

# ifit<sup>®</sup> VUE

## Activity Tracker



### User's Manual

Model No. IFACT115.0  
Model No. IFACT215.0  
Model No. IFVUEWM115.0  
Model No. IFVUEWM215.0  
Model No. IFVUEBD515.0  
Model No. IFVUEBD615.0

# Table of Contents

Important Precautions . . . . . 1

Questions? . . . . . 2

What's In The Box . . . . . 2

Getting Started . . . . . 2

Install The iFit App And Set Up The Tracker Pod . . . . . 3

Charge The Tracker Pod . . . . . 4

Wear The Tracker Pod . . . . . 5

Clean The Band . . . . . 5

Use The Tracker Pod . . . . . 6

Use The Chest Heart Rate Monitor . . . . . 8

Compliance Information . . . . . 10

Recycling Information . . . . . 11

Battery Information . . . . . 11

Limited Warranty . . . . . Back Cover

Limited Warranty For Europe . . . . . Back Cover



# Important Precautions

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use this product only as described in this manual.
4. Keep this product away from children under age 12 and pets at all times.
5. Use only the included charger with a certified computer, powered hub, or power supply to charge the battery in the tracker pod.
6. Do not attempt to open or disassemble the tracker pod; the battery is not replaceable or serviceable.
7. Do not use this product in a sauna or a steam room or while showering or swimming; do not submerge this product; and do not place this product in a washing machine or clothes dryer.
8. If you experience any skin irritation while using this product, see **WEAR THE TRACKER POD** on page 5.
9. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
10. Do not use abrasive cleaners to clean this product.
11. Do not expose the tracker pod to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.
12. Some models include a chest heart rate monitor. The chest heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The chest heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. If you have heart problems, or if you are over age 60 and have been inactive, do not use a chest heart rate monitor for heart rate-driven workouts. Consult your physician if you have an implanted medical device such as a pacemaker, or if you are taking medication regularly.

## Questions?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE.** Please visit our Customer Care website at [support.iFit.com](https://support.iFit.com) or send e-mail to [support@iFit.com](mailto:support@iFit.com).

## What's In The Box



**Tracker Pod, Band(s), Charger**

*(Some models include more than one band)*

## Getting Started

1. [Install the iFit app on your iOS<sup>®</sup> or Android<sup>™</sup> device and set up the tracker pod.](#)  
Use the iFit app to set up an iFit account, pair and set up the tracker pod, customize settings for the tracker pod, set goals, and enter and track information. See **INSTALL THE IFIT APP AND SET UP THE TRACKER POD** on page 3.
2. [Learn how to charge the tracker pod.](#)  
Charge the tracker pod with the included charger. See **CHARGE THE TRACKER POD** on page 4.
3. [Learn how to wear the tracker pod.](#)  
Wear the tracker pod in the included band or carry it independently. See **WEAR THE TRACKER POD** on page 5.
4. [Learn how to use the tracker pod.](#)  
Use the tracker pod to track and sync calorie information, steps, distance, sleep, and exercise activity to the iFit app. See **USE THE TRACKER POD** page 6.

# Install The iFit App And Set Up The Tracker Pod

## Install the iFit App

Pair, set up, and sync the tracker pod with your **iOS device (iPhone® 4s and later)** or your **Android device (Android 4.3 and later)** that supports BLUETOOTH® 4.0 wireless technology.

On your iOS or Android device, open the App Store<sup>SM</sup> or the Google Play<sup>TM</sup> store, search for the free iFit app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.**

## Activate the Tracker Pod

The first time you use the tracker pod, it may be necessary to activate it. To do this, touch the button on the tracker pod once. If an instructional message appears in the display, touch and hold the button for 3 seconds until the time/date display appears. (See EXIT SHIPMENT MODE on page 7.)

## Pair, Set Up, and Sync the Tracker Pod

Open the iFit app and follow the instructions to set up an iFit account and pair the tracker pod to the iFit app on your device.

As part of the pairing process, touch the button on the tracker pod repeatedly until the time/date display appears, and then touch and hold the button for 5 seconds until the word PAIR and an identification number appear in the display (see PAIR THE TRACKER POD on page 7). Then, in the iFit app, select the tracker pod from the list of discoverable devices.

If the pairing is successful, the word SUCCESS will appear in the tracker pod display. After it is paired, the tracker pod will sync automatically whenever the iFit app is open and the BLUETOOTH option is enabled on your device. You can also sync the tracker pod manually in the iFit app.

**Follow the instructions in the iFit app to customize settings for the tracker pod, enter and track information, and set goals.**

# Charge The Tracker Pod

## Battery Life

The tracker pod contains a rechargeable lithium battery. With normal use, a fully charged tracker pod will run for approximately 5 to 7 days before needing a charge. To check the battery level of the tracker pod, first touch the button on the tracker pod repeatedly until the time and date display appears. Then, quickly double-touch the button and the battery level display will appear.

When the battery level is at 20 percent and at 10 percent, the tracker pod will vibrate and a low battery warning will appear in the tracker pod display to notify you that the battery needs to be charged. The tracker pod will shut down when the battery level is at 5 percent. **IMPORTANT: Make sure that the tracker pod syncs to the iFit app when the battery level is low; the data recorded on the tracker pod will be deleted when the battery level is at zero percent.**

## Charge the Tracker Pod

To charge the tracker pod, first remove it from the band. Next, attach the charger to the tracker pod by aligning the tab and the contacts on the tracker pod with the slot and the contacts on the charger, and then inserting the tracker pod into the charger.

*Note: You cannot attach the charger to the tracker pod while it is inserted in the band.*

Then, plug the charger into a USB port on your computer. It will take approximately 4 to 8 hours for the tracker pod to charge completely.

*Note: To charge the tracker pod more quickly, plug the charger into a USB wall adapter (not included) or a USB car charger (not included).*

When the charger is first plugged in, the current battery level will appear in the tracker pod display for 10 seconds. To check the battery level at any time while the tracker pod is charging, touch the button on the tracker pod. When the tracker pod is fully charged, the battery level display will appear at 100 percent until the charger is unplugged.



## Wear The Tracker Pod



### In The Band

#### How to Insert the Tracker Pod Into the Band

Flex the band and press the tracker pod into the opening in the inner side of the band. Make sure that the display on the tracker pod is facing outward. Reverse these actions to remove the tracker pod from the band.

*Note: More than one band may be included with this model; select the band that best fits your wrist.*

#### How to Fasten the Band

Wrap the band around your wrist and press the pegs on the clasp firmly into the desired adjustment holes. **Make sure that the band is slightly loose on your wrist.** Reverse these actions to unfasten the band.

*Note: As with any watch or jewelry, a very small percentage of users may experience skin irritation while wearing the band. If you experience any skin irritation, discontinue wearing the band and carry the tracker pod independently in your pocket. If you have questions, send email to [support@iFit.com](mailto:support@iFit.com).*



### Independently

Simply place the tracker pod in your pocket to carry the tracker pod independently. **Make sure that the tracker pod will not fall out of your pocket as you move.**

## Clean The Band

If you wear the tracker pod in the band, regularly remove the band and clean it with water and a few drops of mild liquid soap. **Do not place the band or the tracker pod in a dishwasher, washing machine, or dryer.** Allow the band to dry thoroughly before you put it back on your wrist.

# Use The Tracker Pod

## Helpful Chart Information

**While you view the chart on page 7, read the helpful information below.**

### Detect Activity

The tracker pod will detect automatically the type of activity you are performing, such as walking, running, sleeping, and so forth. Allow 10 seconds for the tracker pod to detect the type of activity you are performing.

### Enter Calories

You can enter calories into the tracker pod in increments of 50. When entering calories into the tracker pod, make sure to double touch the button to confirm the total number of calories you entered. The maximum number of calories you can enter at one time is 2,500.

### Start a Workout

The tracker pod will detect your workouts automatically. You can also start a workout manually on the tracker pod. When you start a workout manually, the tracker pod will remain in workout mode for 15 minutes. Then, if the tracker pod detects further activity, it will continue in workout mode.

The tracker pod will record your **average speed during each minute** of your workout. This information will be displayed in your workout history in the iFit app.

### Measure Your Heart Rate

The tracker pod is compatible with all BLUETOOTH Smart heart rate monitors. During your workouts, the tracker pod will display your heart rate when you wear a compatible heart rate monitor. When the tracker pod detects a heart rate monitor, your heart rate will be shown in the display. When the tracker pod cannot detect a heart rate monitor, an instructional message will appear in the display.

Some models include a chest heart rate monitor. To use an included chest heart rate monitor, see USE THE CHEST HEART RATE MONITOR on page 8.

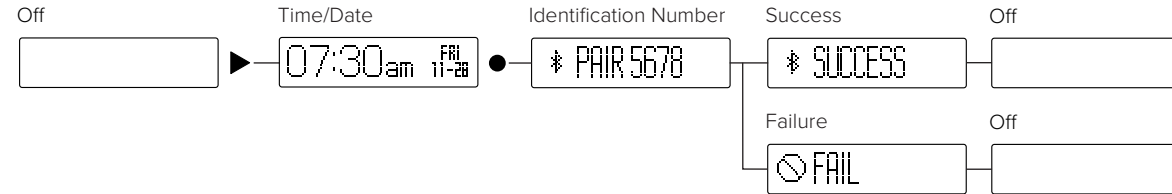
**If your model does not include a chest heart rate monitor, you can visit [www.iFit.com/shop](https://www.ifit.com/shop) to purchase a BLUETOOTH Smart chest heart rate monitor.**



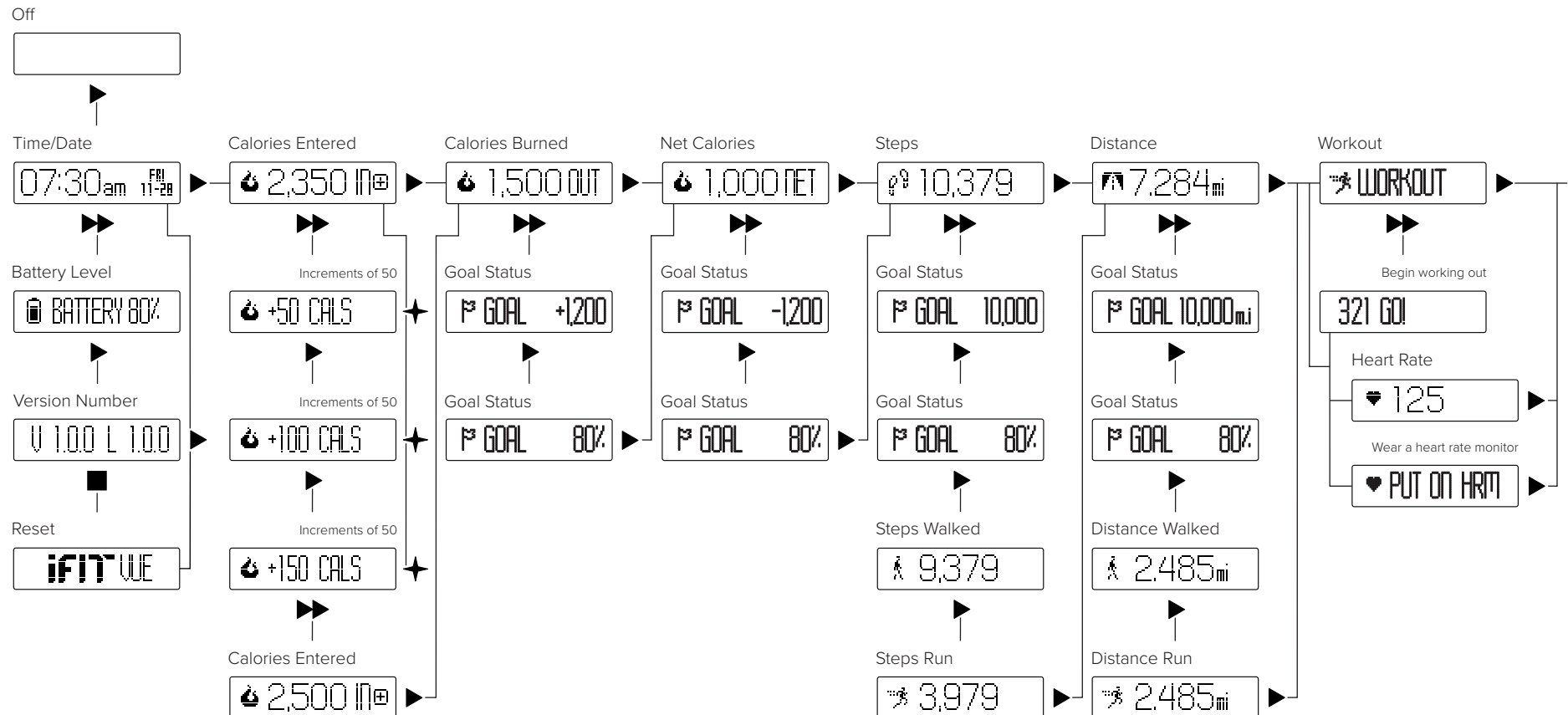
## Key

- ▶ Touch
- ▶▶ Double Touch
- ✦ Touch for 3 seconds
- Touch for 5 seconds
- Touch for 10 seconds

## Pair the Tracker Pod



## View and Use the Displays



## Exit Shipment Mode



# Use The Chest Heart Rate Monitor

Some models include a chest heart rate monitor.

**If your model does not include a chest heart rate monitor, you can visit [www.iFit.com/shop](http://www.iFit.com/shop) to purchase a BLUETOOTH Smart chest heart rate monitor.**

*Note: The tracker pod is compatible with all BLUETOOTH Smart heart rate monitors.*



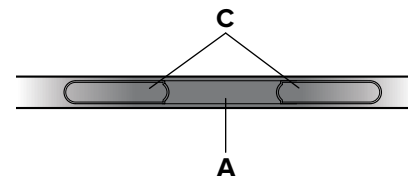
## How to Put On the Heart Rate Monitor

The heart rate monitor consists of a chest strap (A) and a sensor (B). Attach the sensor to the chest strap by pressing the posts on the sensor into the snap fasteners on the chest strap.



The heart rate monitor must be worn under your clothes, tight against your skin. To put on the heart rate monitor, wrap the chest strap (A) around your chest, and slide the loop on one end of the chest strap onto the clip on the other end of the chest strap. Make sure that the logo on the sensor (B) is right-side-up. Then, adjust the length of the chest strap, if necessary, and position the chest strap as shown.

Next, pull the chest strap (A) away from your body a few inches and locate the two electrode areas (C). Using a saline solution, such as saliva or contact lens solution, wet the electrode areas. Then, return the chest strap to a position against your chest.



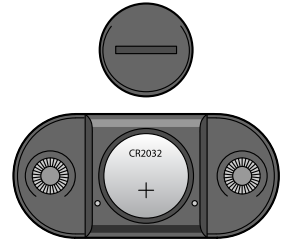
## How to Care For the Heart Rate Monitor

- Thoroughly dry the electrode areas on the chest strap with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50°C) or below 14° F (-10°C).
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. **Never use alcohol, abrasives, or chemicals to clean the sensor.** Hand wash and air dry the chest strap.

## How to Troubleshoot the Heart Rate Monitor

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described in HOW TO PUT ON THE HEART RATE MONITOR on page 8. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- If the heart rate monitor still does not function properly, remove the sensor from the chest strap and locate the battery cover on the back of the sensor. Insert the edge of a coin into the slot in the battery cover, turn the battery cover counterclockwise, and remove the battery cover. Next, remove the old battery and insert a new CR 2032 battery; **make sure that the battery is oriented so that the text is facing away from the sensor.** Then, reattach the battery cover and turn it clockwise.
- The heart rate monitor can also transmit to compatible BLUETOOTH Smart fitness equipment such as treadmills and ellipticals. To use the heart rate monitor with other fitness equipment, make sure that a BLUETOOTH Smart receiver is included in the fitness equipment.
- For the console on other fitness equipment to display heart rate readings, you must be within arm's length of the console.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.



# Compliance Information

## United States Compliance Information

FCC Statement. 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.

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

Note: 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

## Canada Compliance Information

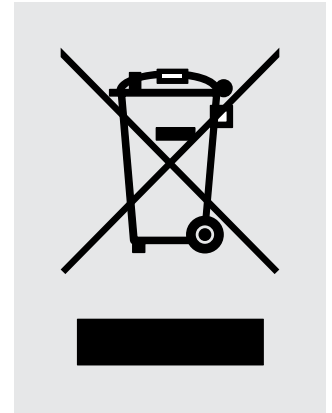
IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-003.

## Recycling Information

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve standards of environmental protection. For information about safe and correct disposal methods, please contact your local city office or waste disposal office, or the establishment where you purchased this product.



## Battery Information

This electronic product contains a rechargeable battery. A rechargeable battery has a long service life if treated properly. Do not expose the battery to extreme temperatures. For maximum battery capacity, use the battery at room temperature. If the battery is used in low temperatures, the battery capacity will be reduced.

## Limited Warranty

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some regions do not allow the exclusion or limitation of incidental or consequential damages.

Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some regions do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from region to region.

For claims, please visit our Customer Care website at [support.iFit.com](https://support.iFit.com) or send e-mail to [support@iFit.com](mailto:support@iFit.com).

ICON Health & Fitness, Inc.  
1500 S. 1000 W.  
Logan, UT 84321-9813, USA

## Limited Warranty For Europe

The warranty terms above may not apply to you. To receive information about your warranty, send email to [support@iFit.com](mailto:support@iFit.com).

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