*i*SPORT®

Instruction Manual

Bluetooth Activity Band
W311

Contents

Bluetooth Activity Band Instruction Manual

1. Product specification

Model	W311	**Step**	0~999999 Steps
SYNC mode	Bluetooth 4.0	**Calorie**	0~999999 Kcal
Screen Display	OLED 0.91"	**Distance**	0~9999.99 Km
Unit Size	46.4*20.2*11.4mm	**Exercise time**	00:00~23:59
Unit weight	30g	**Target goal %**	0~999%
Wristband material	TPU	**Heart rate**	40~240 bpm
Wrist buckle	Aluminium alloy	**Battery type**	Re-chargeable
Waterproof	IPX4	**Battery capacity**	150mAh/3.7V

2. Components

3. Product description

Button

PPG

Chaging Terminal

4. Using Method

1) Turn on Bluetooth Activity Band

For the first time to use Bluetooth Activity Tracker, press and hold the button for 5s to wake up the tracker and enter time mode. Default time is 12:00AM

2) Battery charge

3) Bluetooth Activity Band Application Installation

(1) Search iSport Tracker from App Store and Google Play.
(2) Install iSport Tracker App to Smartphone(Android, iOS).
(3) Compatibility: Over Android 4.4, iOS 7.0.

 Available on the App Store

 ANDROID APP ON Google play

4) Bluetooth Setting

(4) In the Paired with Hardware option, you can select your activity tracker to pair with the app.
(5) If there is no tracker listed, tap Refresh.
(6) If the Activity Tracker's name is grayed out, then tap the Activity tracker's name 'W311N' to pair the device. When successfully paired, the device quickly displays the time with a check mark and vibrates once.

(7) Remember: Make sure your mobile device's Bluetooth is set to ON.

(8) If they are paired successfully, the symbol "√" will display for 3 seconds and the motor will vibrate for 1 second at the same time. After few seconds, you will receive a request to pair with your phone, please choose "Pair".

5) Wearing Method

① Put button side towards your body

② Keep the sensor touching your skin always with comfortable tightness

③ Put the bracelet above carpal bone

6) Button operation

release finger

release finger

release finger

touch 1s

touch 3s
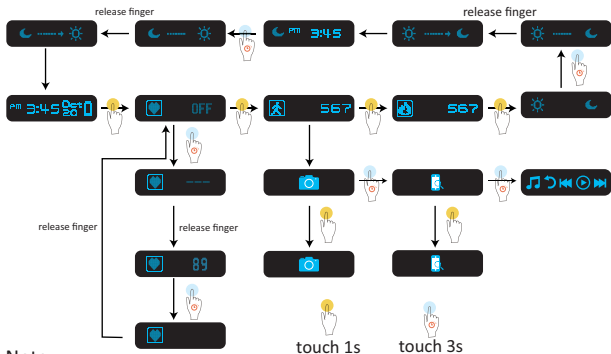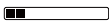
Note:

To avoid false operation, when turning on/off the heart rate mode and

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sleep mode, after long press the button, please remember to release your finger when you see the screen respond. Otherwise, the modes won't be turned on/off.

7) Icon illustration

🏃	step	⊚	Healthy reminder
💗	Heart rate	🔔	Alarm
🔥	Calories	📷	Shutter
📍	Distance	🎵	Music
⏱	Exercise time	📱	Find phone
▬▬	Target	🌙	Sleep mode
☺	Target face		

5. Heart rate measurement

(1) Precaution at the time of measuring heartbeat

* In case that band is moved and band is not adhered to wrist closely during heartbeat measurement, result of measurement may be incorrect.
* If moving band to upper thick part after wearing on wrist, more close adherence is ensured.
* Pay your attention so that heartbeat sensor of band would be adhered to skin from the time of starting measurement until its completion.
* In case that there is any unnecessary hindrance between the device and skin, be sure to measure after removing such hindrance.
* Normally it takes 20 -- 40s for heart rate data to be detected and displayed

(2) How to measure Heart Rate

when turning on the heart rate mode, please relase your finger after long press the button, it will take about 20--40 seconds to obtain the heart rate result. If you don't release finger, the heart rate function won't be turned on. The same for turning off the heart rate function, if you see the heart rate data flickers by long pressing the button, then release your finger to turn it off.
Note: After turning on the heart rate mode, it will vibrate after 5min and 10min to remind you, in case you forgot to turn it off.

(3) Heart Rate Tip

* In heartbeat measurement mode, BPM indicates heartbeat, % heartbeat weight (present heartbeat/max. heartbeat).
* Error may be taken place depending on measurement environment and condition of user.
* Max. heartbeat varies depending on individual health condition and an individually fit reference value is required to be defined under consultation with a doctor.

(4) General information about heart rate

Generally max. heartbeat that could be endured by heart is around 220 and even though intense exercise is performed, heartbeat within 85% of max. heartbeat is said to be safe.

* Heartbeat below 60: It is called as bradycardia and even an athlete trained by exercise has bradycardia.
* Heartbeat 61 ~ 100 : General heartbeat of adult
* Heartbeat over 100 : It may be represented at the time not applicable

to rest period such as exercise, pregnancy.
* Arrhythmia : Heartbeat is irregularly represented (too fast or slow).
* Bpm : Heartbeat per minute

(5) Heart Rate Reference

Male	Age					
	18~25	26~35	36~45	46~55	56~65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Over fair	66-69	66-70	67-70	68-71	68-71	66-69
Fair	70-73	71-74	71-75	72-76	72-75	70-73
Below fair	74-81	75-81	76-82	77-83	76-81	74-79
Bad(poor)	82+	82+	83+	84+	82+	80+

Female	Age					
	18~25	26~35	36~45	46~55	56~65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Over fair	70-73	69-72	70-73	70-73	69-73	69-72
Fair	74-78	73-76	74-78	74-77	74-77	73-76
Below fair	79-84	77-82	79-84	78-83	78-83	77-84
Bad(poor)	85+	83+	85+	84+	84+	85+

(6) Heart rate by exercise intensity based on age

In order to enhance cardiopulmonary function, it is recommendable to perform exercise by matching it with cardiopulmonary strengthening zone and at the time of performing exercise with intensity higher than

65%, calorie consumption is increased.

Max %

Color	Range
Purple	85%-100%
Blue	65%-85%
Red/Orange	50%-65%
Green	50% or less

B
P
M

Anaerobic ZONE

Cardio ZONE

Fat Burning ZONE

Warming Cool down ZONE
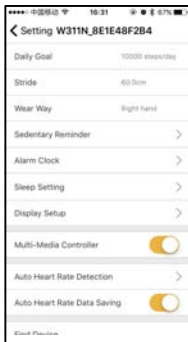
Age

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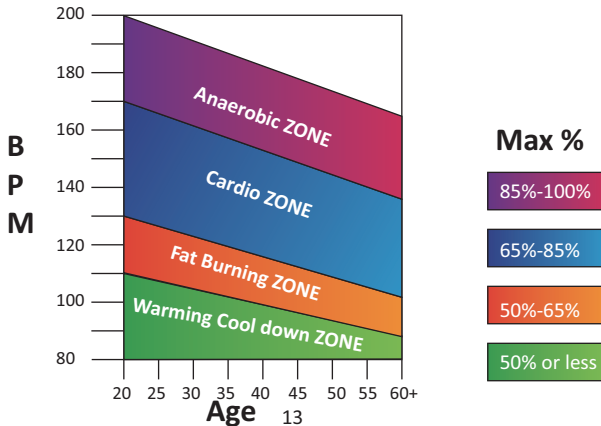
6．iSport Tracker App execution

(1) User info

Tap the PHOTO icon to open the settings for user info and system information.

In the User info section, you can set the following options:
Photo, User's name, Age, Gender, Height, Weight.

(2)Settings

In the Settings section, you can set the following options:

- **Daily Goal**

  Set the goal for step. 10000 steps/day is suggested.

- **Stride**

  Enter your stride length to get accurate readings from your activity tracker. Important note: The activity tracker calculates distance traveled by multiplying your steps and stride length. To calculate your stride length, walk ten steps, and measure the distance, then divide by 10. Convert this number into inch or cm.

- **Wear Way**

  Select which wrist you are wearing your activity tracker on, and the display orientation will change accordingly.

- **Sedentary Reminder**

  On-Off: To turn on or turn off the sedentary Reminder function.
  No Activity Time: To set the time that has passed and you were inactive, tap the existing time on the right. The unit of the setting time is minute.

Beginning: Tap the existing time on the right to open the 'Beginning' window. Set the desired time to begin the Sedentary Reminder. Tap Confirm to save your time setting .

Ending: Tap the existing time on the right to open the 'Ending' window. Set the desired time to end the Sedentary Reminder. Tap Confirm to save your time setting .

After the Sedentary Reminder has been saved, 'Setting success' appears on your mobile device and your Activity Tracker quickly displays a check mark together with the current time and vibrates once.

● **Alarm Clock**

5 Alarms can be set.

After the Vibration Alarm has been saved, 'Setting success' appears on your mobile device and your Activity Tracker quickly displays a check mark together with the current time and vibrates once.

If you set the "Label" of the alarm, the healthy reminder icon $\heartsuit$ will display together with the label when the time arrives. For example, when you set the alarm time at 14:00, and set the label as water. Then at 14:00, the device will vibrate for 10s, and the tracker will display like below

● **Sleep Setting**
   You can turn on or turn off the Auto sleep.
   Sleep time: To set begin and end time of auto sleep.
   Sleep reminder: the time to remind you before sleep time.

● **Display Setup**
   You can select which mode will be display on your tracker. Select the not display on tracker by tap the mode icon to grey.

   Except for time mode, heart rate mode, step mode, sleep mode, you can choose whether to display other modes on the screen or not. By tapping the mode icon to grey to not display, while orange to display.

● **Multi-Media Controller**
   You can turn on or off the camera control, Music control and Find the phone.
   Camera control: In this mode, please always run the app in the foreground, then go to the camera mode by long press the button, please release your finger when it shows the camera icon. Press the button once to take photo. Press the hold the button for 3s, then release finger to Find the Phone mode.

Find the phone: Press the button once to find the connected mobile device. Press and hold the button for 3s, then release finger to Music Control mode.

Music control: In this mode, it is at the pause by default, press the button once to convert between pause and start. Press for 3s then release finger to convert to next, last, back. When at the back, press once to go back to camera mode.

Note:

1. In above 3 modes, the device will ONLY automatically exit to time mode after 10s without operation.

2. The features are available only when the tracker and the phone are connected, and the Multi-Media Controller function be turned on.

3. After turning on the Multi-Media Controller in the app, we can go to the camera mode by long press the button in any modes except for time mode, heart rate mode and sleep mode. (Please release your finger when it shows the camera icon).

- **Auto Heart Rate Detection**

  At the set time, the band automatically search for heart rate signal and measures heart rate data.

- **Auto Heart Rate Data Saving**

  When auto heart rata data saving turned on, heart rate data will be recorded when you stop checking heart rate.

- **Anti-lost**

  When the device is over 10 meters away from the smartphone, the device will vibrate once for 5s. And smartphone vibrates for 10s.
  Then after 10-second-gap, the smartphone vibrates again. The smartphone vibration continues for 3 times.
  The device vibrates for 5s when it's disconnected to smart phone.

- **Find Device**

  When Find Device icon is turned on in the app, the device vibrates for 5S. The device vibrates continuously under consistent operation.

● **Do Not Disturb**

   phone call, message notification, and message content display can be
   turned off.

● **Unpair**

   Disconnect bluetooth pairing of the device and smart phones.

(3) Navigation Bar

   The top navigation bar includes tabs that allow you to quickly access
   data measurements for your settings, daily activity, sleep and heart rate.
   Tap on one of the navigation bar icons to open the screen. The
   selected icon is highlighted in red.
   Tap the photo logo button to access the settings screen.
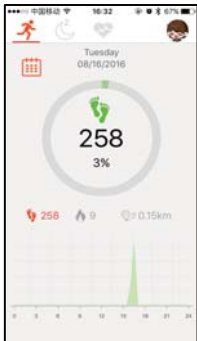
(4) Daily Activity Measurements

Tap the Activity tab to open the daily activity measurements. The 'Activity' measurements screen displays your accumulated daily measurements for Steps, Calories and Distance. The measurements are shown in Pie View and in Column View.

● Pie View: Displays the current activity measurements in the Pie chart format.
● Column View: Displays the current activity measurements Column Chart format. The information is shown per the specific times of the day that the data was measured.

To synchronize the data saved on your iSport Tracker app on your mobile device:
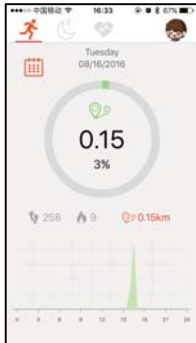From the Pie View, swipe down on the screen to synchronize your latest activity measurements.
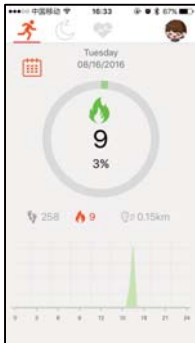
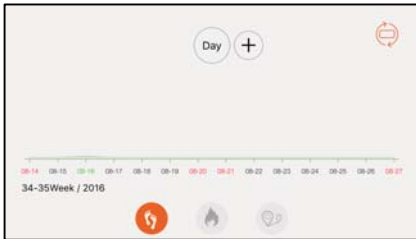| Activity: Steps | Activity: Calories | Activity: Distance |

(5) Navigating the Activity View

*Swipe down on the screen to sync the measurements from your device with the app.

*Swipe your finger left or right to scroll through the different day measurements. Tap the red arrow on the top right to go back to the current day.

*Tap the calendar located on the top left of the window to open a calendar and select a specific date to view.

*To switch between steps, calories and distance, tap on the corresponding icon in the center of the page.

*Inside the circle you'll see your data for the selected measurement. The percentage is your progress towards your goals.

(6) History

**History: Steps View**   **History: Steps Landscape View**

Navigating the Activity Landscape View

* Swipe down to below page you can view your Weekly, Monthly and Yearly measurements.

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* Tap the Steps, Calories, and Distance buttons to switch between the Steps, Calories and Distance measurement screens. The selected measurement button is highlighted in red.
* View your Weekly, Monthly and Yearly displays by pressing the corresponding Day, Week, Month buttons at the top.
* Swipe Column view left and right to go through previous weekly, monthly, and yearly measurements.
* Tap the ⬓ become to Steps, Calories, Distance Weekly, Monthly and Yearly landscape view

(7) Sleep Activity Measurements

Tap the Sleep Activity icon to open the daily sleep quality measurements. This screen displays your accumulated daily measurements for your quality of sleep. The information includes:
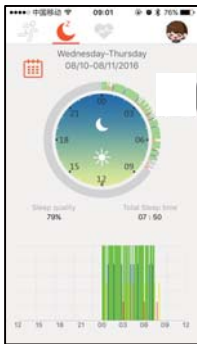
● **Total Sleep Time**
● **Sleep quality**

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● **Types of Sleep Quality** –Deep Sleep (green), Light Sleep (blue), Extremely Light(yellow) and Awake(red).

The measurements are shown in Pie View and in Column View
Pie View: Displays sleep measurements time in the Pie chart format.
Column View: Displays the current quality of sleep measurements Column Chart format. The information is shown per the specific times of the day that the data was measured.

Swipe your finger left or right to scroll through the different day measurements. Tap the arrow on the top right to go back to the current day.

(7) Heart Rate Measurements

When heart rate measurement starts, and the app connected with device, the heart rate will sync to the App heart rate page, as well as display in statistical graph.

If you open the **"Auto Heart Rate Data Saving"** or click the **"Start/Stop"** button in the app, the heart rate measurement data will be saving in **"History"**

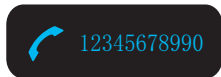In the **"History"** page, you will find the Heart rate data you saved.
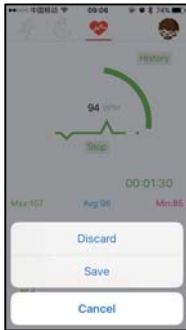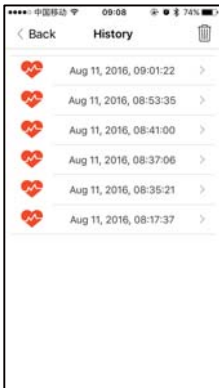
7. Call and Message notification

1) Call notification

(1) When smart phone is ringing under the condition that iSport tracker App and band are connected through Bluetooth, call notice is given to band. When pushing button once, it is moved to previous screen.

2) Message notification(SMS, Wechat, Whatsapp, etc.)

(1) When smart phone receives message under the condition that iSport tracker App and Band are connected through Bluetooth, message notice is displayed on band, the device will receive the notification by vibrating and shows the contact name like below, tap the button to see the content of the message..

(2) When pushing button once in message display screen, it is moved to previous screen.

8. Storage and management method

1) As sensor is sensitive part, be sure to maintain it in an optimal condition in order to ensure accurate measurement.

2) Avoid fire or direct sunlight and keep the product in a place where dust or contamination is not present.

3) Keep the product in dry place. (Certain level of daily life water-proofing function is supported but complete water-proofing is not able to be guaranteed due to built-in sensors.)

4) Keep the product in a place where vibration or impact is not occurred.

5) It is recommended to keep the product under room temperature but if kept in any other place than room temperature place, be sure to use band after keeping it under room temperature for 10 minutes before use.

6) Carefully clean sensor window and charging terminal with cotton swab dipped in alcohol. Please use after passing 10 minutes.

9. Precaution

1) Do not disassemble, remodel the main body as it may lead to fire and failure.

2) Do not use or keep the product under high or low temperature.

3) Do not use or keep the product at a place where moisture, volatile substance or inflammables are present.

4) In case of using charger for vehicle, charger for general passenger car is limitedly permitted but cargo truck (over 1t) charger is not permitted to be used as the product may be damaged by its high output.

5) In case of using multiple App at the same time under mobile operation system, App may be finished and in this case, Bluetooth function may be also released.

6) In case that band is contaminated by colored cosmetics (sun cream, BB cream, colored cosmetics for females), be sure to clean it with wet tissue immediately. In case of leaving such contamination unattended for a long time (over 30 minutes), stain may not be removed and it should be cleaned by using cleaning fluid (alcohol).

7) App obtains relevant information through online in order to measure altitude or temperature precisely. In case of access by 3G, 4G in this process, data fee may be charged.

changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 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 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 radio/TV technician for help.