Front

Bluetooth™

wireless smart wristband

steps counter, calorie counter, distance tracker, task reminder

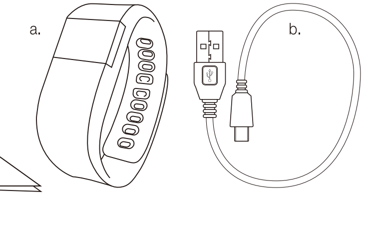
user manual

Wireless Smart Wristband

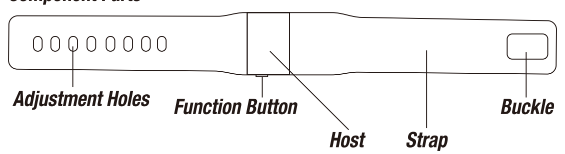
Thank you for choosing a Gold's Gym™ Wireless Smart Wristband. For best use of your new device we recommend carefully reading the full user manual before use, and keeping it for your records.

Package contains

a. Wireless Wristband
b. USB charging cable
c. Instruction manual



Component Parts



Basic Functions: Getting the App

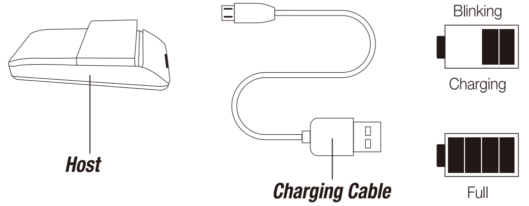
This device utilizes an app to store your data, and control the variable functions. You will need to download this free app onto your mobile device. To do so, simply scan the QR code below or search for the app named **DayDay Band** in your device's app store.

Google Play App Store

Apple App Store

System Requirements: Android 4.4 or iOS 8.0 or above, Mobile device that supports Bluetooth 4.0

Languages: English, Czech, Danish, French, German, Hungarian, Italian, Japanese, Korean, Polish, Portuguese, Romanian, Russian, Simplified Chinese, Spanish, Thai, Traditional Chinese, Turkish, Ukrainian



Basic Functions: Charging The Battery

This device has an internal, rechargeable battery, and should be fully charged before use. The fully charged battery has power for up to 20 days of operation.

1. Remove the Host from the silicone strap — pop out the top first, then slide the Host out from the bottom. (Reverse this process to replace the Host in the strap.)
2. Connect the charger cable to the charging port on the top of the Host.
3. Then connect the charger cable to a USB power source. The screen will light up, and the battery icon will begin blinking. If charging does not start, disconnect the charger, plug it in again, and retry. The screen will darken after a few seconds, press the function button to re-light the screen, to check on the battery charging status.
3. When the battery is fully charged, the battery icon will show full and not blink. Disconnect the charger from the USB power source and replace the Host in the silicone strap.

Using the App

The **DayDay Band** app displays the daily, weekly, and monthly records of your Gold's Gym Smart Wristband on your smartphone. With it, you can easily access: Sports statistics, Sleep statistics, Sport goals, and Calories burned. To ensure that your recorded data is in sync with the app, make sure that you have successfully linked your Smart Wristband to the app before use, and wear it during all applicable activity.

How to Connect your Band

1. Activate Bluetooth™ on your mobile device.
2. Open the **DayDay Band** app.
3. Fill in your personal details to progress to the main screen. These settings can be changed within the app later if they change.
4. Tap the Setting icon on the top right, and then the Devices tab.
5. Your device should show up on the list of available devices. If your device is not shown, swipe down in the gray area to refresh the scan, as the Bluetooth function can sometimes take a few moments to activate on your device.
6. Click on your device to connect it with the app.
7. Click the back icon at the top right, and you are returned to the main screen, where the app will automatically sync with your wristband and display your data.

App Connection Details

- After you have successfully paired the app to your device, it will remember your device for future use. When both are powered up, and Bluetooth is activated, the app will automatically connect.
- The Host will store up to **7** days of un-synced data.
- You can manually activate the data sync by swiping down on Sport/Sleep screen.

App Notifications on Your Wirstband

Within the app, you can set up the notifications you'd like to receive on your wristband. You can find these options under the Setting icon.

Incoming Call: The Wristband will notify you of an incoming call by vibrating and showing the number or contact name of the party that's calling.

Incoming Message: The Wristband will notify you of an incoming message by vibrating and showing the number or contact name of the party that's sending the message, as well as the first portion or subject of the message.

Alarm Clock: The Wristband will notify you by vibrating three times, of up to 3 pre-set alarm times, which you can set in the Alarm tab, under the Setting icon. **Please make sure to set the alarm in the App, otherwise the wristband will not give you the vibration warning when time is up.**

Sedentary Reminder: The Wristband will notify you by vibrating three times, that you should get up and move, every 60 min.

Other App Features

- Tap the main steps counter to see your daily, weekly, and monthly breakdown. From this screen, you can share your step accomplishments through various social media by tapping the share icon on the top right. Select your share from the bottom right.
- Tap the runner icon on the top right of the Sport screen to activate a run recorder.
- Swipe the Sport screen left to see your synced sleep data.
- The Wristband can be used to take a selfie through the Shake to Take Selfie tab under the Setting icon.
- You can link the recorded data to your device's Health app under the Setting icon.

Back

Care Information: The Wristband Host

Your Smart Wristband's Host has an internal rechargeable battery. Improper usage may result in the Host becoming hot, igniting, or bursting, which could cause injury. Please follow and keep these guidlines for future reference.

- Do not use the Wristband in water, like pools or the shower — keep it away from damp or corrosive materials, and environments such as salty air.
- Keep the Wristband Host away from directed sunlight, fire and high voltage equipment. Do not store the Wristband inside a car during hot weather. Remember a closed car acts as a green house allowing the inside temperature to possibly reach over 200F.
- The Wristband is not a toy. Please keep it out of the reach of young children.
- Do not disassemble, throw away or damage the Wristband Host.
- Do not discard the Wristband with household trash

Tech Support

Contact the manfacturer of this device: ESI Cases & Accessories, for help with any issues that arrise during regular use.

- PHONE: **(212) 883-8838**
- EMAIL: **techsupport@esicellular.com**

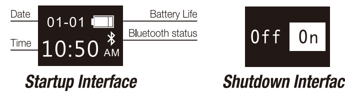
For help with the supporting app, please contact the app developer.

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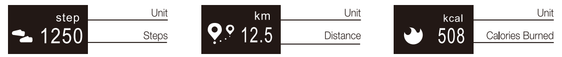
Basic Functions: On & Off

1. With the wristband off (it should be off straight out of the box) long press the function button until the Host vibrates.
2. To power off, long press the function button, until the shutdown screen pops up.
3. Press the function button so that it highlights "Off" rather than "On." Long press the function button until the screen darkens. The host will verify shutdown by vibrating. **You can cancel the shutdown screen by letting the screen darken.



Basic Functions: View Status

1. With the wristband powered on, press the function button. This will display the date, time, and battery status.
2. Press the function button repeatedly to cycle through your stats: steps, miles/km traveled, and calories burned.



Steps Interface

Wear your band every day to record your steps in real-time.

Distance Interface

The band calculates your distance based on your steps and height.

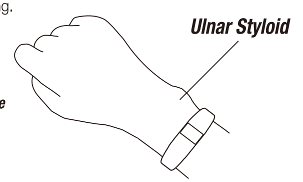
Calories Interface

The band calculates the calories burned based on your steps and weight.

Basic Functions: How To Wear

The most secure location to wear your Wireless Smart Wristband is past the ulnar styloid protrusion on your dominant forearm. If you can't see it, press around your wrist area, and you should find it protruding.

Works on right or left arm, right arm shown for example



How To Put On Wristband

1. Place the strap on your wrist, just below your hand, with the Host facing down.
2. Press the end with the buckle into the adjustment holes on the other side, so that the strap is secure, but loose enough to fit two fingers in between the strap and your wrist.
3. Push the strap up on your arm, so that it is secured past the ulnar styloid. It should not be loose when you jiggle your arm. The function button on the left.



Care Information: The Battery

The full performance of a new battery is achieved only after two or three complete charge and discharge cycles. The battery can be charged and discharged hundreds of times, but it will eventually wear out. To ensure a long life for your device, please follow these guidelines.

- Recharge your battery only with MicroUSB charge cables.
- Do not leave a fully charged battery connected to a charger, since overcharging may shorten its lifespan.
- If left unused, a fully charged battery will lose its charge over time.
- Never use a charger or charge cable that is damaged.
- Leaving the device in hot or cold places will reduce the capacity and lifetime of the battery. Optimal temperature for the battery is between 15° C and 25° C (59° F and 77° F). A device with a hot or cold battery may not work temporarily, even when the battery is fully charged.
- Do not dispose of your device in a fire as the batteries may explode. The internal batteries may also explode if damaged.
- Always dispose of electronic devices, especially those with internal batteries according to local regulations. Please recycle when possible.
- Never dispose electronics or batteries as household waste.
- Consult your local waste collection agency for proper disposal or recycling methods. You may also contact "Call2Recycle" at 877-273-2925 or online at "call2recycle.org" for a battery recycling drop off location near you.

FCC Information

FCC ID:2AG8N-GG296

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.

Federal Communications Commission (FCC) Statement

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:

- Re-orient 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.

Warning

- Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.
- Tested to comply with FCC standard.
- This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna(s) must not be co-located or conjunction with any other antenna or transmitter.

LIMITED WARRANTY

ESI Cases and Accessories warrants to the first consumer purchaser that this product, when shipped in its original container to the original purchaser, will be free from defective workmanship and materials for one year and agrees that it will, at its option, either repair the defect or replace the defective product or part thereof at no charge to the purchaser for parts or labor for the time periods described.

This warranty does not apply to any appearance items of the product nor to the additional excluded item(s) set forth below nor to any product the exterior of which has been damaged or defaced which has been subjected to misuse, abnormal service or handling or which has been altered or modified in design or construction. The limited warranty described herein is in addition to an applicable law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD FROM THE DATE OF ORIGINAL PURCHASE SET FORTH BELOW. Some states do not allow limitations on how long an implied warranty last, so the above limitation may not apply to you. Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described herein or to extend the duration of any warranties beyond the time period described herein on the behalf of ESI Cases and Accessories.

The warranties described herein shall be the sole and exclusive warranties granted by ESI Cases and Accessories and shall be the sole and exclusive remedy available to the purchaser corrections of defects, in the manner and for the period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of ESI Cases and Accessories to the purchaser with respect to the product and shall constitute full satisfaction of all claims, whether based on contract negligence, strict liability or otherwise. In no event shall ESI Cases and Accessories be liable or in any way responsible, for any incidental of consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

Send product with $11.95 shipping & handling fee to:
ESI Cases and Accessories,
44 East 32nd Street, 6th floor
New York, New York 10016

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