



JOLT ACTIVITY TRACKER

USER GUIDE



Included in pack

1x Smart Watch

1x Instruction Manual

JOLTFB2

Device Application/ Install the Application

Scan the below QR codes to find the matching Applications via Google® Play Store or Apple® Play store and search for “fitpro”.

Minimum system requirements for watch device and App device to work: Android 5.0 or newer – Apple iOS9.0 or newer.



Android

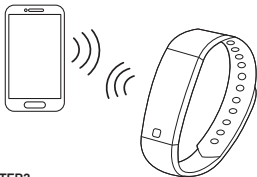


iOS

Profile Set Up

It is advised to fully set up a user account profile within the App for accurate results. The App will ask for device permissions once installed. We encourage the user to allow all notifications and pairing access to their connected smart device for better functionality. The device will continue to work, but with limited visibility and functionality.

Device Pairing



Model: JOLTFB2

PLEASE NOTE: Your device may be in a low battery mode when you first receive it. We recommend charging before initial set up of the device, as this will wake up the device from its low battery mode once fully charged. This may take 2 full charging cycles

Ensure the BT is enabled on your mobile phone.

Enter the App and select the "Set" icon menu from the bottom menu bar. Select the "Bind Devices" banner. Select Model: JOLTFB2 or LT716 and this will automatically pair. (To remove the device pairing, select the "Remove" Icon in the "Set Menu" and select confirm. This will delete all data and remove device pairing.

To view the device details, tap through the device menu screen and press and hold at the "More" icon. Again, tap through the menu until the model's name and power off logo appear.

This Device will update the following: Date, time, and calendar details to match to the connected App and smart device.

Device Pairing & Trouble Shooting Guide:

Pairing the Device:

If pairing devices through the App is unsuccessful try the below actions.

1. Ensure no other BT devices are causing any interference
2. Turn off and then on the Smart devices BT connection
3. Restart both devices
4. Uninstall the App and reinstall

Unpairing the device

To remove the device pairing, select the "Remove" Icon in the "Set Menu" and select confirm. This will delete all data and remove the device pairing.

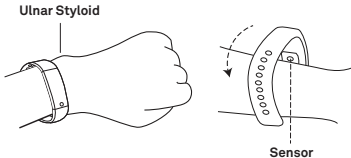
To completely disconnect the device from a connected smart device, enter the BT settings on the smart device, find JOLTFB2 or LT716 and select "Forget this Device".

Main App Features and Setting

It is advised to fully set up a user account profile within the App for accurate results.

How to Wear

It is best to wear the band beside the Ulnar Styloid (wrist bone). Adjust the size using the adjustment holes for a comfortable fit. The sensor should be close to the skin, avoiding movement.



Device Charging

Ensure battery is fully charged before initial use. Low battery will cause the device to shut down and will need to be placed on charge until it powers back on automatically. A fully charged device has an extended battery life up to 10 days (standby time). The battery life and charge cycles will vary based on usage and device settings.

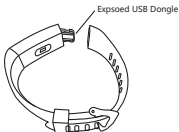
We recommend using a USB-A port with a rating of 5Volts @ 1Amp for optimal charging performance.

How to Charge

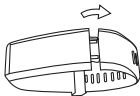
Remove the top Silicone band from the watch by pulling the band away from the watch face. With the strap removed, a USB-A dongle will be visible. Place the exposed dongle into a USB-A port to charge. If positioned correctly the device will vibrate, if it does not vibrate or does not indicate it is charging, remove and re-insert facing the opposite direction.

When charging, a battery icon will appear on the screen to indicate the device is charging. A full charge can take up to 3 hours.

PLEASE NOTE: Your device may be in a low battery mode when you first receive it. We recommend charging before initial set up of the device, as this will wake up the device from its low battery mode once fully charged. This may take 2 full charging cycles



Pull watch strap away from watch bezel to expose USB dongle for charging.



How to Use

Basic Operations:

1. Power On

Press and hold the front button for 4 seconds, the watch will

turn on and re-connect to the last smart device it was paired to. If the device fails to power on, it could be due to insufficient power and will need to be charged.

2. Power Off

Tap through the device menu screen and press and hold the “More” icon. Again, tap through the menu until the model’s name and power off logo appear. Press and hold again to power off the device.

3. Reset

Tap through the device menu screen and press and hold the “More” icon. Again, tap through the menu until the “Reset” icon appears. Press and hold again to reset the device.

Note the reset option will place the device back to the factory settings.

4. Screen Wake Up Options

1. Tap the display screen button
2. Turn and raise wrist to activate screen wake up function
(Controlled via the App)

Tap the “Brightness Controller” icon to enter the menu to activate this function. A timer can also be set for this function.

Basic Operation Connected App:

The App has 4 main menu icons found on the bottom of the screen.

Home – This is where activity statistics are found.

My Health Rating

This will show a health rating based on the information completed in the user profile section.

Healthy Habit

This is where activity logs are completed and where custom activities can be created.

Set – This is where device settings can be adjusted.

Brightness Control – Adjusting screen wake up function and adjusting a schedule to turn ON/OFF.

Do Not Disturb - Turning this function ON/OFF and setting a schedule.

Alarms – 8 Individual alarms can be set and adjusted.

Sedentary Reminder - Turning this function ON/OFF and setting a schedule.

Find – This feature will activate the device to vibrate once to help locate its position.

Remote Shutter – This feature allows a picture to be taken remotely with the watch. Tap the “Remote Shutter” icon to enter the camera function. There are 2 actions to take a picture, in the app by pressing the centre circle button, or via the connected watch device. Shake the wrist with the device fitted, a 3 second countdown timer will active prior to the picture being taken.

Message Push – This feature allows the user to adjust what push notifications are to be activated.

Note: For some notifications to work, applications may require permissions to be adjusted to allow full functionality.

Reset Device – Resets the device to the factory settings.

Remove – Deletes all data from the device and App.

Other – Toggles the vibration setting for the device.

OTA Upgrade – Looks for a latest version of the App to be used and auto updates.

Motion – This is where activities are tracked.

Walk/Run/ Bike – Tracks distance travelled in map mode in the App.

By tapping on the total distance tracker, it will enter the history of that activity. You can also view history data by Day, Week and Month.

Mine – This is where the user profile is managed.

User Profile – This function is used to set up the user details to help track data. This data is also used for the My Health Rating data to calculate steps and calories burnt.

Basic Device Functions: JOLTFB2

Steps Menu:

Tracks steps taken for the day including distance travelled.

BPM Menu:

Tracks heart rate and shows last reading completed. Also reads blood oxygen levels and blood pressure. To update readings, press and hold the front button. History data can be found in the connected app in the "Home" menu tab.

Sports Menu:

Tap through the activities running, skipping, and sit-ups. Press and hold the activity to activate. To end the activity press and hold the front button. History data can be found in the connected app in the "Home" menu tab.

Messages Menu:

This menu will show the last message received.

Note: The device will not display images or pictures.

More Menu:

Camera Menu:

This menu will activate the camera function on the smart device only when the app is open. To take a picture shake the wrist with the device fitted, a 3 second countdown timer will active prior to the picture being taken.

Looking for Menu:

This menu will activate the connected smart device to make a loud tone to help locate the connected smart device.

Theme Menu:

Toggle the time theme from a 24-hour display to a 12-hour clock display.

Reset Menu:

This menu will activate a reset of the device and default back to the factory settings.

Power Menu:

This menu will power down the device and turn all functions off. To turn back on follow the power on instructions.

Risks and Warnings:

Health Safety Notice:

The Jolt Fitness Bands and Smart Watches are not a medical-grade device. It is a fitness tracker/smart watch and a general wellness device used to log, track or trend exercise activity. It does not make any medical claim and is not a suitable replacement for a heart monitor. Please consult your doctor for diagnostic purposes and to track any serious medical conditions.

WARNING: Do not dispose of unit in fire or water • Never attempt to disassemble and reassemble • Waste electrical products should never be disposed of with household waste. Check with your local authority for recycle advice • Keep your device and all accessories out of reach of children or animals. Small parts may cause choking or serious injury if swallowed • Avoid exposing your device to very cold or very hot temperatures (below 0°C or above 45°C). Extreme temperatures can cause deforming of the device and reduce charging capacity and the life of your device • Device may become warm while charging • Do not use chemicals on this product • Avoid dropping the product as this could damage the product • Do not use any other charger other than the supplied charger • Contains a lithium battery

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