

Sync your Zoom Data

Once your Zoom is PAIRED to the app, you will be able to SYNC your data at any time. We suggest you sync once daily. To sync your Zoom,

1. Open your Zoom HRV App

2. QUICK PRESS the button 3x in a row (rapidly)

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WHAT'S YOUR FITNESS SCORE?

YOUR PERSONAL FITNESS SCORE

Until now measuring HRV required either sophisticated medical equipment, cumbersome chest belts or slow and inconsistent finger-touch readings. By contrast, ZOOM automatically detects HRV during periods of deep sleep to provide an ongoing, highly personal wellness assessment (fitness score). This data is combined with sleep analysis, streaming heart rate feedback and activity measurements to create a single, comprehensive fitness grade called VScore. ZOOM can also measure HRV at any time to provide an immediate HRV assessment called VScan. Both VScan and VScore are tracked over time to monitor increases and decreases in physical and emotional wellness making ZOOM a uniquely powerful device.

For more information on Heart Rate Variability, VScore, VScan and Heart Rate Training Zones, please visit www.lifetrakusa.com

What's your SCORE?

Zoom automatically detects your **Heart Rate Variability** while you sleep, so be sure to wear **Zoom 24/7**. When you sync Zoom the next day, the Zoom HRV app will display your **VScore**, a baseline fitness score based on HRV recorded through the night. Your VScore can be used to track general health or to compare with a VScan for workout rest / recovery guidance.

OVERVIEW

- Your DASHBOARD gives you a snapshot of today's VScore and daily activity. Your daily VScan will also display in the dashboard if you recorded a VScan today.

HINT: Use the arrows (< >) to scroll to a previous day. You can review your snapshot and details for that day & track progress.

To quickly jump back to TODAY, click the HOME icon (top, right).

HEART RATE ZONE INDICATORS (LED)

- HR Training Zones can be set as either 3-Zones or 7-Zones; this will determine how the LEDs display on your Zoom during your workout.

VIEWING YOUR HEART RATE ZONE:

ZOOM GESTURES are active (in the app): you can view your heart rate zone simply by rotating your wrist up to look at your Zoom!

ZOOM GESTURES are turned off (in the app): your heart rate zone will appear in the display at all times during your workout. This option has active LEDs at all times, so your **battery life may be affected**.

HEART RATE ZONE ALERTS (VIBRATION)

- Get in the zone and focus on your workout. The Zoom vibrates to let you know when you've moved to a different heart rate zone.

NOTE: If you turned OFF the Zoom Vibration (in the app - under Settings), you will **NOT** receive ANY vibration alerts during your workout.

CUSTOMIZE YOUR MAX HR AND HR TRAINING ZONES

To get the most out of your workouts, you can customize the Max HR and Heart Rate Training Zones via the Zoom HRV App (under Settings > Workout Setting):

3-ZONE TRAINING

Zone 1

Zone 2

Zone 3

7-ZONE TRAINING

Zone 1

Zone 2

Zone 3

Zone 4

Zone 5

Zone 6

Zone 7

NOTE: Continuous heart rate recordings & heart rate training zones are only available when a workout is active.

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RECORD A WORKOUT

RECORDING A WORKOUT

There are two ways to record a workout:

1. On your Smart Device (smartphone / tablet)

2. On your Zoom

OPTION 1 **RECORD A WORKOUT ON YOUR SMART DEVICE**

This option allows you to view your streaming workout data in real-time for the duration of your workout.

- Open the Zoom HRV app.

- Press & Hold the button on your Zoom for 3 seconds.

- To let you know that your workout has started and is recording, a **♥ GREEN HEART + ACTIVITY TYPE ICON*** will flash in the display on your Zoom.

- Follow the prompts in your app to start / stop / record your workout.

OPTION 2 **RECORD A WORKOUT TO YOUR ZOOM**

Don't want to carry your phone during your workout? No problem. This option allows you to start / record your workout directly on your Zoom!

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WORKOUT TYPE

TRACK YOUR WORKOUTS

Your Zoom HRV tracks four (4) different workout types:

General Exercise

Running / Walking

Swimming

Cycling

Each workout type provides you with insights specific to your activity, so be sure to select your workout types as soon as you start your workout.

If you are recording your workout on your device (in the app):

- Simply tap on the workout type (on your app screen) **BEFORE** you start your workout.

If you are recording your workout on your ZOOM:

After you Press & Hold the button for 3 seconds to START your workout, the **GREEN HEART + ACTIVITY TYPE ICON** will appear in the display.

CHANGE ACTIVITY TYPE

- Simply **double-press the button to toggle** between the different activities until your activity icon appears blinking in the display & get moving!

To learn more about the ACTIVITY TYPES, please view the full version instruction manual online:

www.lifetrakusa.com/support/help-center/

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WORKOUT / VSCAN RECORDS

DRILL DOWN

- Want to view more detail? Take a look at your previous WORKOUT and VSCAN recordings.

To help you track your progress over time, you can review your past WORKOUTS and VSCAN recordings in detail. This information will transform training regimens in real-time and help you make smarter exercise decisions, reduce fatigue and lower risk for injury.

To view previous **Workout recordings**

- Click on this **icon** ≡

- Go to **Workout**

- **Review** your Previous Workouts in detail

To view previous **VScan recordings**

- Click on this **icon** ≡

- Go to **VScan**

- **Review** your Previous VScans in detail

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CUSTOMIZE YOUR ZOOM

CUSTOMIZE GOALS FOR DAILY ACTIVITY

Open the Zoom HRV app, then

- Click on this **icon** ≡

- Go to **Goals**

- **Customize** goals for Steps, Distance, Calories and Sleep Time

CUSTOMIZE APP & ZOOM SETTINGS

Open the Zoom HRV app, then

- Click on this **icon** ≡

- Go to **Settings**

- **Customize** settings for

- Workouts / Workout Goals
- Alerts
- Calibration
- Zoom Vibration
- Zoom Gestures
- Cloud Sync
- Firmware Upgrades

Firmware Upgrades

From time to time, we will release upgrades for your Zoom HRV. These are much like App Updates and can take anywhere from 5-15 minutes to install. Using Zoom's Over the Air (OTA) syncing process, you will be able to download firmware upgrades to access newly released features and performance enhancements.

To learn more about your SETTINGS, please view the full version instruction manual online:

www.lifetrakusa.com/support/help-center/

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FCC / IC STATEMENTS

FCC STATMENT

§ 15.19 Labeling 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 STATEMENT

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.

*See section **WORKOUT TYPES (11c)** for more information.

CE Maintenance

1. Risk of explosion if battery is replaced by an incorrect type.
Dispose of used batteries according to the instructions.
- 2.The product shall only be connected to a USB interface of version USB2.0.
- 3.EUT Operating temperature range: -10° C to 40° C .

Declaration of Conformity

Fairlegend Electronics, Ltd. hereby declares that this ZoomHRV is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

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