

LifetrakTMFit

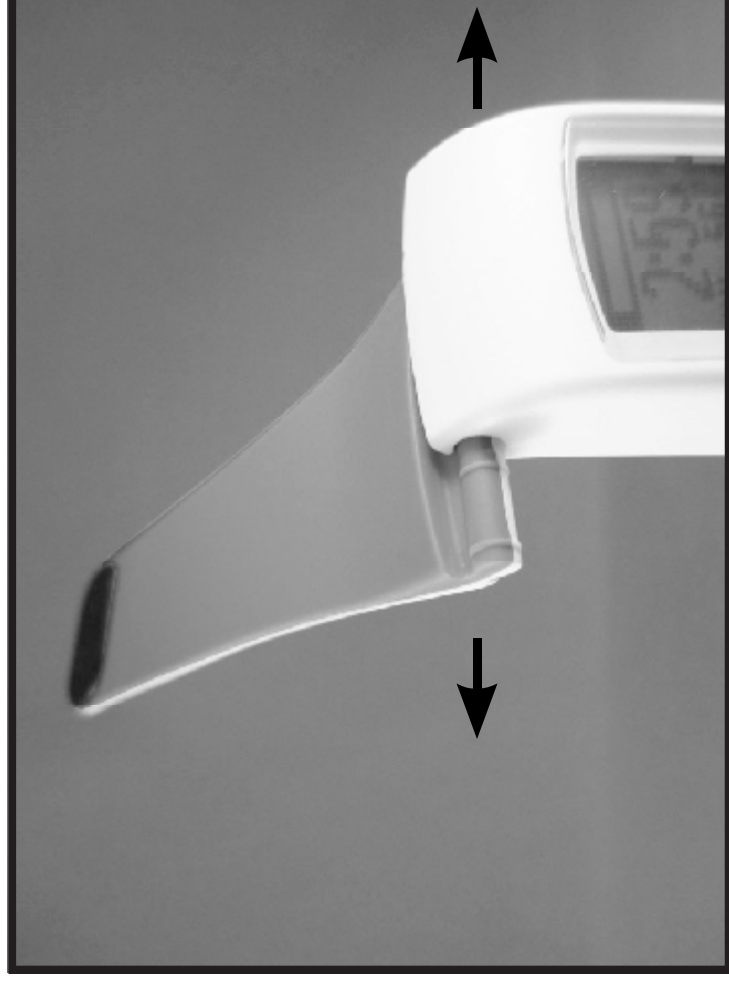


Information Guide

HOW TO CHANGE YOUR BANDS

The bands of your C400 are reversible and replaceable:

1. Carefully slide the bands off the case. The bands can slide in either direction.



Actual model may vary from images shown.

C400 bands are available in a variety of colors.
Visit us at **LifeTrakUSA.com**

HOW TO CHANGE YOUR BANDS

2. On the short band (top band), remove the Clasp plate by pulling up and away from the band.



HOW TO CHANGE YOUR BANDS

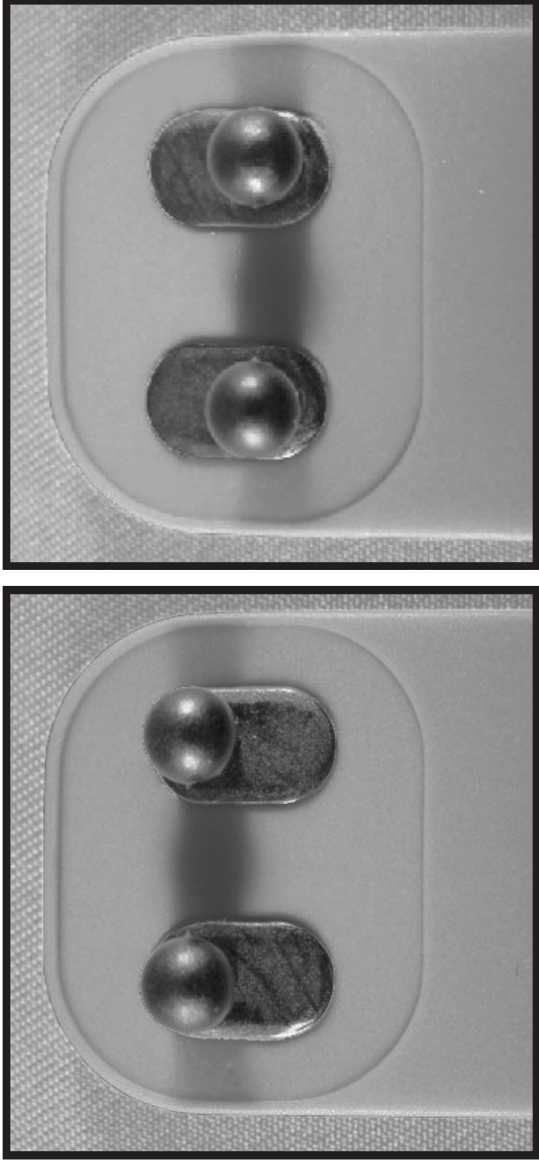
3. Place the Clasp on the reverse side of the band into the two holes. Press firmly around the two holes to secure the Clasp. You may hear it snap in place.

Make sure the base of the Clasp pins are fully secured into the band (see image below).

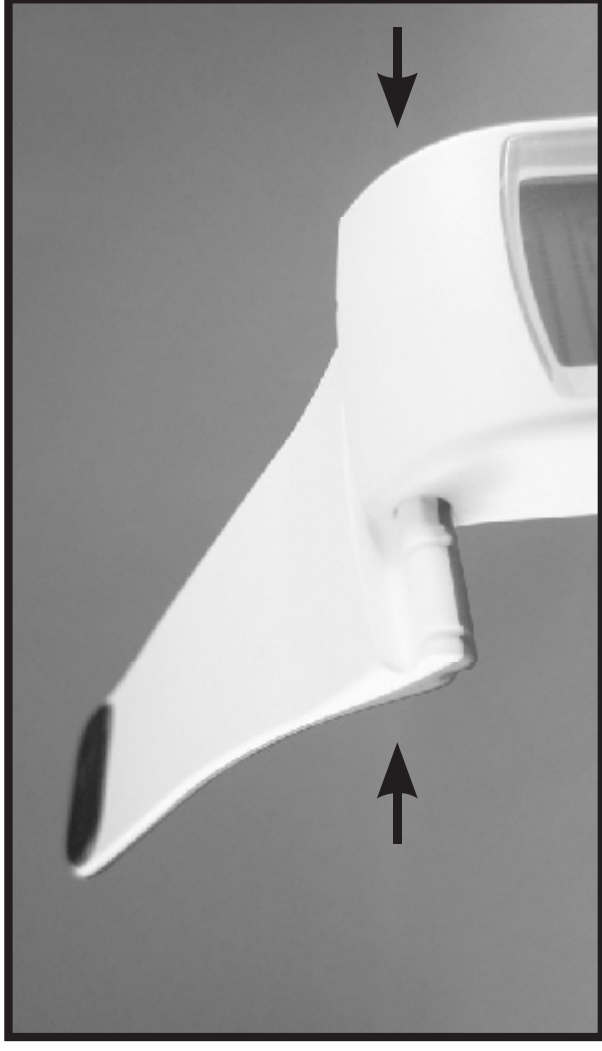


HOW TO CHANGE YOUR BANDS

4. For a more refined fit, the Clasp can be rotated before placing into the band.



5. Carefully slide the bands back onto the case. The bands can slide in either direction.



ALL-DAY CALORIE

Your C400 provides a more comprehensive calorie count by factoring in calories burned through everyday living, in addition to exercise and activity. This is a great tool to compare against your daily calorie intake!

Your C400 will also provide a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

HELPFUL HINTS: ALL-DAY CALORIE

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie tracker accounts for these calories burned.
2. You will see calories burned even when you're not wearing your C400. This is normal as it is gauging the calories your body typically burns throughout the day.

AUTO CALIBRATED DISTANCE

For a more accurate distance, your C400 adjusts your stride length based on how fast you are walking or running.

HELPFUL HINTS: STEP COUNT

If you are having difficulty acquiring your steps, try the following:

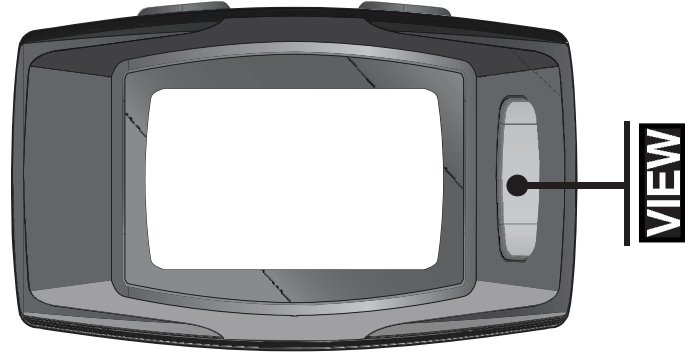
1. Take 30 - 40 steps before checking your step count.
2. If your steps are being over or undercounted, try adjusting the step calibration setting. (See Step Calibrate section in *Quick Start Guide*; p.12.)

Step count is determined by actual steps. Arm motion can affect this count.

HELPFUL HINTS: HEART RATE

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your C400 is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting your C400 on for the first time, allow a one-minute warm up before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.



HELPFUL HINTS: HEART RATE

5. Make sure the back metal plate of your C400 is laying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten (with water) the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten (with water) the surface between the back metal plate of your C400 and the skin on your wrist.

CARE & MAINTENANCE

- Your C400 buttons are not intended for use in or under water as this may cause water leakage.
- Avoid rough usage or severe impacts.
- Keep the heart sensor button (**VIEW**) and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean your C400 using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep your C400 out of extreme heat or cold.
- Do not expose your C400 to intense direct sunlight for long periods of time.
- Do not expose your C400 to chemicals such as gasoline, alcohol, or solvents.

BATTERY

Battery replacement will be required from time to time, and should occur when:

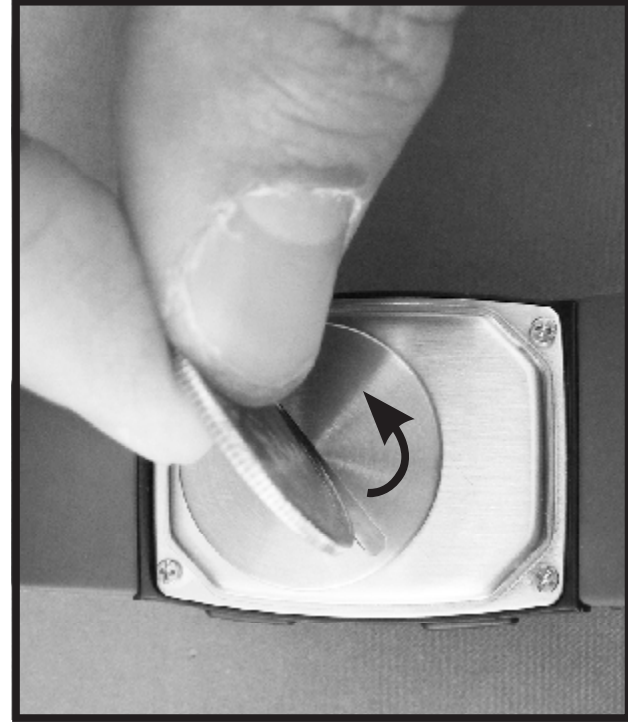
- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage.

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

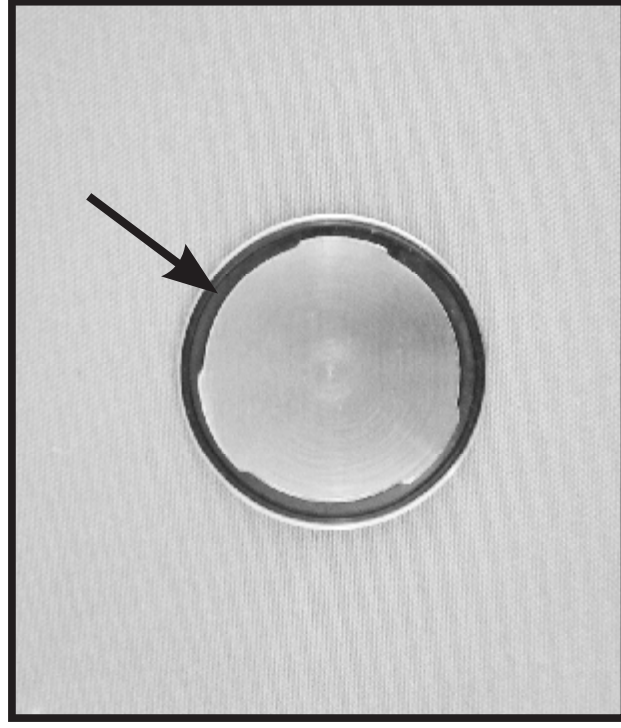
Your C400 uses one (1) standard lithium replacement battery: **CR2032**

BATTERY



To change the battery:

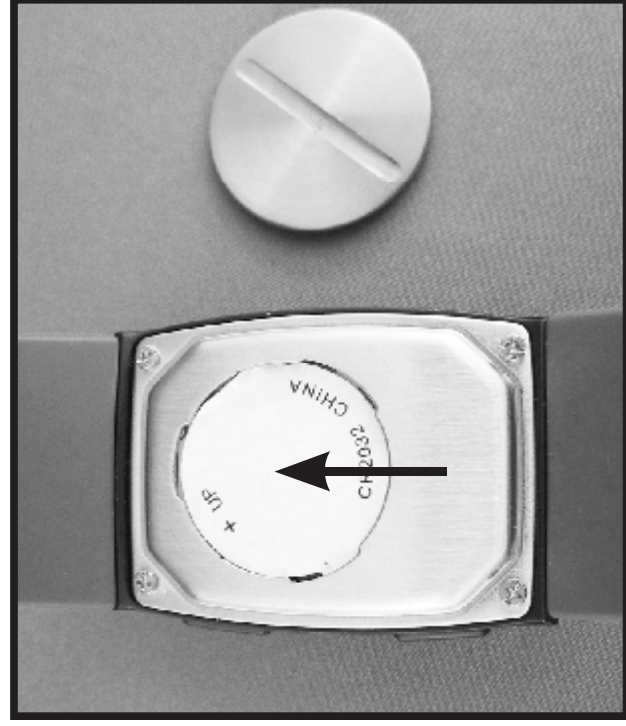
1. On the backside, insert a coin into the battery cover slot and turn counterclockwise to open.



2. Remove the battery cover.

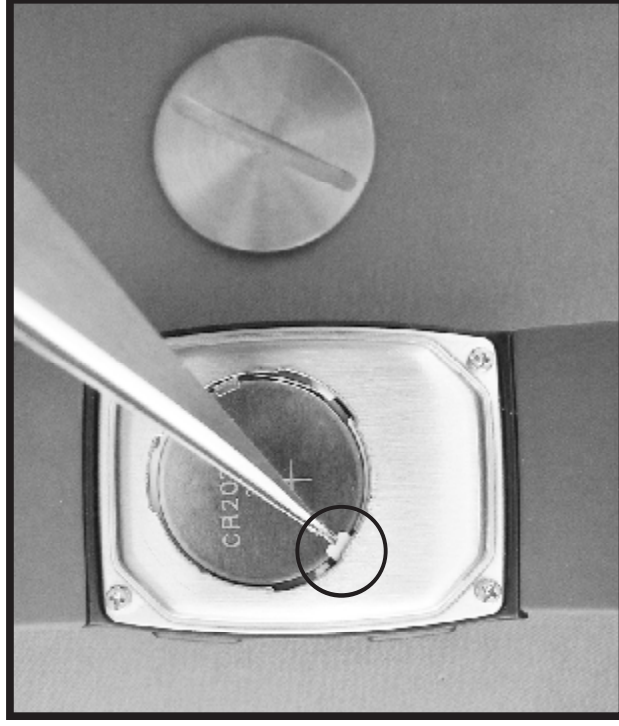
Be careful not to move or misposition the rubber water seal attached to the underside of the battery cover.

BATTERY



3. Using fine-point tweezers (or similar tool), remove the sticker.

DO NOT throw away. You need to place it back in its original position when installing the new battery.



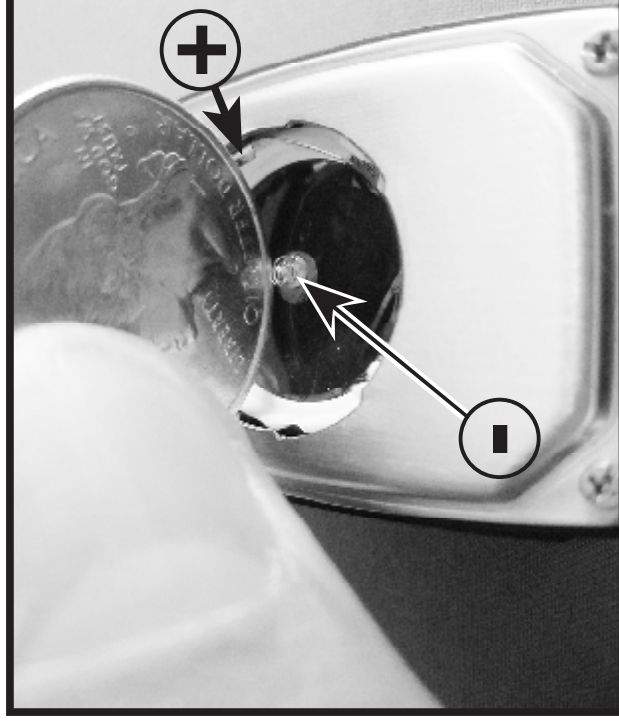
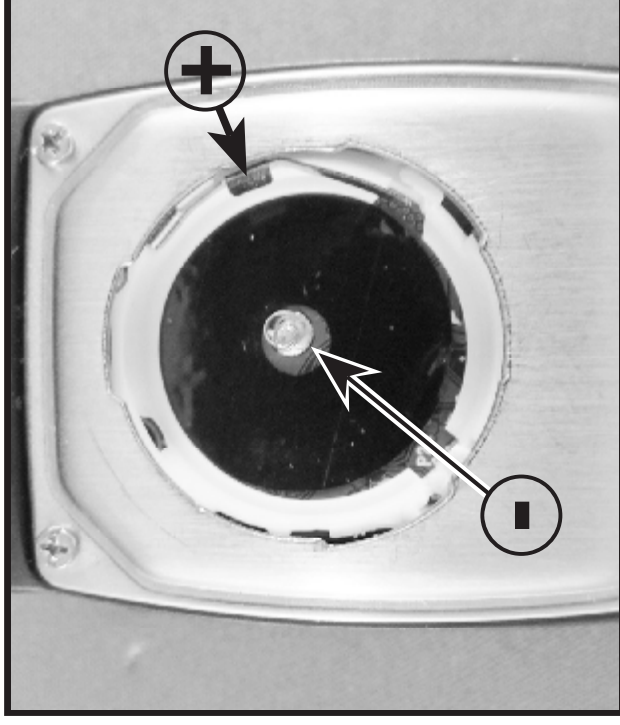
4. Using fine-point tweezers (or similar tool), push the small white tab in toward the edge and carefully pry out the battery.

BATTERY

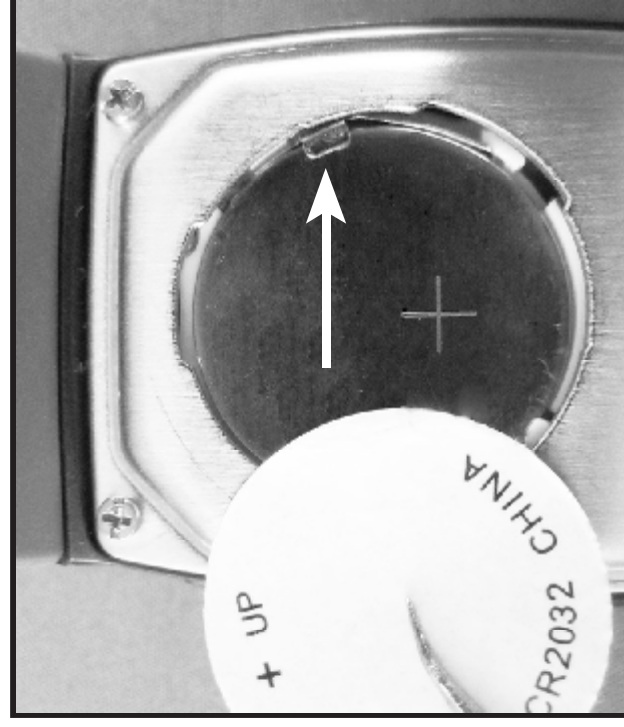
5. Before inserting a new battery, you will need to discharge any remaining power in your C400. To do this, take a coin and touch the positive (+) and negative (-) contact points at the same time.

Don't worry, you will NOT get shocked.

If, for any reason, the new battery touches the contact points and is removed (i.e., installed and then taken out), Step 5 must be repeated.



BATTERY



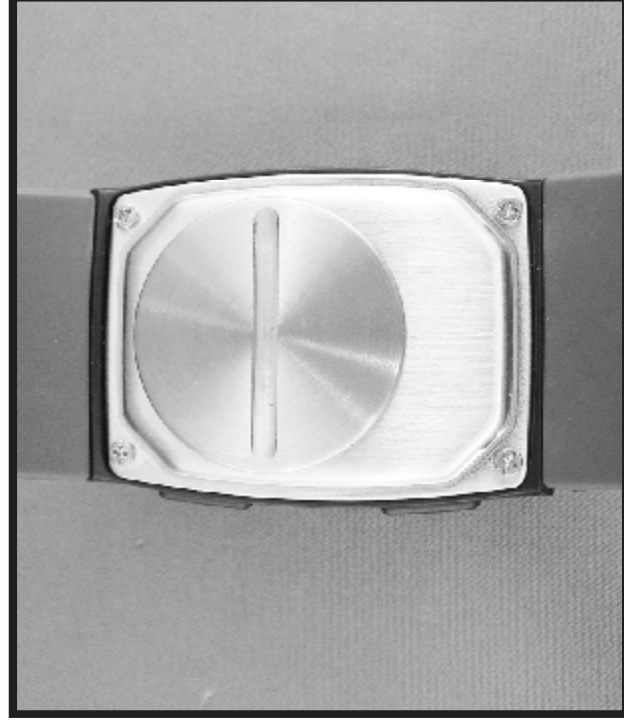
6. Install the new battery with the positive (+) side facing up.

Once the battery is in, replace the sticker. Center the sticker so it covers the entire battery and the positive contact point.

Covering the battery and the contact point will ensure the heart rate feature operates properly.



BATTERY



7. Replace the battery cover and use a coin to turn it clockwise to close.

The image shows the battery cover in its closed (locked) position.

PATENT

Your C400 and heart rate technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350
Europe: EP0 0861045B1

LIMITED ONE (1) YEAR WARRANTY

Your C400 is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return it with the original receipt, or copy, to your original retailer or to LifeTrak for a replacement.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

COMPLIANCE

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. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment

IC: This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

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, including interference that may cause undesired operation of the device.

DECLARATION DE CONFORMITE D'INDUSTRIE CANADA
Ce périphérique a été testé et reconnu conforme aux limites spécifiées dans RSS-210.

Son utilisation est soumise aux deux conditions suivantes:

(1) il ne doit pas provoquer d'interférences gênantes et
(2) il doit tolérer les interférences reçues, notamment celles susceptibles d'en perturber le fonctionnement.

LIMITATIONS

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by LifeTrak, its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. LifeTrak shall not be liable for incidental or consequential damages resulting from the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

DISCLAIMER

Your C400 is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your C400 may vary slightly from those described in this guide. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

SPECIFICATIONS

Workout

Chronograph range:

9 hr, 59 min, 59 sec

Step range: 0-99,999 steps

Calorie range: 0-99,999

Distance range: 621.3 mi /
999.9 km

History

Memory: 7-day memory

Heart Rate

Heart rate range: 30-240
BPM

Time

AM, PM, hour, minute,
seconds

12/24 hr format

Calendar: month, day, date
(w/auto leap year adjustment)

Advanced Setup

Age range: 5-99

Height range: 40-84 in /
100-220 cm

Weight range: 44-440 lb /
20-200 kg

Other

Backlight

Water resistant up to
30 meters

CONTACT

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- Phone: 1-855-903-9030
- Mail:

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Newark, CA 94560

For additional band colors, accessories
and other innovative products, visit us at
LifeTrakUSA.com.

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