



Wireless Activity Tracker and Heart Rate Monitor



INSTRUCTION MANUAL
PLEASE READ ALL INSTRUCTIONS CAREFULLY AND RETAIN FOR FUTURE USE

Getting Started

- Remove the device from the box.
- Remove any packaging from the product.
- Please retain all packaging until you have checked and counted all the parts and the contents against the parts list.

Package Contents

- Wireless Activity Tracker
- USB charger
- Instruction Manual

Key Features

- Bluetooth® Low Energy (BLE) 4.0
- Digitally Track steps, calories burned, sleep quality, activity time and daily goal % with simple one touch
- Measure your Heart Rate & Electrocardiogram
- Sync Wirelessly via Bluetooth to your BLE 4.0 smartphone
- Shows time and date
- View your data on app to monitor your progress & set goals
- App available in Apple APP store and Google Play Store

How to get started

Step 1 – Activating the device

To save the battery, the Heart Rate Monitor arrives to you in hibernation mode. For first use, you need to connect the device with USB charger to your computer to activate the device.

A progress bar will run from empty to full, indicating activation as below.



Note: Your device may not arrive fully charged. You're recommended to charge your device fully before its first use.

It takes about 2-3 hours to fully recharge the device and works for 5 - 7 days, but actual battery life varies based on individual handling. Even if the Tracker is not in use, please charge the battery at least once a month to prolong battery life.

Step 2 – Install APP on your Smartphone

For Smartphone users, search EVERLAST TR from Google Play and Apple APP Store to download the application.



Step 3 – Pairing & Setting up personal information

Mobile device requirements
You can setup and sync your Heart Rate Monitor using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices –

- iPhone 4S
- iPhone 5, 5s, 5C, 6, 6 Plus
- iPod Touch (5th Generation)
- iPad 3, iPad 4, iPad Air
- iPad Mini

Supported Android Devices –

- Samsung Galaxy S3, S4, S5
- Samsung Galaxy Note III,
- Nexus 4 and 5
- Nexus 7 (2013)

Note: Please ensure that your IOS OS is version 7.0 and Android OS is version 4.3 or above and the device has Bluetooth 4.0

Device Setup using mobile device – iOS & Android



Unlike most Bluetooth accessories like headsets or speakers, your Heart Rate Monitor must be paired directly through the Everlast app, and not through the "settings" icon on your mobile device.

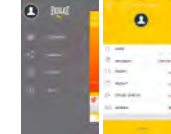
Heart Rate Monitor is always on Bluetooth pairing mode by default.

For First time pairing and setting up your device, follow below steps

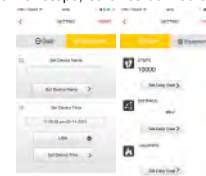
- Open and click the model EWTR007 to access the app and pair with the device. When connected it will ask you to sync the data or not.



- Slide from the left edge of the device screen to the right to open the menu page and Tap on Head Portrait to complete your personal info.



- Access Setting page, you can set your device name and device time in USA or Euro/Asia format, the metric and imperial unit will be switched accordingly. Tap on Goal in Setting page and you can set your daily goal for steps, calories burned and distance separately.



- Tap on Reset and this would erase all data in the device, and device will return to factory setting / hibernation mode

Step 4 – Tracking activity

Your device tracks –
Steps Taken
Calories Burned
Distance traveled
Activity Time
Hours slept
Sleep Pattern

Display modes on your Activity Tracker

To scroll through the screens, simply press the screen once

Display

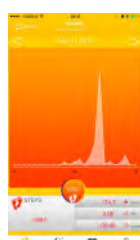
Your EVERLAST Wireless Heart Rate Monitor has a touch screen. You can browse the display by tapping the screen continuously.



To conserve battery, the display turns off when the device is not in use for 15 seconds. To activate the screen, tap the device.

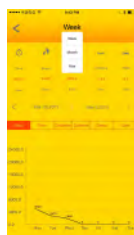
Tracking activity on your mobile device

Tap the orange part on the Menu to access Activity page, Click the Start button to detect your real time activity like steps, calories burned, distance walked, activity time and daily goal, and click Stop button you can view your historical activity data via date switch. If you connected this device before, or bluetooth is disconnected, just click Bluetooth icon on the right top, you can pair with the device right away.



To view weekly, monthly or yearly progress on your iOS or Android device

- Tap "Progress" in the menu.
- Click week and check your activity progress weekly, monthly or yearly



Tracking Sleep with EVERLAST HEART RATE MONITOR

Your device can track the hours you slept and your sleep pattern. Long press the screen for 4 seconds to display activity-to-sleep icon and short press to confirm sleep mode.

If no operation occurs within 2 seconds, the display will stay in activity mode.



When you wake up, you can long press the screen for 4 seconds to display the sleep-to-activity icon to return to Activity mode.

Tracking sleep on your mobile device

You can track your sleep using the EVERLAST app on your mobile device

To track sleep on your iOS or Android device –

- Tap the "Sleep" menu
- The screen displays Sleep Hours, Sleep Quality and Sleep Pattern.



Heart rate measurement

Heart rate is expressed as the number of beats per minute on the display. Also ECG (electrocardiogram) is displayed on the app. In this case, the Heart Rate Monitor helps you control your health.

- Wear the bracelet on your wrist, and touch the screen to turn it on. To measure your heart rate, please make sure the display is on or in any page.
- The moment you are pressing with two fingers on the aluminum on the sides of the touch screen, the tracker starts with a measurement of the heart rate.

See the picture below where you need to press.



Wearing your heart rate monitor and pressing the touch panel, please hold the conductive ends until the heart icon appears. Then follow the indicator measuring your heart rate.



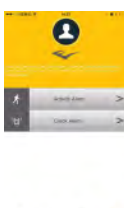
Important!
For the best possible results you need to have warm clean skin, and make sure the tracker is firmly pressed against the wrist. If not you can use your forefinger to hold the sensor on the case back and use two fingers to long press the conductive ends.

To track heart rate and ECG on your IOS or Android device

Please ensure Start button is closed for real time activity, then press the Start button on the heart rate page you can track your real time heart rate and ECG. After you stop the heart rate real time mode, you can check your average heart rate and past 1st and 2nd data, as well as historical data up to 100 times in the past days.

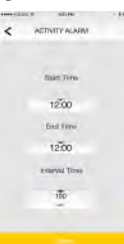


Alarm



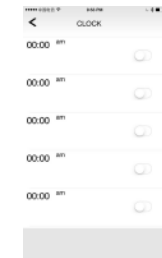
Activity Alarm (Alarm is off by default)

Set this alarm, it will remind you to do more exercises if you don't walk for 100 steps during the set time and interval.



Clock Alarm (Alarm is off by default).

Total five alarms can be set on the app, and you can set it from Monday to Sunday, and it will alarm or wake you up with slight vibrations.



How to share your data or progress and compete with others?

You can share activity with your friends by Facebook, Twitter or Email. Please ensure that you have your account registered before you share it.



Warranty Page



Memory

When you sync your EVERLAST Heart Rate Monitor , your activity data is uploaded to your mobile device. Your EVERLAST Heart Rate Monitor can hold data for up to 30 days on the basis that it has battery...
Your recorded data consists of steps taken, distance traveled, calories burned and sleep data. Sync your EVERLAST Heart Rate Monitor regularly to have the data on your mobile device.

Specifications

- Bluetooth® Version: 4.0
- Wireless Distance: In an open area 8 - 10 meters
- Size: 250 x 25 x 11.5mm (with bracelet)
- Weight: 28 g
- Battery: Rechargeable Lithium Polymer Battery
- Power Input: DC 5V
- Built-In Rechargeable Battery: 80mAh
- Built-in 3.7V rechargeable Li-ion battery
- Charging Time: Up to 2-3 Hours

Care and maintenance

Read the following recommendations before using the EVERLAST Heart Rate Monitor

- Follow these and you will be able to enjoy the product for a long time.
- Do not expose the unit to liquid, moisture or humidity to avoid the product's internal circuit being affected.
- Don't use abrasive cleaning solvents to clean the unit.
- Do not expose the unit to extremely high or low temperature as this will shorten the life of electronic devices, destroy the battery or distort certain plastic parts.
- Don't dispose of the unit in fire as it will result in an explosion.
- Don't expose the unit to contact with sharp objects as this will cause scratches and damage.
- Don't let the unit fall down onto the floor. The internal circuit might get damaged.
- Don't attempt to disassemble the unit as it may get damaged if you are not professional.

In case the unit does not function properly, please contact the number shown on the Warranty Page for help.

FAQ's

What does EVERLAST Heart Rate Monitor track?

Your EVERLAST Heart Rate Monitor tracks steps taken, distance traveled, calories burned, activity time, sleep hours, sleep quality and heart rate & ECG.

Can I use EVERLAST Heart Rate Monitor as a watch?

Yes, you can use EVERLAST Heart Rate Monitor as a watch. It not only tracks your fitness activities, it also serves as a watch. Tap the screen to see the time.

Can I wear EVERLAST Heart Rate Monitor while swimming?

Your EVERLAST Heart Rate Monitor is splash proof, but not waterproof. It should be removed while swimming.

What mobile devices are compatible with the EVERLAST Heart Rate Monitor ?

You can setup and sync your EVERLAST Heart Rate Monitor using smartphones that support Bluetooth 4.0 technology.

Supported iOS Devices –

- iPhone 4S
- iPhone 5, 5s, 5C, 6, 6 Plus

Supported Android Devices –

- Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active
- Samsung Galaxy Note III,
- Nexus 4 and 5

Note: Please ensure that your Android OS is version 4.3 or above and the device has Bluetooth 4.0

How do I get the EVERLAST Heart Rate Monitor APP for iOS on my iPad?

When searching for the EVERLAST Heart Rate Monitor APP in the APP Store, select "iPhone only" otherwise the app will not appear in search results.

How does the EVERLAST Heart Rate Monitor track my sleep?

The motion sensor on your tracker analyzes your movement patterns to determine your sleep quality. This data is then used to display sleep pattern and quality.

How does the EVERLAST Heart Rate Monitor track my heart rate and ECG?

It is using electrodes solution and detect your heart rate and ECG via your human bio-wave to form a loop.

How long does the battery last?

A fully charged battery lasts 5 to 7 days. The battery icon on the screen display indicates the battery strength. When you notice battery power is low, you need to charge your device. It takes about 2 - 3 hours to fully recharge the device.

How do I set an activity goal?

Get motivated by setting daily goals and monitoring progress throughout the day. When you reach your goal, the screen will display 100% indicating that you've achieved your goal.

You can set goals for any of the following:

- Steps Taken
- Distance Traveled
- Calories Burned

Setting a goal:

- Open EVERLAST APP on your mobile device
- Slide to Index page and choose Settings - Goal
- Under Goal, make your choice, enter the goal value and press Set

Daily Goal, and your goal will be set accordingly.
Note: By default, the device has been set with daily goal of 10,000steps.

How do I Sync data from my tracker to my mobile device?

Your EVERLAST Heart Rate Monitor uses Bluetooth Low Energy technology to sync data with your mobile device.

How to sync data –

- Open EVERLAST APP on your mobile device
- Paired with your mobile device and will pop up data sync request, press Yes, and your data will be synced to your mobile device.

You should now see the historical data in your mobile app.

Note: You are able to sync only one tracker's information on your mobile device. If you have more than one tracker and try to sync, the latest tracking information from your tracker will be synced. Your old data will be erased.

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For Technical Support please email info@xtremetime.com or call toll free at 1-800-540-2604