

Smart Fitness Monitoring Headset

Iriver on

INSTRUCTION BOOK



Bluetooth®

Made for
iPod iPhone

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Caution

- * **To avoid device breakdown, DO NOT DO THESE THINGS!**
 - Put the headset or USB cable close to or inside heat sources such as a heater or a microwave oven. The headset may be deformed or it may cause a fire or an explosion.
 - Open up and try to repair the device on your own. Doing so may void free-of-charge warranty services.
 - Do not use an officially authorized USB cable. Use of an unauthorized USB cable may cause the headset to explode or malfunction.
 - Use the device near a microwave oven or wireless LAN. As they use the same range of wireless frequency, it may cause the device's software to crash or produce static.
 - Drop the headset or the USB cable and cause severe damage. Please do not place anything heavy on the headset.
 - Let dust or other substances enter the inside of the headset or the USB cable.
 - Spray water on the headset or wipe it clean with chemicals like benzene or thinner. It will cause a fire, explosion, or in other cases deform the surface.
 - Allow your pet to bite or lick the device.

Caution

*** To avoid device breakdown, DO NOT DO THESE THINGS!**

- Put the device within a strong magnetic field. It may cause the batteries to discharge. Any items such as credit cards, phone cards, bank passbooks, and bus cards that contain magnetic strips may sustain damage.
- Put the device on an uneven surface. Dropping it on the ground may damage the device.

*** To avoid the risk of hearing loss or damage, DO NOT DO THESE THINGS!**

- Listen to loud music for an extended period. Adjust the speaker volume at appropriate level (in general, the most common volume level is below two-thirds of the maximum level).
- Continue using the device although there is ringing in the ears. Stop using the device immediately if you experience ringing in the ears.

*** To avoid the risk of electrocution or serious injury, DO NOT DO THESE THINGS!**

- Subject the device to impact or puncture with a sharp object.
- Touch the headset or USB cable with wet hands.

Caution

- * To avoid the risk of electrocution or serious injury,
DO NOT DO THESE THINGS!
 - Immerse the headset in water or allow it to get wet. If the device is wet, do not turn on the power! Call the service center.
 - Place the device near heat sources over 35 degrees Celsius (95 degrees Fahrenheit), high-temperature sauna, or inside a parked car. During summer, the interior temperature of a parked car may rise to 80 degrees Celsius.
 - Let children touch the device. Do not allow children to use the device without parental guidance.
 - Turn off the power of the headset in places where the use of wireless headsets is prohibited.

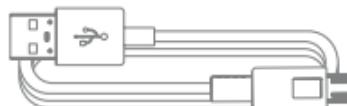
Iriver on at a Glance

iriver on



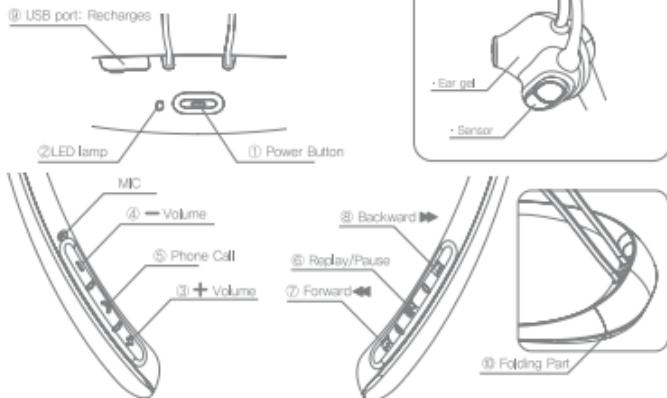
Manual (QSG/Full)

Ear Gel



Micro 5pin USB Cable

Driver on at a Glance



① Power Button: Turns the device's power on/off ② LED lamp : Indicates status
③ + : Increases volume ④ - : Decreases volume
⑤ Phone Call: Make outgoing and receive incoming calls
⑥ Replay/Pause: Replays and pauses music
⑦ Forward: Plays next song ⑧ Backward: Replays previous song
⑨ USB port: Recharges
⑩ Folding Part: Adjusts the lanyard so that it won't fall off during exercise
⑪ Ear bud • Ear Gel: Allows the ear bud to fit snugly but comfortably in the ear canal,
• Sensor : Measures heart rate
• Shark fin : Keeps the ear bud from coming off during exercise

Caution When Using the Device (Location of Sensor and How to Use the Device Correctly)

Correct Wearing Picture



How to Wear the Device

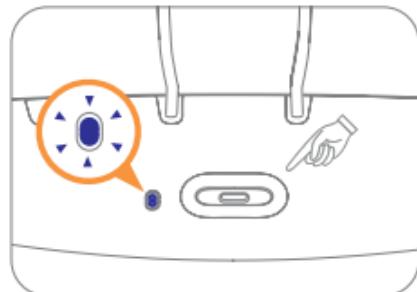
- ① Attach the ear tip into the ear canal
- ② Position the ear bud so the ear tip fits snugly in the ear canal

Caution When Using the Device

(Location of Sensor and How to Use the Device Correctly)

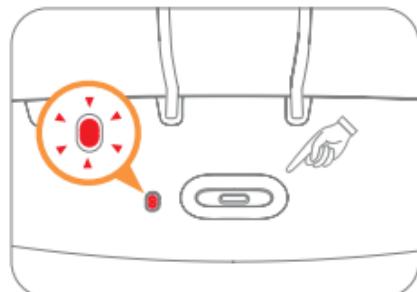
- ※ Before beginning to exercise, put on the headset and launch the app while standing straight up. If you see a pop-up window saying “Optimizing,” do not move until optimization is completed. Moving around during optimization may cause the sensor to malfunction. Once optimization is finished, the pop-up window will disappear and you may begin exercising.
- ※ Try wearing the three different ear gel sizes to find the one that fits best. Adjust the band to fit your neck. If the sensor is exposed to light, it may not work properly. Please wear the device correctly.

On / Off / Recharging



– Turning on the power

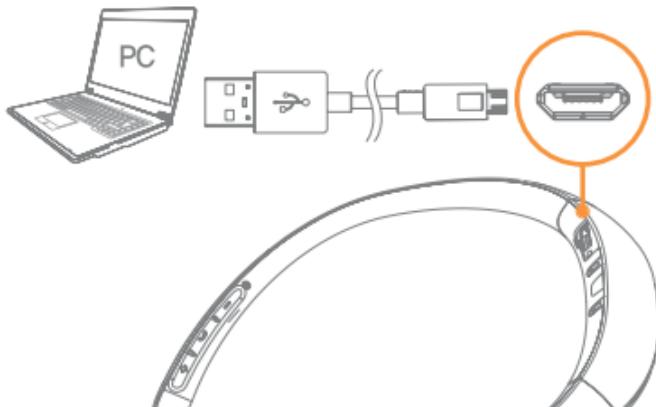
Please press the Power/Register button for more than 1 second (a key tone sound will be activated along with a flashing blue light).



– Turning off the power

Press the Power/Register button for more than 3 seconds (a key tone sound will be activated along with a flashing red light).

On / Off / Recharging

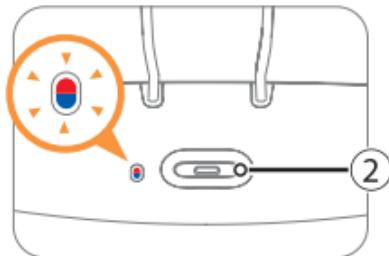


– Recharging

- 1) Recharge by plugging the USB cable into the socket as in the figure on the left (a flashing red light will be activated).
- 2) Once the device is fully charged, a blue light will be activated.

※ When the remaining battery power falls below 30%, a red status light on the front will be illuminated. You cannot use the device while it is being recharged. Use only an authorized USB cable. Use of an unauthorized cable may cause the device to malfunction.

Pairing (How to Register the Device)



1. Turn on the Bluetooth function of the device you want to register and leave the device and headset nearby.
2. Press the device's power button for more than 5 seconds to go to the registration standby mode. But when you turn on the device's power the first time after purchase, the device will automatically turn to the standby mode (registration standby mode is on when the red and blue lights are simultaneously illuminated).

Pairing (How to Register the Device)



3. The headset will recognize the device (refer to the manual for each device).
4. A prompt “iriver on” will appear on the available devices’ list. Select “iriver on” and proceed with registration (PIN: 0000/input method may differ depending on mobile device).
5. Once registration is completed, begin using the device (registration is completed when the blue light flashes at 4–5 second intervals).

Phone Calling (Control)/Music Replay

- Taking phone calls

When the phone rings, press the  button gently and talk.

- Hanging up

To hang up, press the  button gently.

- Making phone calls

Make a call with your mobile phone and the call will switch to the ear set automatically (the way the call is connected may differ depending on mobile phone setting).

- Voice call (“Siri” in iPhone)

Press the  button for 1 second and release.

- Call screening

If you do not want to take an incoming phone call, press the  button for 1 second and release.

- Call switch

If you want to switch phones in the middle of an incoming call, press and long hold the + button. To talk on river, press and long hold the + button again.

Phone Calling (Control)/Music Replay

- **Replay**

When the **▶||** button is pressed, replay will begin with a key tone sound.

- **Pause**

Press the **▶||** button in the middle of a replay to temporarily stop the music.

- **Selecting a song**

Select a song by pressing the **◀◀** and **▶▶** buttons.

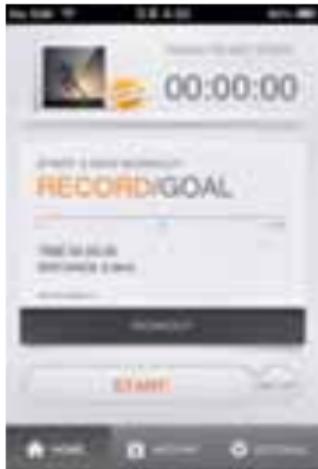
- **Adjusting volume**

Adjust the volume by pressing the **+** and **-** buttons.

※ You will hear a key tone sound when pressing the **+** button on maximum volume or the **-** button on minimum volume.

※ If the connected Bluetooth device is a computer, the river on function key can work after the replay software is running. As the function key may differ depending on replay software. Check before use.

1. Iriver on 사용시 필수 정보 입력 English



Setting up personal information

Before you begin exercising, set up your personal information on the iriver on app. The exercise results will be calculated based on the information you have entered.

- Personal information setup: Enter Facebook link account, date of birth, height, weight, gender, unit of measure, etc.
- ※ Without personal information, you won't be able to get precise exercise results.

1. Iriver on 사용시 필수 정보 입력 English

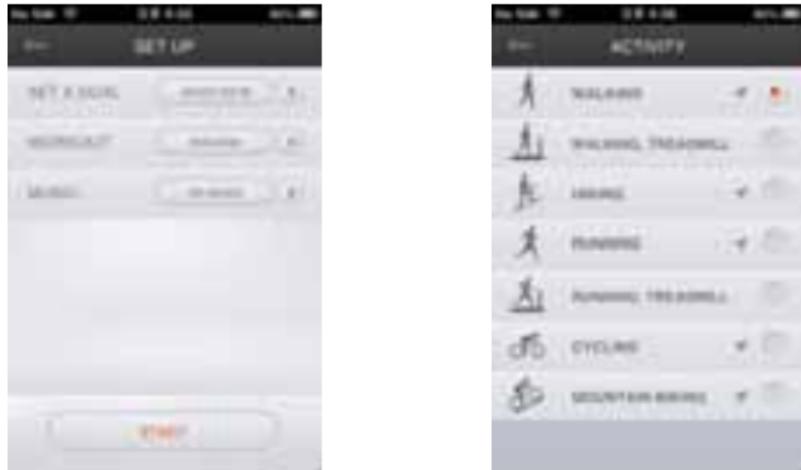


Testing your exercise level

This step is necessary to measure heart rate. On the main screen, press the setting button and begin an exercise level test.

- **ROCKPORT TEST:** It tests your physical strength level by measuring your VO2 max levels.
- **RESTING HR TEST:** It checks the heart rate before exercise.

※ **Test results:** The results, expressed in scores, are determined by physical strength and age level.



Choosing an activity

Choosing an activity & Setting a goal

- Choosing an activity: As the intensity of exercise and metabolic rate differs depending on the type of activity, you must select an activity (WALKING, HIKING, RUNNING, CYCLING, and MOUNTAIN BIKING).
- ※ Walking/running on the treadmill is available when you are connected with an “iriver on” device.



Choosing an activity

- Setting a goal: Select any one of the goals, including distance, elapsed time, calories consumed, and heart rate.
- HEART RATE: Select any one of the following: warming up/fat burning/improving cardiopulmonary endurance/enhancing physical performance.
- DISTANCE: Enter the distance that you want to exercise.
- TIME: Enter the amount of time that you want to exercise.
- CALORIE: Enter the number of calories that you want to consume.

※ Heart rate is available when you are connected with sensor.



VOICE FEEDBACK

You can turn on or off the voice feedback on setup menu.

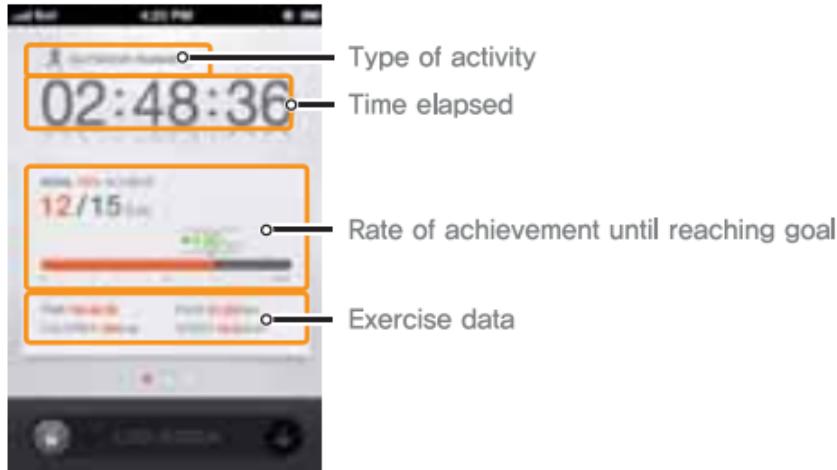
- **VOICE FEEDBACK:** It helps you exercise more effectively as it provides feedback based on the monitored heart rate.



Music setup

You can set up the music replay list and the way it is played.

- PLAYLIST: Replays the songs on the list as set up by the user.
- SHUFFLE: Replays all the songs on the list randomly.
- NO MUSIC: Does not replay music.
- POWER SONG: Replays songs that help you exercise better.



Begin exercise after pressing the Begin Workout button.

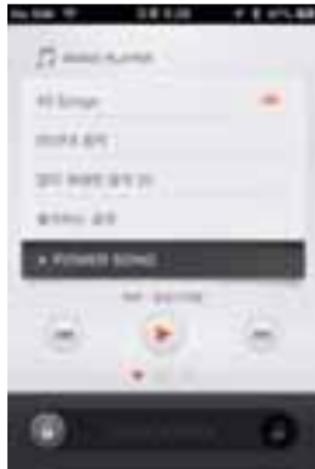
- Exercise data: Data such as distance/calories/pace/speed/goal achievement rate will appear on the screen.
- PAUSE/Resume: You can stop exercising temporarily or resume.

※ Opening a different app during exercise will cause the exercise app to close automatically.

Press the Close button once the exercise is completed.

3. 운동하기

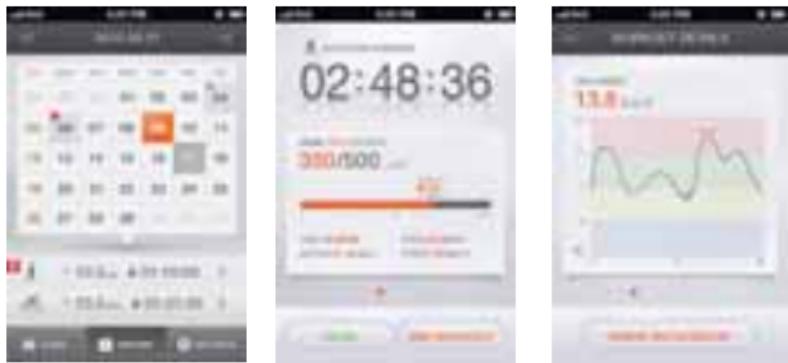
English



Begin exercise after pressing the Begin Workout button.

- Music listening: Replays music that you have selected at the beginning of exercise.
- Map viewing: You can check the route that you are running now (you must turn on the GPS before you begin exercising).
※ **Opening a different app during exercise will cause the exercise app to close automatically.**

Press the Close button once the exercise is completed.



View workout details after completing an exercise session.

- HISTORY: Check the dates you have worked out, your achievements, and whether you reached your pre-set goals.
- WORKOUT DETAILS: Check the details (calories consumed, distance run, and route).
- Map: Shows the information on the route you have run and heart rates in a pop-up window for every 1-km interval.
- Graph: Check heart rate, altitude, speed, and rhythm change.
- Sharing your data: Share record with your friends on Facebook by pressing the Share on Facebook button (when linked to your Facebook account).

Setting up statistics

You can check averages and cumulative figures for each data item on the home screen.



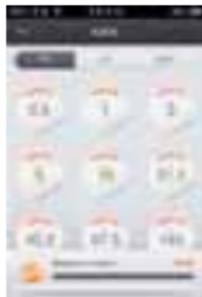
Sharing your data on Facebook

Share workout data with your friends on facebook.



Mission trophy

Every time you reach a goal, a trophy will be given as a reward.



Initializing setup

Erase all workout data and user information and start over.



Tip & Support

- * Pairing is not working.
 - Try registering with a nearby device that you want to link to.
- * The device's power suddenly goes out.
 - Check the battery.
- * The headset's maximum signal reception distance is 10 meters. If it is outside a 10-meter radius, it will turn off automatically. Reduce the distance from the transmitter.
- * There is too much noise.
 - Use the headset at least 5 meters away from a wireless LAN.
 - As the reception quality varies due to obstacles such as walls, corners, or partitions, you may experience noise depending on your location.
 - If you touch the signal transmitting and receiving parts, noise or abnormal motions may occur.
- * When can I use this device?
 - Use this device in all physical workouts except swimming. Use it during rest.

Tip & Support

- * The phone function is not working.
- Check that the Bluetooth device supports the voice phone call feature.
- * The heart rate I feel is different from what I see on the device.
- Please synchronize again with the sensor by putting on the headset and launching the app while standing straight up. If you haven't synced properly, the device may not monitor your heart rate accurately.

Headset Specs

Model Number	iOS
Color	White
Dimension(mm)	128.5mm X 143mm
Weight(g)	
Bluetooth Ver	3.0 + HS
BT Profiles	HFP + A2DP + AVRCP + SPP + iAP
Display	2 Color LED
Rechargeable Battery	Li-Polymor, 230 mAh
Recharge time	2.5 Hr
Stand by	240 Hr
Audio Playback Time	Music Only - 8.0Hr, Music+Sensor - 5.0HR
Buttons	Power, Play/Pause, Previous, Next, Volume up, Volume Down, Call
Mic	O

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서울시 서초구 방배동 902-5 아이리버 하우스 /
IRIVER HOUSE 902-5 Banbae-Dong, Seocho-Gu, Seoul, Korea
Tel 1577-5557 / Fax 02-3019-6565 / e-mail iriver@iriver.com / www.iriver.com / IRIVER, LTD