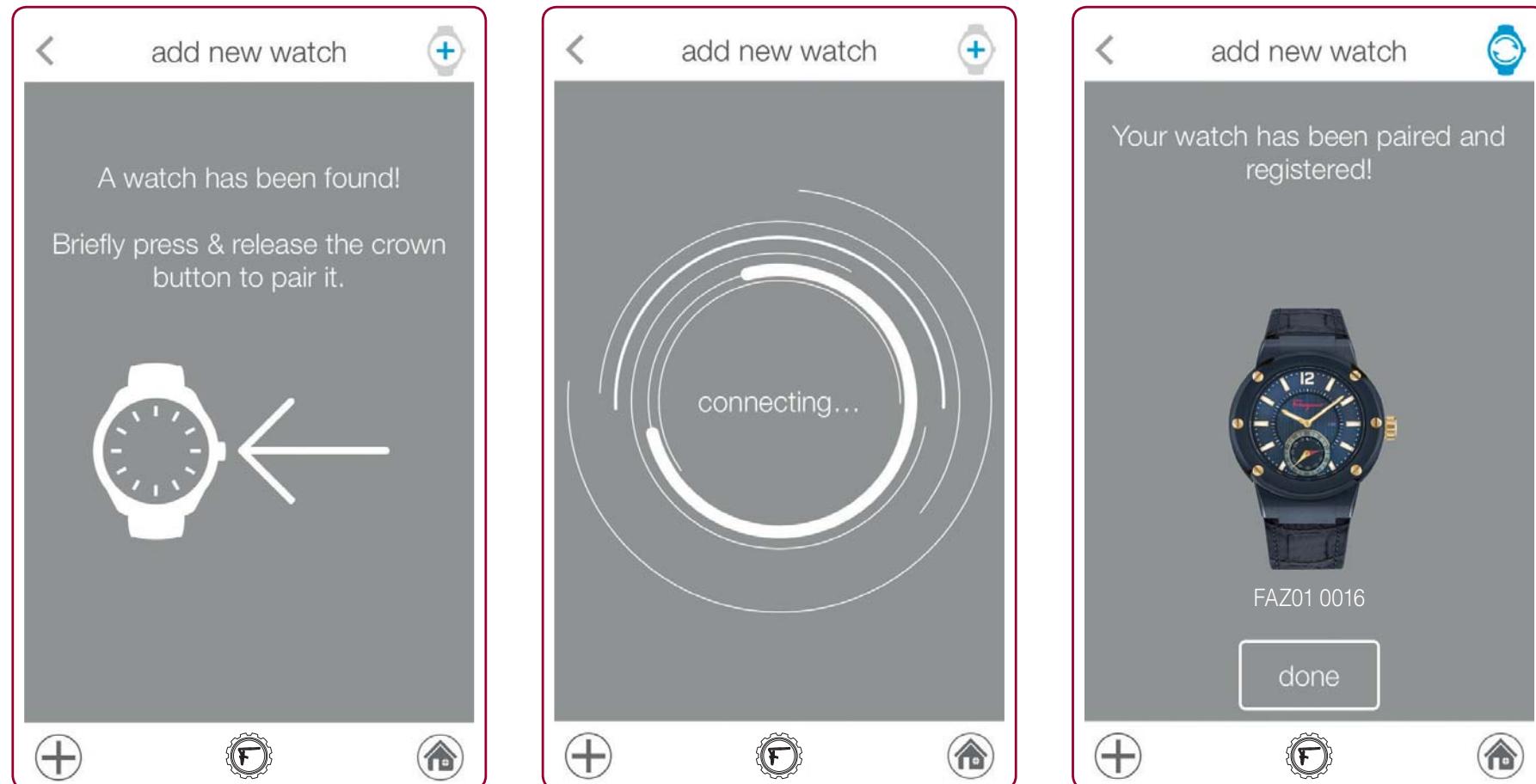
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## CONNECT YOUR F-80 MOTION TO THE MMT-365® APP



- Turn on the bluetooth on your device and open the MMT-365® App, then click on the WATCH ICON 
- Follow the step-by-step instructions displayed on the screen
- MMT-365® App is now looking for your watch

## CONNECT YOUR F-80 MOTION TO THE MMT-365® APP



- MMT-365® App has found your F-80 Motion, press & release the crown to pair it
- Connection is in progress
- Your F-80 Motion is now paired with the MMT-365® App

## F-80 MOTION: CONNECT AND SYNC YOUR DATA



- Turn on the bluetooth of your device and press the crown of the watch to sync all the data
- Press the crown once and the MMT-365® App will start synching with the nearby paired smartphone or tablet
- The watch icon  on the app turns blue and starts to spin : your data are now synching
- You do not have to sync your data everyday: approximately 10-15 days of data can be stored in the watch in between syncs
- Be sure your phone or tablet is above 20% battery level: some devices conserve power and, when battery drops under 20%, the Bluetooth will not connect

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## F-80 MOTION: SWITCH MODES

Never stop tracking your activity even when you are sleeping: F-80 monitors your data while you are awake and while you are sleeping, you just need to press and hold the crown button for three seconds until you hear a soft beep coming from the watch indicating you are now recording sleep:



ACTIVITY MODE



SLEEP MODE

- If you are in ACTIVITY MODE, the RED date hand on your F-80 Motion sub-dial is set on the actual day
- If you are in SLEEP MODE, the RED date hand on your F-80 Motion sub-dial is set on the moon

## F-80 MOTION: CHECK YOUR PROGRESS FROM THE SUB-DIAL

Check your progress even if you do not have your smartphone or tablet at your fingertips. By pressing the crown twice you will see the goal process of the mode that the watch is not currently in:



### Activity Mode

When in Activity Mode, pressing twice shows progress toward today's Sleep goal



### Sleep Mode

When in Sleep Mode, pressing twice shows progress toward today's Activity goal



F-80 MOTION

DISCOVER THE MMT-365® APP

## MMT-365® APP: DISCOVER YOUR F-80 MOTION DETAILS

### MY WATCH

Click on the watch icon to access to MY WATCH details screen

### ALIGN HANDS

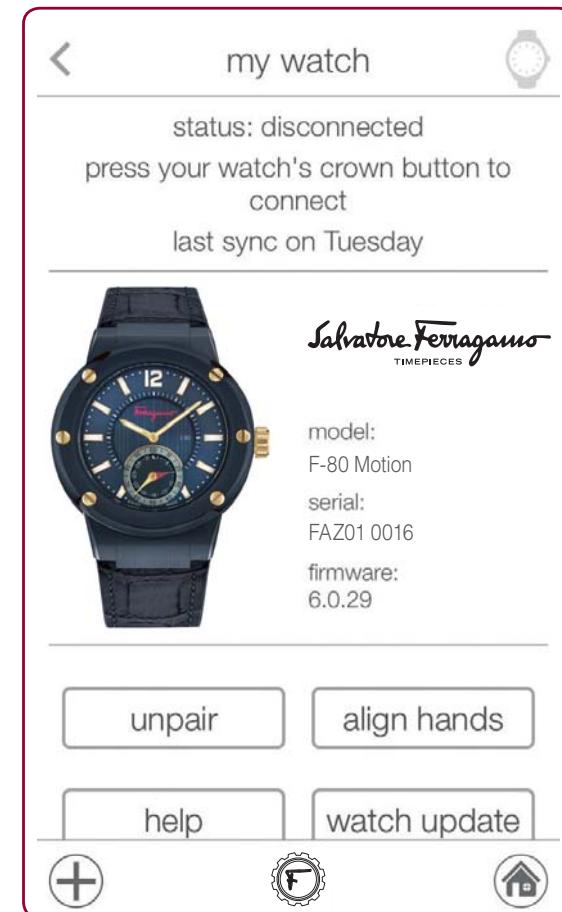
Select align hands to calibrate all of your watch hands if they are not synchronized at the same time of your device

### UNPAIR

Select unpair to dissociate your watch from your device

### WATCH UPDATE

Check for firmware updates for your F-80 Motion. Updates are installed wirelessly via your smartphone or tablet



## MMT-365® APP: DISCOVER ALL THE APPLICATIONS

Click on the PLUS ICON  and access to the APPLICATIONS SCREEN:

### SETTINGS

Access to the settings screen

### SLEEP CYCLE ALARMS

Set a smart sleep alarm that will help you Wake Up At the Optimal Time™ in your sleep cycle so that you wake up refreshed

### GET ACTIVE ALERT

Set a get active alert to remind you to move

### START SLEEP MODE

Switch between sleep and activity mode

### RECORD A POWER NAP

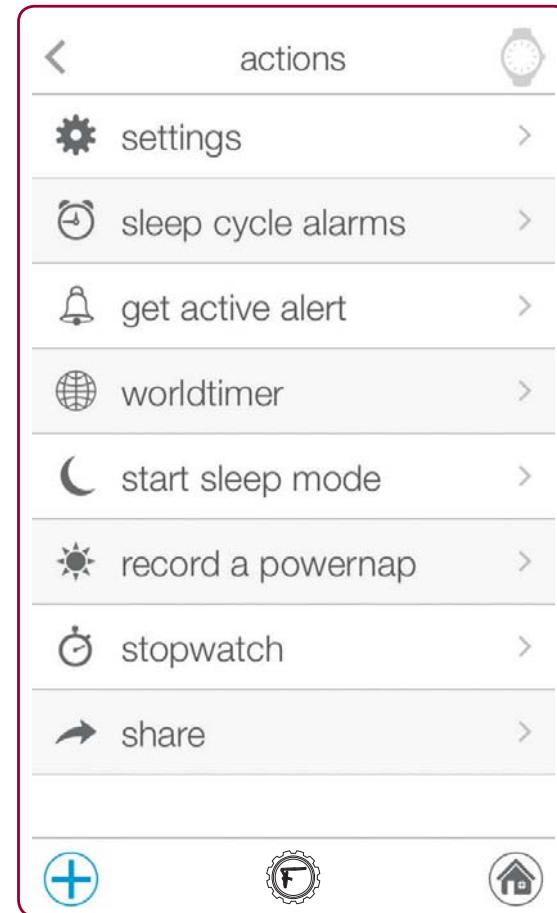
Sleep duration indicates the amount of time you wish to sleep. The app will only start counting duration after you actually fall asleep

### STOPWATCH

Allows you to record the steps you take and the distance covered during your recording

### SHARE

Get social and share your results on Twitter, send through e-mail or export them in Apple Health



## MMT-365® APP: DISCOVER ALL THE SETTINGS

### MY WATCH

View your F-80 Motion details.

### GOALS

Review and adjust your activity and sleep goals

### SLEEP MODE PLACEMENT

Choose the location for your watch when you go to bed: either on your wrist or under your pillow

### USER PROFILE

Add and update your information (gender, height, weight, birthday)

### GENERAL

Adjust your preference for distance units, sleep mode auto-stop, and rest calories counting

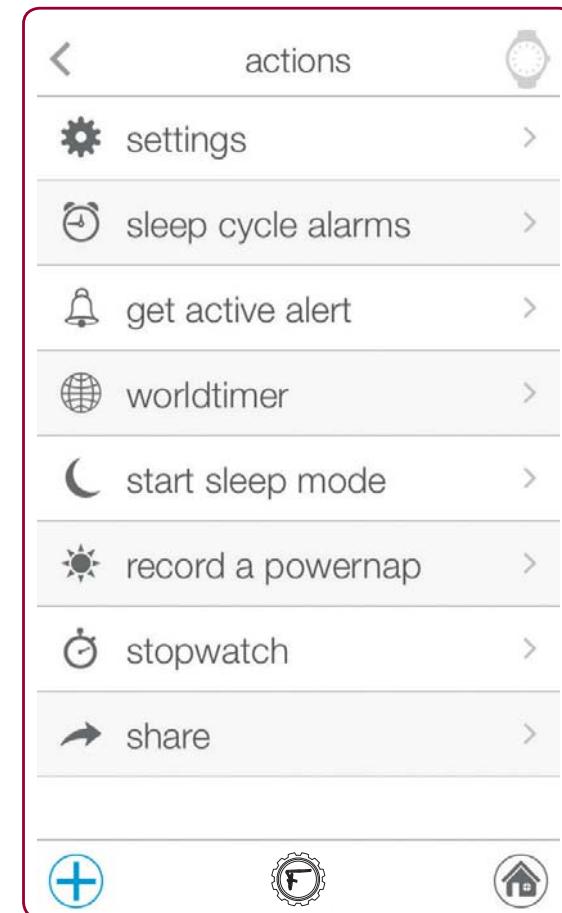
### ACCOUNT

Create, log in or log out of your MMT-X Cloud account for backing up your data

### HELP & FAQ

### SEND FEEDBACK

Let us know your comments



## MMT-365® APP: DISCOVER YOUR GOALS

Check your goals and see how close you are from reaching them:

### ORANGE RING

It indicates the percentage of steps already walked

### BLUE RING

The time percentage spent sleeping

### GREEN RING

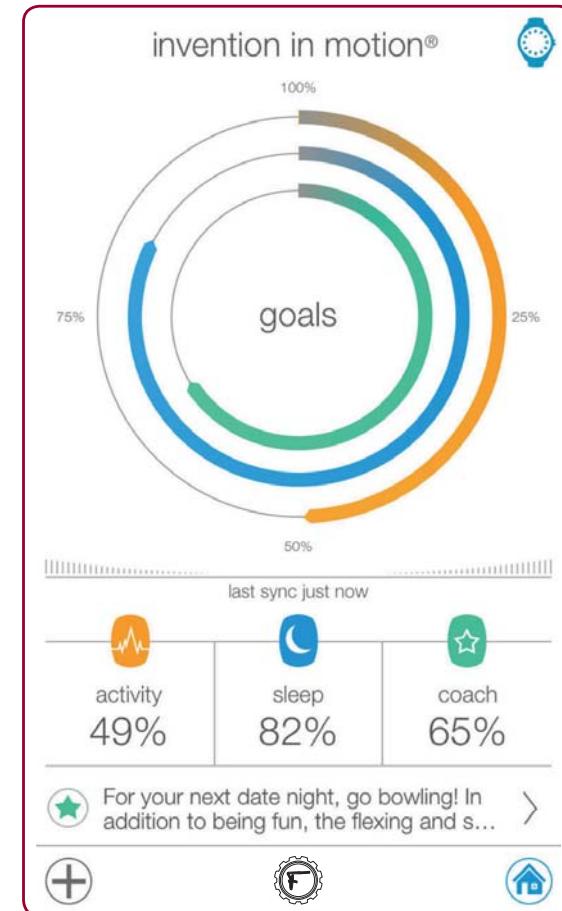
Daily, weekly or monthly trends and averages

### GREEN STAR

Tips and advice to get the best out of your goals

### CHANGE YOUR GOALS

To change your Activity or Sleep Goals, rotate your finger around the display and adjust the selected goal



## MMT-365® APP: DISCOVER YOUR ACTIVITY ACHIEVEMENT

Check your activity performance or review those of the past days.

Touch and drag your finger across the graph to view how many steps you had at a particular time of day.

### STAR ICON

The star indicates the point at which your activity goal was achieved

### STOPWATCH

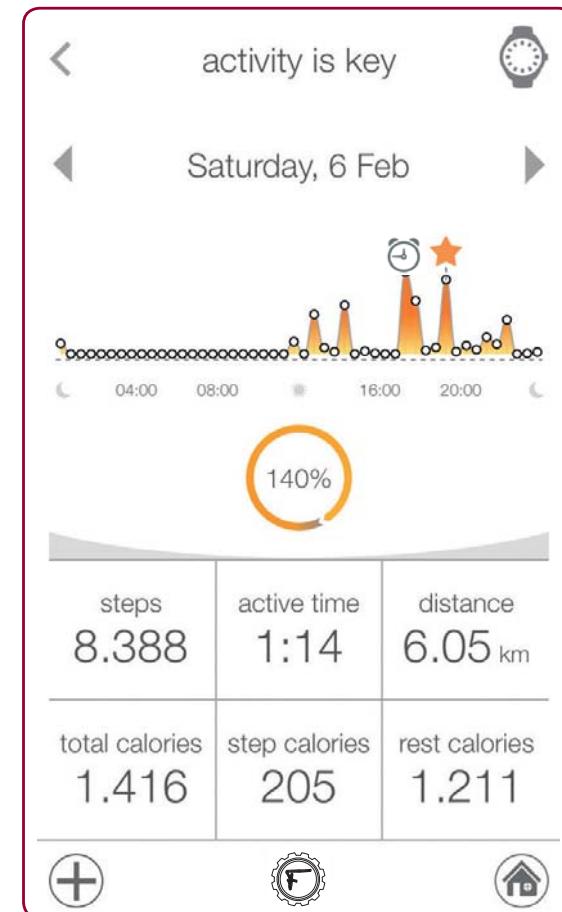
The timer icon indicates the activity recorded during the stopwatch mode

### REST CALORIES

The calories you burn when you are sedentary or sleeping

### STEP CALORIES

The calories you burn from taking steps (walking, jogging or running)



## MMT-365® APP: DISCOVER YOUR SLEEP PATTERN

Check your sleep cycles to see how deep or light is your sleep.

MMT-365® App detects the micro-motions of the body during sleep cycles to capture periods of deep sleep, light sleep, and awake time.

### SLEEP PATTERN MONITORING

Touch and drag your finger across the graph to view start & end times of each sleep segment

### ALARM

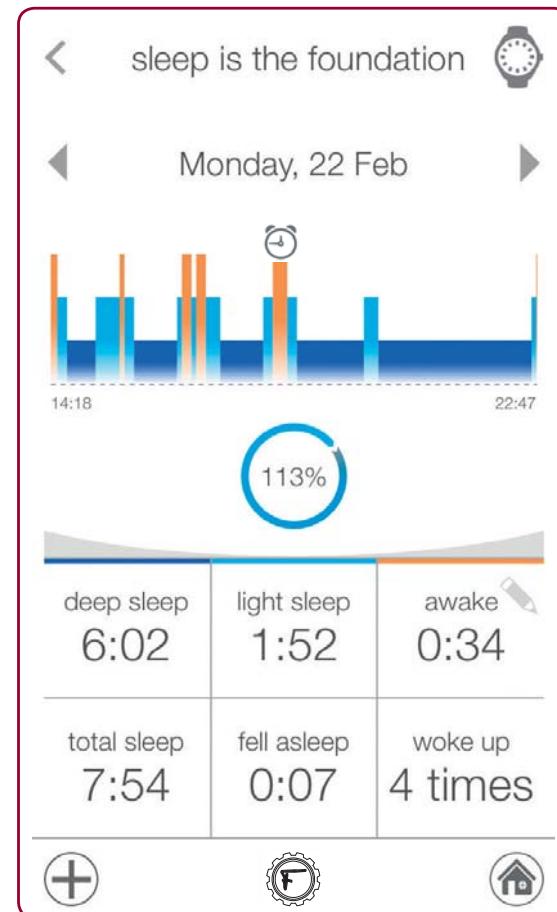
The alarm clock icon indicates that a smart sleep alarm is active

### PENCIL ICON

Touch the pencil icon to record or edit your sleep/awake time

### RECOVER YOUR SLEEP RECORDING

If you forget to start your sleep recording using the crown on the watch, no worries, you can still recover your data going to the sleep screen and selecting the "touch to add sleep" button



## MMT-365® APP: DISCOVER YOUR TRENDS

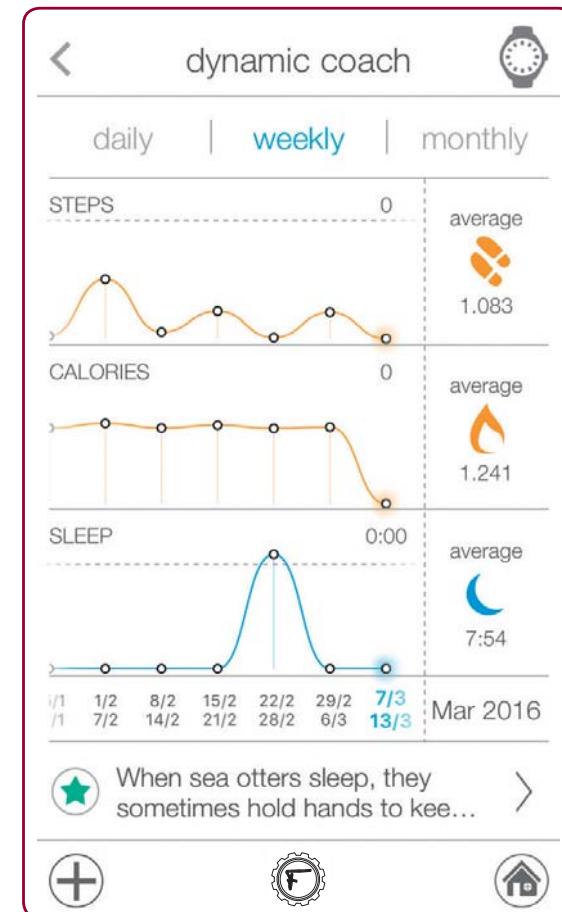
Check your daily, weekly or monthly trends and averages through the dynamic coaching screen.

### AVERAGE 🔥

Average of burned calories or sleep hours in a specific span of time

### GREEN STAR ICON ⭐

Tips and advices from your dynamic coaching to get the best out of your goals



# MMT-365® APP: CONNECT WITH THE WORLD OF SALVATORE FERRAGAMO TIMEPIECES

Click on the F logo  at the bottom of the screen and start your journey in the world of Salvatore Ferragamo Timepieces:

## BROWSE OUR LATEST NEWS

## SEND US A FEEDBACK

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 of the following measures:

Reorient or relocate the receiving

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.

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,

This device complies with Industry Canada licence-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,

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions

suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



Industry Canada - Class B This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus," ICES-003 of Industry Canada.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques," NMB-003 édictée par l'Industrie.

This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

NOTE: THE Vertime B.V., Amsterdam (NL) - Succursale di Manno IS NOT RESPONSIBLE FOR ANY CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

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