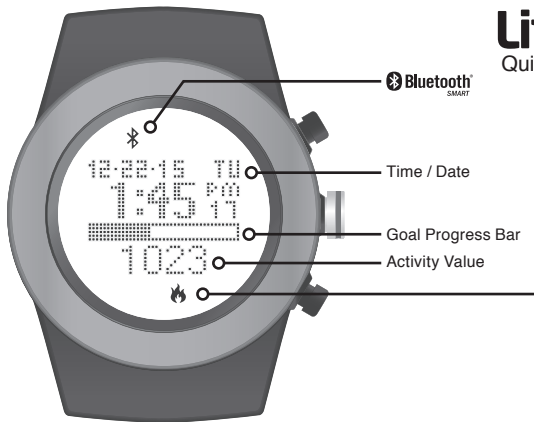


LifeTrak[®]

Quick Start Guide Zone R420



Activity Type



Welcome to LifeTrak. Let's take a quick tour of the basic features.

- To turn on your fitness tracker, press and hold any button.

Learn more

- For support, tips, product information and full instructions, please visit:
www.lifetrakusa.com/support/help-center/

NOTE: Actual model / screen images may vary from images shown.

NOTE: This is NOT a medical device. Please visit our website to view cautions and warranty information in the full instruction manual.

CUSTOMER SERVICE

If you have questions about your LifeTrak activity tracker, please contact our customer service team
support@LifeTrakUSA.com

Website: www.LifeTrakUSA.com

Facebook: www.facebook.com/lifetrak

Twitter & Instagram: [mylifetrak](#)

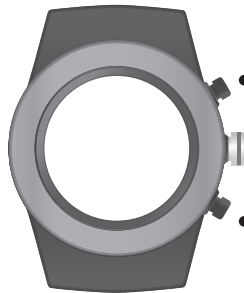
Pinterest: pinterest.com/lifetrak

YouTube: www.youtube.com/lifetrakusa

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BUTTON LAYOUT



MODE

Press to change modes:

Time ▶ *Workout* ▶ *Hourly* ▶ *Weekly*

VIEW

Press to view:

   
sleep ▶ *distance* ▶ *calories* ▶ *steps*

Press & hold to read your heart rate 

START / STOP

Press to start and stop in
Workout Mode

BACKLIGHT

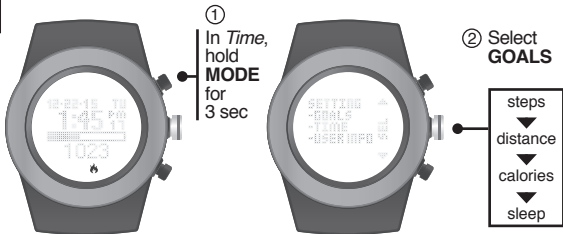
- 1 To activate the backlight, double-click **VIEW**

NOTE:

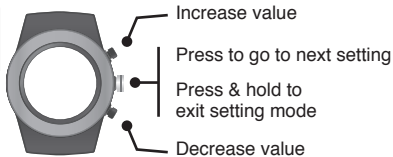
The buttons are **NOT** intended for use under water. If used, water could leak in and cause damage.

SETTING GOALS

Goals can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



INSIDE SETTING MODE



SETTING TIME

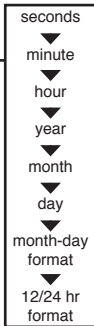
Time Setup can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



① In Time, hold **MODE** for 3 sec



② Select **TIME**



INSIDE SETTING MODE



Increase value

Press to go to next setting

Press & hold to exit setting mode

Decrease value

③

SETTING USER INFO

User Info can be
adjusted on your
fitness tracker or
the LifeTrak App
(via Settings)



① In Time,
hold
MODE
for
3 sec



② Select
USER INFO

- gender
- ▼
- birthday (year)
- ▼
- birthday (month)
- ▼
- birthday (day)
- ▼
- unit format
- ▼
- weight
- ▼
- height

INSIDE SETTING MODE



Increase value

Press to go to next setting

Press & hold to
exit setting mode

Decrease value

SLEEP TRACKER

The sleep tracker monitors the duration and quality of sleep. It automatically detects the beginning and end of your sleep session.



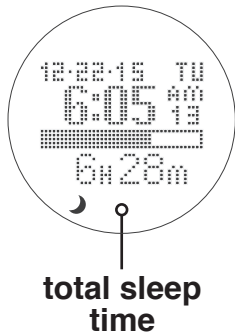
For full control, you can also manually operate the feature by double-clicking **START/ STOP** while in Time Mode.

Sleep tracker indicator
(only in manual sleep mode)

START / STOP

Double-click to manually start / stop the sleep tracker (must be in Time mode)

SLEEP TRACKER



Total sleep time is accumulated during all sleep sessions that end on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to yesterday's total sleep time.

NOTE: Once you wake up, the total sleep time will update after a brief period.

NOTE: The minimum sleep time for recorded data is 45 minutes.

MODES OF OPERATION : WORKOUT



From *Time Mode*,
press **MODE**
until you reach
Workout Mode

VIEW

Press to view:
continuous heart rate (via chest belt),
distance, calories, steps

START / STOP

Press to start / stop recording
your workout

Hold to reset and record data
(*Workout mode must be stopped*)

HEART RATE MONITOR

Your heart is at the center of everything you do – fueling your life and driving your passions. Monitoring your heart rate and using it in activity tracking is the most accurate way to set your fitness goals and help you reach them.

Why measure heart rate?

- Taking your heart rate will help you stay in your workout zones and help calculate your **calorie burn more accurately**.

MEASURE YOUR HEART RATE TWO WAYS

1. VIA CHEST BELT

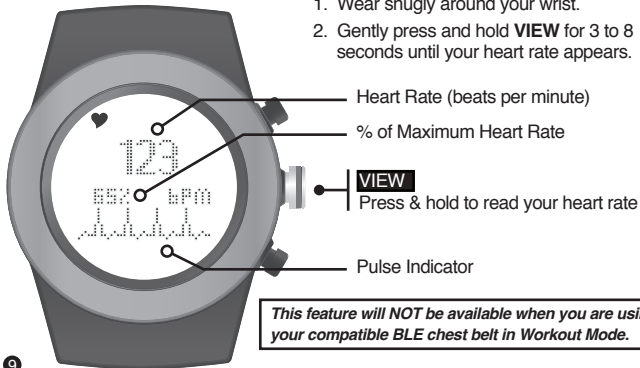
The Zone R420 is BLE chest belt compatible (sold separately). This additional feature lets you record continuous heart rate readings to your watch, so you can capture complete heart rate and calorie burn data **during your workout**. To help you track your results, you can also sync your cardio data to the LifeTrak app after your workout - so you know if you need to push harder next time.

2. VIA FINGER TOUCH

Don't want to wear a chest belt, but you want a heart rate reading? Get your ECG heart rate reading at the press of a button - no chest strap needed!

FINGER TOUCH HEART RATE

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.



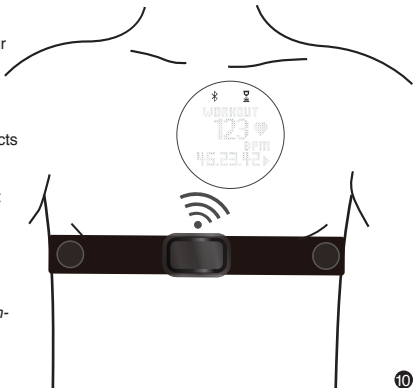
CONTINUOUS HEART RATE (BLE CHEST BELT)

Place your compatible* Bluetooth® chest belt (chest belt not included) around your rib cage, just below your pectoral muscles.

Adjust the elastic strap so it is tight enough not to move during your workout, but not so tight that it restricts breathing.

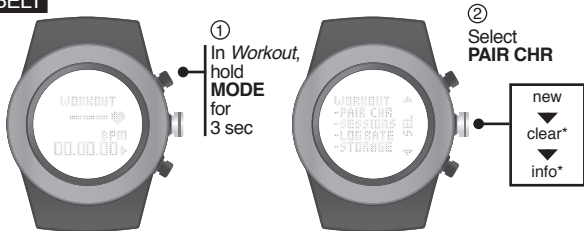
For optimal results, let the chest belt 'warm up' for a few minutes before starting your workout.

**Please visit the LifeTrak website www.lifetrakusa.com for a list of compatible BLE heart rate chest belts / transmitters.*



PAIR YOUR CHEST BELT

You must be wearing your BLE chest belt to PAIR to your Zone R420



INSIDE SETTING MODE



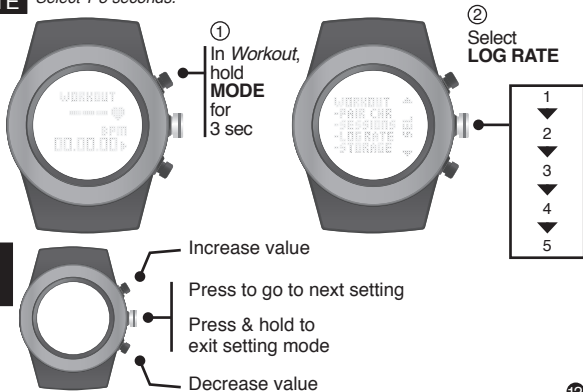
Press to start the pairing process

Press & hold to exit setting mode

* **Clear** and **Info** will not appear the first time you **PAIR** your BLE chest belt. After your BLE chest belt successfully pairs, you can then unpair (clear) or view chest belt (info).

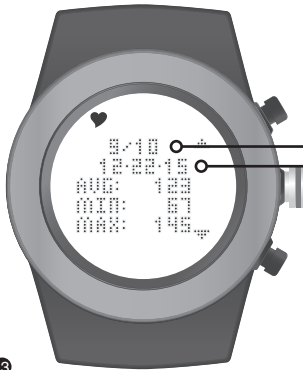
SET HR LOG RATE

*This is how often your heart rate readings will be logged.
Select 1-5 seconds.*



WORKOUT : SESSIONS

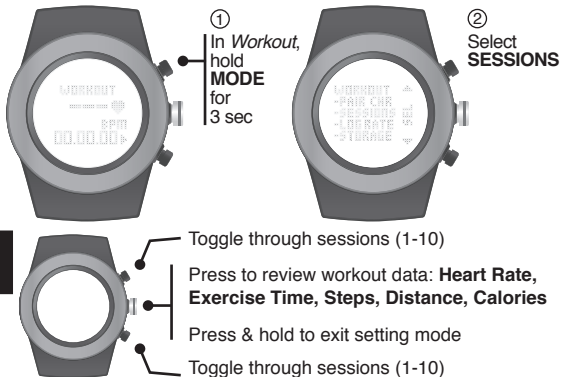
After resetting your workout data, it will be saved automatically. You can view the last 10 workout sessions on your Zone R420. All recorded sessions will be available for review once uploaded to the app.



Record Number
Date Recorded

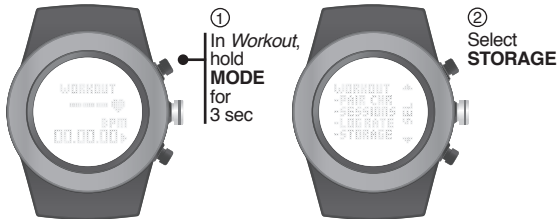
Note: Workout is automatically stopped if there is no steps activity for 30 minutes.

WORKOUT : VIEW RECORDED DATA



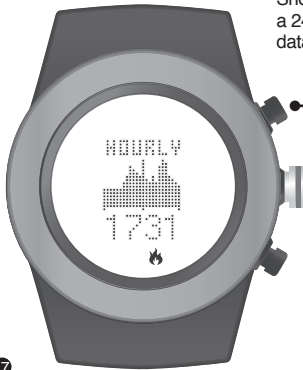
WORKOUT : STORAGE REMAINING

The R420 can store up to 10 recorded workouts. You can review your remaining workout storage to determine if you need to sync your workouts to the LifeTrak app & delete data from your watch before your next workout.



MODES OF OPERATION : HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.



From *Time Mode*,
press **MODE** until you reach
Hourly Display

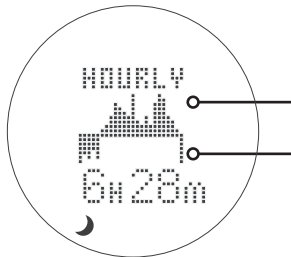
VIEW

Press to view:

sleep, distance, calories, steps

HOURLY DISPLAY : ACTIGRAPHY

The hourly actigraphy view provides a summary of your sleep and activity levels.



Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active.

Active graph

Sleep graph

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.

MODES OF OPERATION : WEEKLY DISPLAY



From Time Mode,
Press MODE until you reach
Weekly Display ("Today")

VIEW

Press to view:
distance, calories, steps, sleep

START / STOP

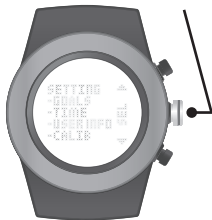
Press to browse through the past
7 days

19 *NOTE: Use the LifeTrak app to see trends and insights over weeks, months and years.*

ADVANCED SETTINGS

The calibrations are already programmed with ideal settings. But if you must adjust it, there is a setting option you can access.

- ① In Time Mode, hold MODE for 3 sec
- ② Press & hold START / STOP for 3 sec. "CALIB" will appear in the display.
- ③ Scroll down & Select **CALIB**



ADVANCED : STEP CALIBRATION

Advanced Settings can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



Default: Optimal setting for most people and conditions. This is the recommended setting.

Option A: For those with low impact movements
(e.g., person who treads lightly on their feet).

Option B: For those with high impact movements
(e.g., person who treads heavily on their feet).

ADVANCED : DISTANCE CALIBRATION

Advanced Settings can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



After selecting one of the three STEP CALIBRATION options (Default, Option A or Option B), you will also be able to adjust the distance calibration, if desired.

The DISTANCE CALIBRATION range is from -25% to +25%.

Adjust as needed and once complete, press DONE.

SYNC FITNESS DATA

1. Make sure Bluetooth is active on your smartphone / tablet.
2. Install the LifeTrak App on your compatible smartphone / tablet, then open the app.
3. Follow prompts in the LifeTrak App to connect your device



Activate the Bluetooth on your LifeTrak Zone R420:

Bluetooth Indicator

START / STOP

From TIME MODE, PRESS & HOLD to begin pairing. Button can be released once the Bluetooth icon appears in the display.

***NOTE:** For best results, keep your devices within 7 feet / 2 meters of each other when pairing.*

SYNC FITNESS DATA



Indicator
Status
(activity tracker)

Solid: Bluetooth is on and linking to a device

No icon: Bluetooth is off / not working

You will need to sync your fitness data manually with a simple two-step process each time you wish to transfer the data.

To transfer your fitness data, simply

1. Open your app and click on the reload button in the top-right corner.
2. Press & Hold START / STOP on your Zone R420 to activate Bluetooth and start the sync process.

Remember: Bluetooth must be active on your LifeTrak Zone R420 and your smartphone / tablet to complete the data transfer (sync).

HELPFUL HINTS ABOUT HEART RATE ZONES

WARNING: Before starting a new exercise routine, please consult your doctor or health care professional to help you determine your maximum heart rate, upper and lower limits, exercise frequency and duration appropriate for your age, condition and specific goals.

You can get your Maximum Heart Rate (MHR) from a MHR test (consult your doctor), or you can estimate it using the following formula:

Women Maximum Heart Rate = $226 - \text{age}$

Men Maximum Heart Rate = $220 - \text{age}$

Here are some common Heart Rate Zones:

Light	50% - 60% MHR
Fat Burn	60% - 70% MHR
Endurance	70% - 80% MHR
Performance	80% - 90% MHR
Peak	90% - 100% MHR

Example based on a 35 year old male

$220 - 35 (\text{age}) = 185 (\text{MHR})$

To calculate the HR ZONES, multiply 185 (MHR) by the percentages to the left. This will help you determine the LO and HI levels of each zone.

For a Medium Intensity (Endurance):

$185 \times 0.7 = \mathbf{130 (LO)}$ and

$185 \times 0.8 = \mathbf{148 (HI)}$

HELPFUL HINTS ABOUT TOUCH HEART RATE

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your LifeTrak fitness tracker is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting on for the first time, allow a one-minute “warm up” before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.
5. Make sure the back metal plate is lying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten the surface between the back metal plate and the skin on your wrist with water.

FCC CAUTION

§ 15.19 Labelling requirements

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.

§ 15.21 Changes or modification warning

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

*RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

IC CAUTION

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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

Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

WARNINGS & CAUTIONS

THIS IS NOT A MEDICAL DEVICE.

WARNING: Before starting any exercise program, please visit your doctor for a complete physical and to discuss your exercise plans.

PLEASE READ all of the information in this instruction manual before using the unit. Make sure you fully understand the functions and limitations of this product before using it.

NOTICE TO PEOPLE WEARING PACEMAKERS: While the heart rate monitor is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

NEVER expose the heart rate monitor to chemicals or cleaning solvents. Exposure to insect repellent and sunscreen may also damage the unit.

NOTICE: While the heart rate monitor (watch) is 30M water resistant, **IT IS NOT WATERPROOF**. Do **NOT** press buttons under water - this will cause damage.

Visit our website for more helpful tips: www.lifetrakusa.com



LifeTrak • 39962 Cedar Blvd • Ste 285 • Newark, CA 94560 • 1-855-903-9030