

fitTM

*complete
fitness tracker
fm radio/heart rate monitor
pedometer/calorie counter*



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:

- * Reorient or relocate the receiving antenna.
- * Increase the separation between the equipment and receiver.
- * Consult the dealer or an experienced radio/TV technician for help.

“Changes or modifications not expressly approved by the importer could void the user’s authority to operate this device.”

The Fit Complete Fitness Tracker is not a medical device. It is a training tool designed to enhance your exercise program by measuring and displaying the distance you have covered and your heart rate.

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Package Includes:

- Main unit
- Belt clip (attached to main unit)
- Transmitter belt (battery included)
- 2 elastic chest straps
- Armband strap
- Complete instructions

Stay Safe!

Before starting any workout program, you should check with your physician, especially if you have a heart condition, are over 35, or have not been exercising regularly. If you are a smoker, are taking prescription medications, have high blood pressure or high cholesterol, asthma or other respiratory problems, are experiencing signs of disease or are recovering from a medical condition or treatment, you should also consult with your physician prior to beginning an exercise routine.

- Try not to work out for 90 minutes after eating a meal.
- To help prevent injury, begin your workout with a five minute warmup. Complete your workout by cooling down with stretches.
- If you feel dizzy or disoriented during any period of your workout, stop immediately and consult a physician.
- Drink water before, during and after your workout to keep your body properly hydrated. Do NOT drink alcohol and be wary of some energy drinks that may adversely affect your heart rate.

- Most importantly, listen to your body! You want to be healthy, not incur harm. If your intensity level results in pain or tiredness, stop or reduce intensity to a more comfortable level.

WARNING: If you have a pacemaker or other implanted medical equipment, do NOT use this product.

Finding Your Maximum Heart Rate

To train safely, you want to know about your body's most important muscle – your heart. Depending on your age, you can approximate your Maximum Heart Rate (MHR) – but you should refine your MHR as you continue to train.

The basic calculation for your MHR is:

$$\text{MHR} = 220 - \text{Your Age}^*$$

***Note:** This calculation is based on general averages. Other factors may include weight, previous workout history, and medical history. Please consult with your physician to confirm an acceptable MHR for your heart.

fittips

TO RUN OR NOT TO RUN

There is no right answer to whether you should run or walk for your workouts. It depends on your body and your goals. Running is high-impact, and can be hard on the knees and tendons. Walking is low-impact on joints, but does not raise your heart rate as quickly or as high.

Walking at a brisk pace (a 15-minute mile or 4 miles per hour) burns almost as many calories as jogging for the same distance. The benefit of running is that it takes less time to cover the same distance and it strengthens your bones; however, it may be too strenuous for some.

Perhaps the best way to decide your own run versus walk debate is to spend a day trying each, and see which your body prefers.

About The Heart Zones

Different workouts will use different heart “zones” – a percentage of your Maximum Heart Rate (MHR).

Health Zone** – 50-65% of MHR

This zone is for extended, low intensity exercise. The benefits to the mind and heart are considerable, especially if you workout in the Health Zone regularly. The Health Zone can also be used as a warm-up to more strenuous exercise.

Fitness Zone** – 65-80% of MHR

This zone increases strength and endurance, and is a great calorie burner. Most exercise regimes fall in this zone for a period. This zone is where you build towards more stamina and a healthier heart.

Performance Zone** – 80% of MHR and up

This is the very top of a sustainable training session. Competitive athletes build speed and power here. Some workouts will use the Performance Zone in small doses, encouraging you to push yourself to the limit for a brief period.

**These ranges are based on general averages. Other factors may include weight, previous workout history, and medical history. Please consult with your physician to confirm an acceptable MHR for you.

	Age	20	25	30	35	40	45	50	55	60	65
Burn Fat	Health Zone	130	126	123	120	117	113	110	107	104	100
	50%-65%	to	to	to	to	to	to	to	to	to	to
	MHR	100	97	95	92	90	87	85	82	80	77
Burn Glycogen	Fitness Zone	160	156	152	148	144	140	136	132	128	124
	65%-80%	to	to	to	to	to	to	to	to	to	to
	MHR	130	126	123	120	117	113	110	107	104	100
Burn Glycogen	Performance Zone	190	185	180	175	171	166	161	156	152	147
	80%-95%	to	to	to	to	to	to	to	to	to	to
	MHR	160	156	152	148	144	140	136	132	128	124

Four Great Heart Workouts

Your body is unique, and the workout you set for yourself should accommodate your unique fitness goals – from weight loss, to endurance, to marathon training.

Workout 1 – Heart Healthy Walk:

Walk briskly for 30 minutes **every day**. Use your monitor to maintain a heart rate in the Health Zone (50-65% of MHR). This workout can be easy, stress relieving, low-impact and healthy. The key is to do it every day.

Workout 2 – Weight Control:

To really burn off calories, keep a constant pace at the low end of the Fitness Zone (65-80% of MHR). Briskly walk or run for 45-60 minutes daily. Remember to maintain the Fitness Zone heart rate – at first that might mean only light walking for much of the time. You should be breathing heavily, but still be able to maintain a conversation. The key is to maintain low Fitness Zone heart rate for just under an hour every day.

Workout 3 – Interval Training:

Alternate between periods of brisk activity and “active rest” when you just keep the body in motion with slow walking. Run as fast as you can for 30 seconds achieving Performance Zone (80% + of MHR), then slow down to the Health Zone (50-65% of MHR) for two minutes. Repeat 8 to 12 times. Interval training has proven to be an effective way to get the same metabolic workout benefits in a shorter space of time.

Workout 4 - Aerobic Max:

Push yourself, and your heart, for defined periods during the week. Every *other* day, run or briskly walk for 20-60 minutes at the top end of Fitness Zone (70-80% of MHR). Start with 20 minute intervals, and increase your time in the Fitness Zone as you become more comfortable. With this workout, remember to first warm up with some stretching and brisk walking, and to cool down after the workout.

Between workout days, consider an alternate form of exercise, such as weight or resistance training. The result of Aerobic Max will be a marked increase in stamina and endurance, and better muscle tone.

Instructions for Programming & Using Your Fit Complete Fitness Tracker

NOTE: When changing batteries, be sure to turn off power to both the main unit and the radio before removing batteries. Install new batteries and return power to the main unit within 8 seconds by pressing the main power button. The unit is capable of saving preset data for up to 8 seconds while the batteries are removed. To keep the preset personal data, follow these instructions exactly. Otherwise, it will be necessary to re-enter the personal settings.



Installing Batteries

Main Unit:

1. Flip over unit and find battery door under belt clip
2. Open door and position 2 AAA batteries as indicated by the diagram in the battery compartment.
3. Close battery compartment.
4. Press the main **POWER** button to turn the main unit ON.
5. When changing batteries, be sure to turn off power to both the main unit and the radio before removing batteries.

Transmitter Belt:

Your transmitter belt comes assembled with a battery. When your transmitter belt no longer picks up any signals, you will need to replace the battery.

1. Following the diagram below, remove the conductive transmitter pad from the center of the belt. **(Fig. A, #1)**
2. Using a micro Phillips head screwdriver remove the metal plate battery door. **(Fig. A, #2)**
3. Remove the old 12V battery (VR22/L1028/A23) and insert a new battery, as indicated.
4. Replace the metal plate battery door and then reattach the conductive transmitter pad on top.

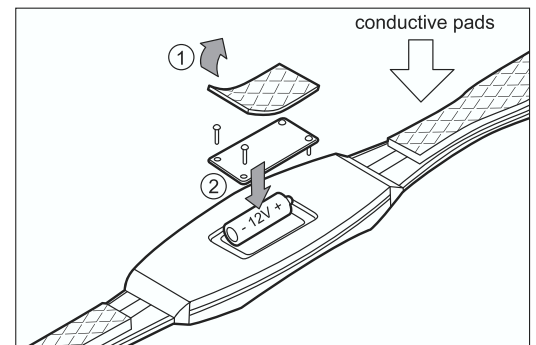


Fig. A

To Ensure Proper Function:

- Do not mix old and new batteries.
- Do not mix alkaline, standard or rechargeable batteries.
- Only batteries of the same or equivalent type as recommended are to be used.
- Exhausted batteries should be removed immediately.
- Replace with new batteries at the first sign of erratic behavior or the appearance of the low battery icon. **(Fig. B)**

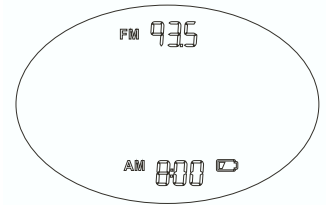


Fig. B

Note: Do not dispose of batteries with household waste.
Please follow your local guidelines for battery disposal.

Wearing The Transmitter Belt

Adjust the elastic belt so that it will fit snugly around your chest just below the pectoral muscle. **(Fig. C and D)**

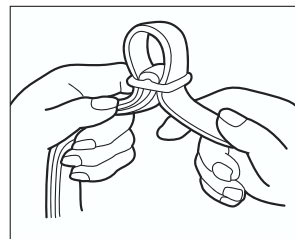


Fig. C

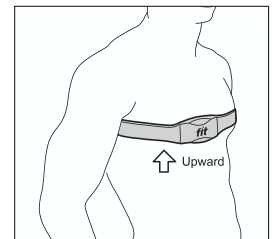


Fig. D

Before use, moisten the conductive transmitters pads with water to ensure good contact with the skin at all times. **(Fig. E)**

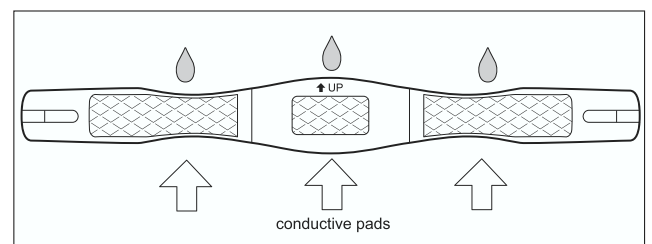


Fig. E

Make sure the transmitter belt is right side up before securing the second side. **(Fig. F)**

Insert the hook from the underside of the transmitter belt and secure in place. **(Fig. G)**

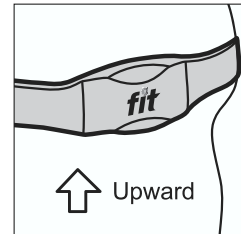


Fig. F

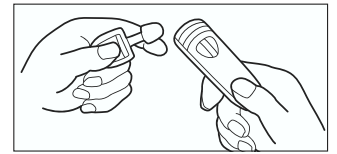


Fig. G

Using the Armband

1. Turn main unit over so that the battery door is facing you.
2. Insert coiled end of the armband strap with the velcro side facing the fitness tracker. Begin from the right side starting underneath the strap hole.
3. Feed the velcro coiled strap over the belt clip toward the left.
4. Insert the velcro coiled strap through the left strap hole and allow it to feed underneath the left side.
5. Position on arm and adjust the velcro coil around the arm.
6. Pull the elastic strap firmly until it meets the velcro. Secure on arm.

Default Screen

If no buttons are pressed for 10 seconds, at any time during use the Monitor will return to the default screen. **(Fig. H)**

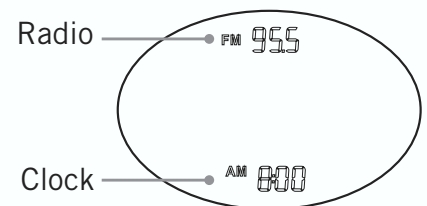


Fig. H

Radio Play

Using your thumb, press the radio **VOLUME** button firmly in the center to switch **ON** your radio. Pressing the **VOLUME** button firmly again will shut the radio **OFF**. Note: You can use your radio without the other features, should you choose.

Press **SCROLL UP** or **DOWN** to advance through stations 0.1 at a time.

Press **SCROLL** and hold for 2 seconds to auto scan through stations. The radio will then scan until it reaches a station. (**Note:** To use the scan feature, your headphones must be plugged into the main unit.)

Pressing **BASS+** button on the top edge of your unit adds a pumping bass for your listening pleasure.

Note: When the radio and main unit are OFF, the screen will only display the clock feature.

Setting Pre-Set Stations

From the default screen press **SELECT** to get to your first pre-set, identified as FM1. This unit has the capacity to store nine FM preset stations, FM1-9.

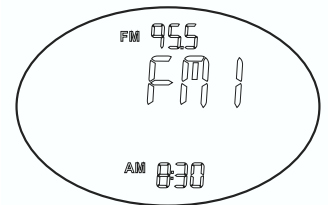


Fig. 1

Press and hold **MODE** button for 3 seconds and FM1 will start to flash. (**Fig. 1**)

SCROLL UP or **DOWN** to find a station. (Auto scan can be used as well if desired.)

Once a station is identified, press **SELECT**. This will confirm the station as a pre-set.

Repeat process as desired to set FM2–FM9.

Main Unit Functions

Press the **POWER** button to activate the main unit and display the default screen.

When power is **ON**, your unit will cycle through the functions in the following order – Timer, Pedometer, Calories, HRM, Alarm, Personal Functions, Clock. Note, if Pedometer is **ON**, your unit will cycle through the Steps and Distance, before moving on to Calories. Also note, your unit will only cycle to the HRM and Alarm modes if the transmitter belt is properly placed on body.

Once you customize your settings, you can operate whichever features you like. Be sure to reset any counting features (Calories, Steps & Distance) to zero immediately prior to working out.

Using The Timer

Press **MODE** once until you see the timer display. (Fig. J)

Press **SELECT** to start or stop timer.

Press **SCROLL UP** or **DOWN** to reset timer to 0.

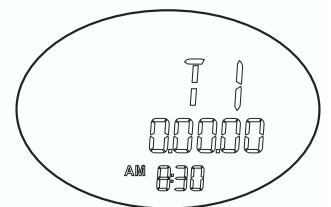


Fig. J

Using The Pedometer

Press **MODE** until you see the pedometer display. The default setting for this mode is **OFF**. (Fig. K)

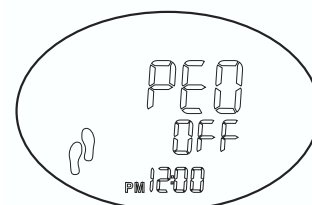


Fig. K

NOTE: Before using the pedometer for the first time you must adjust the sensitivity to accurately check your stride.
See *Calibrating your Pedometer* (Page 13.)

To turn the pedometer **ON**, press and hold **MODE** button for 3 seconds and **OFF** will begin to flash.

Press **SCROLL UP** and **DOWN** to cycle between pedometer **ON** & **OFF**.

Press **SELECT** to confirm choice; you will hear a beep.

*If the pedometer mode is set to **ON** Steps and Distance screens will be displayed:*

Press **MODE** until you see the steps taken display. (Fig. L)

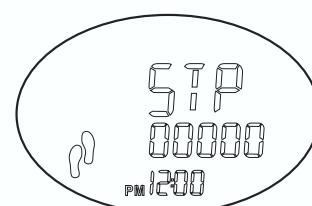


Fig. L

Press **SCROLL UP** or **DOWN** to reset to 0.

Press **MODE** again to show the distance walked display. (Fig. M)

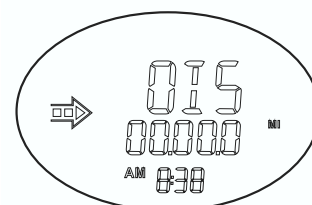


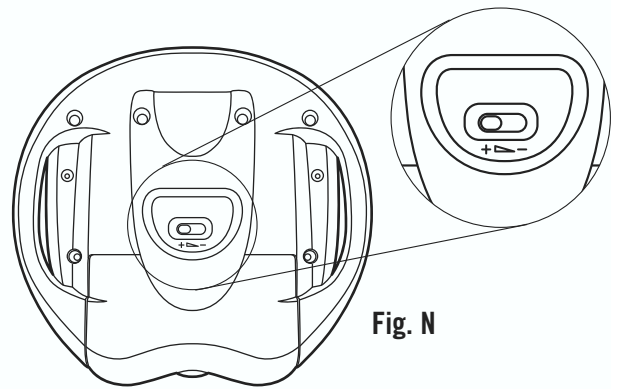
Fig. M

To change readout from miles to kilometers, press and hold **MODE** for 3 seconds. Then **PRESS SCROLL UP** or **DOWN** to switch between miles and kilometers and press **SELECT** to lock in.

PRESS SCROLL UP or **DOWN** to reset to 0.

Calibrating your Pedometer:

1. Position the pedometer **SENSITIVITY SWITCH** located on the back of the main unit to the center position. **(Fig. N)**
2. Fasten pedometer to your belt or arm.
3. Reset the step count to 0.
4. Walk several steps (10-20) and count them.
5. Check whether the pedometer has counted the same number of steps as you. If so, the setting is correct and you are ready to get moving.
6. If your step count does not agree with the pedometer step count, adjust the **SENSITIVITY SWITCH** and repeat steps 2 through 5 at the new setting. If the pedometer step count is less than your count, move the switch toward the left on the back of the unit (+) for a more sensitive setting. If the pedometer step count is higher than your count, move the switch toward the right of the unit (-) for a less sensitive setting.



NOTE:

- This calibration is important to ensure that your actual distance will be calculated correctly.
- When changing the location of the pedometer between your arm and your waist, the unit needs to be re-calibrated for the new position.

Using The Calorie Counter

Press **MODE** until you see the calories burned display. (Fig. O)

Press **SCROLL UP** or **DOWN** to reset to 0.

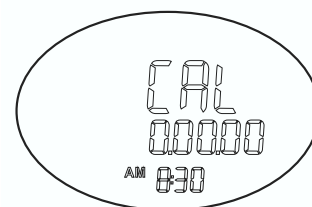


Fig. O

Setting Your Fitness Level

To set the fitness level, you will need to have the chest strap on, so that your screen will show a ♥ and you can set your fitness zone. (Fig. P) For the most efficient workout, you will need to program your own personal settings. (See “You – Personal Programming” on page 17.) Your personal settings – weight, age & stride – will allow you to train within a given heart rate zone, with audible and visual cues telling you if you go above or below your zone.

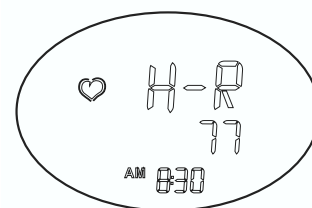


Fig. P

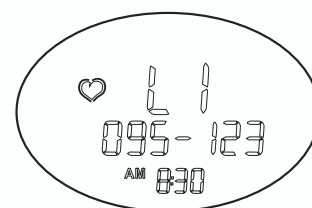


Fig. Q

Press **MODE** until you get to the fitness zone display. (Fig. Q)

Press and hold **MODE** for three seconds to change your fitness zone. (L1, L2, L3, L4)

The current level will begin to flash, press **SCROLL UP** or **DOWN** to choose from fitness level 1 through 4.

L1 is the Health Zone (50-65%), **L2** is the Fitness Zone (65-80%), **L3** the Performance Zone (80-95%) and **L4** allows you to customize your fitness level. (See Four Great Heart Workouts on pages 5 & 6 to help determine your goals.)

Press **SELECT** to confirm your fitness level; you will hear a beep. For levels 1 through 3, the minimum and maximum heart rate will automatically adjust based on your personal settings you input prior to your first workout.

(See Page 17)

NOTE: Don't forget to check your personal settings after lending this unit to a friend. If any changes were made to the You settings, you will not be working out at the same levels you were before.

*If you want to customize your fitness zone,
advance to L4 (level 4):*

Press **SCROLL UP** or **DOWN** until you see the L4 display. **(Fig. R)**

Press select, your Low Heart Rate (**LHR**) default value will now be flashing. **(Fig. S)**

Press **SCROLL UP** or **DOWN** to change the Low Heart Rate.
Push and hold to scroll faster.

Press **SELECT** to lock in **LHR** and now the default value of the High Heart Rate (**HHR**) will begin flashing. **(Fig. T)**

Press **SCROLL UP** or **DOWN** to change the High Heart Rate.
Push and hold to scroll faster.

Press **SELECT** to lock in **HHR** and complete your custom fitness level.

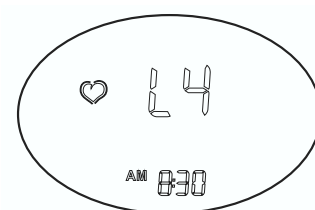


Fig. R

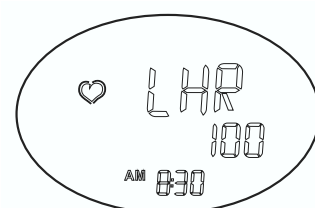


Fig. S

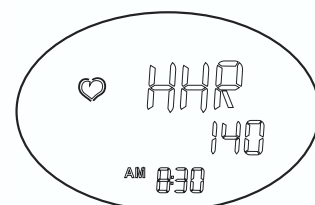


Fig. T

Using Your Alarm Feature

The Fit Complete Fitness Tracker has a built in alarm feature that will alert you through sounds and lights whether you are working below, within, or above your target heart rate zone. When the alarm feature is on, this signal can be heard both from the main unit and through the headphones when the radio is on.

Press **MODE** until you come to the alarm display. (Fig. U)

Press and hold **MODE** for 3 seconds to adjust the alarm status. The current status will flash.

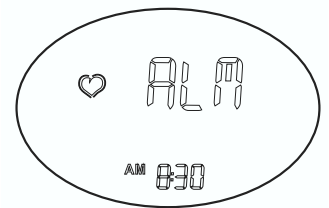


Fig. U

Press **SCROLL UP** or **DOWN** to switch alarm ON and OFF.

Press **SELECT** to confirm.

When the alarm is set for ON, you will hear a beeping indicator, and will see the bell symbol  telling you when you are outside of your training zone.

This beeping will correlate with the color of the power button lights.

The power button will glow **YELLOW** indicating you are below your desired heart rate zone, and you will hear one beep per second, indicating you should pick up the pace.

The power button will glow **GREEN** when you're within your desired heart rate zone, and no beeping will be heard.

Or it will glow **RED**, if you are above the desired heart rate zone and you will hear two beeps per second indicating you should slow down. At the point where you hit your Maximum Heart Rate (MHR), the red light will start flashing and you will hear four beeps per second, a sure sign you should slow down.

You – Personal Programming

The Fit Complete Fitness Tracker should be programmed to include your personal information. By inputting your weight, age & stride length the Fitness Tracker is calibrated to determine your high and low heart rates and calculate the calories burned and distance traveled during your workout.

You only have to program your information once unless you share your unit with someone else. Don't forget to change the batteries within 8 seconds, so you don't lose your personal settings when changing the batteries.

Press **MODE** until you come to the personal programming display. (Fig. V)

Press and hold **MODE** for 3 seconds and the weight will begin flashing. (Fig. W)

Press **SCROLL UP** or **DOWN** to change your weight (default weight is 100). Push and hold to scroll faster.

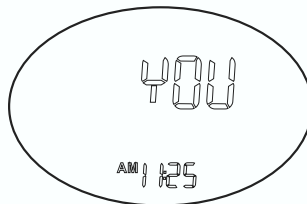


Fig. V

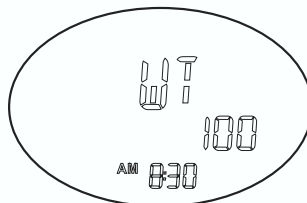


Fig. W

fit tips

A LITTLE DOES A LOT

Studies have suggested that walking at a brisk pace for three or more hours a week can reduce your risk of coronary heart disease!

fit tips

BE BAR SAVVY

If your goal is weight loss, don't consume "energy" bars or drinks prior to exercise. These products will spike your blood sugar level, which causes insulin to be released. Insulin halts your body's fat-burning process and encourages fat storage!

Press **SELECT** to confirm weight, and now the age display (AGE) will begin flashing. (Fig. X)

Press **SCROLL UP** or **DOWN** to change your age (default age is 30). Push and hold to scroll faster.

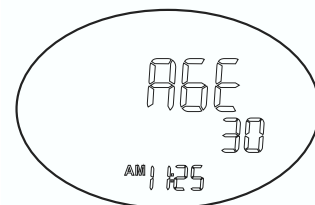


Fig. X

Press **SELECT** to confirm age, and now the stride display (STR) will begin flashing and foot prints will appear on the screen. (Fig. Y)

Press **SCROLL UP** or **DOWN** to change your stride length (default stride is 24 inches). Push and hold to scroll faster.

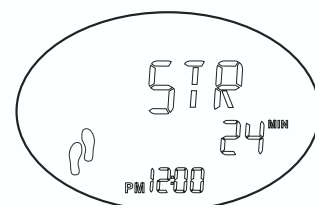


Fig. Y

Note: The default stride length is 24 inches, but that can vary depending on your height and whether you plan to train with running or walking. To measure one stride, note the distance between one foot fall to the next, and then input the number of inches.

Press **SELECT** to confirm stride length and return to the “You” screen.

Setting The Clock

Press **MODE** until you come to the clock display. (Fig. Z)

Press and hold **MODE** for 3 seconds, and the hour numbers will begin flashing.

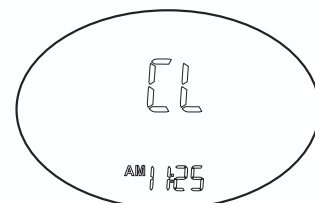


Fig. Z

Press **SCROLL UP** or **DOWN** to change the hour. Push and hold to scroll faster.

Press **SELECT** to confirm the hour. The minutes will begin flashing.

Press **SCROLL UP** or **DOWN** to change the minutes. Push and hold to scroll faster.

Press **SELECT** to confirm the minutes. The AM/PM display will begin flashing.

Press **SCROLL UP** or **DOWN** to change from AM to PM.

Press **SELECT** to confirm and complete the clock programming.

Using Lock

Press and hold the **LOCK** on top of the monitor for 3 seconds.

This will lock all other button functions and lock the display in the current mode setting until the user holds down the lock button for another 3 seconds to unlock it. **(Fig. AA)** To unlock, hold down **LOCK** for 3 seconds.

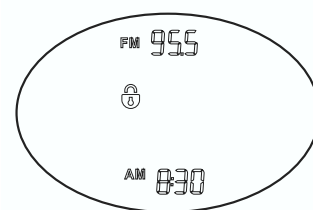


Fig. AA

Once you customize your settings, you can operate whichever features you like. Be sure to reset any counting features (calories, steps and distance) to zero immediately prior to working out.

Care and Maintenance:

1. When changing the batteries, the circuit had been designed to store the information recorded for 8 seconds only when the power is cut off. The user must replace the battery and turn **OFF** and **ON** the power within 8 seconds. Otherwise, all personalized settings will be lost.
2. Never submerge the main unit or transmitter belt in water.
3. Wipe with a clean damp cloth.
4. Elastic armband strap and chest transmitter strap should be hand washed with warm soapy water.

Troubleshooting:

No Power	• Check orientation of batteries • Replace old batteries with new ones. • Make sure battery door is completely closed.
No Heart Rate Displayed	• Make sure transmitter belt is worn in correct place. • Replace battery in transmitter belt with new one. • Clean and moisten the transmitter pads. • You may have interference from another heart rate monitor. If you are working out in close proximity to others, try moving to another location.

Incorrect Heart Rate is Displayed	• Make sure transmitter belt is worn in correct place. • Make sure the elastic straps that hold the transmitter belt are tight enough. • Clean and moisten the transmitter pads. • Replace old batteries with new ones. • You may have interference from another heart rate monitor, re-evaluate where you are working out. • Make sure that someone else has not changed your personal settings. Current heart rate will not be affected but the personal fitness ranges of L1 to L3 will be.
Display Fades Irregular Figures on the LCD	• Replace old batteries with new ones. • Remove the battery in main unit and replace it.
No Sound is Coming Out of Headphones	• Check to see if headphones are plugged in completely. • Check volume.

Limited One-Year Warranty

This Fit Complete Fitness Tracker, if purchased at any Discovery Channel Store, Inc. (“DCI”), is warranted by DCI against manufacturing defects in material and workmanship for one year from the date of purchase.

This warranty does not cover: (1) damage or failure caused by or attributable to acts of God, abuse, accident, improper or abnormal usage, improper installation or maintenance, alteration, lightning or other incidence of excess voltage or current; (2) consumables such as fuses and batteries; (3) cosmetic damage; (4) transportation, shipping or insurance costs; or (5) costs of product removal, installation, set-up service adjustment or reinstallation.

To obtain service under this warranty, present the product along with any DCI sales receipt as proof of the purchase date to any Discovery Channel Store. At its sole discretion and unless otherwise provided by law, DCI will: (1) correct the defect by product repair without charge for parts and labor; (2) replace the product with one of the same or similar design; or (3) refund the purchase price of the product. This warranty is the only express warranty provided by DCI for the product and the remedies set forth herein are exclusive.

All replaced parts and products, and products on which a refund has been made, become the property of DCI. Reconditioned parts and products may be used in the performance of warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period.

DCI ASSUMES NO RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RELATED TO A BREACH OF THIS WARRANTY. ANY IMPLIED WARRANTIES ARE HEREBY LIMITED TO THE DURATION OF THIS LIMITED WARRANTY. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES OR EXCLUSIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. If you have any questions related to this warranty, please contact customer service at: (800) 379-0244.

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