

miCoach FIT SMART User Manual

miCoach



Table of Contents

1. Welcome to miCoach.....	3
2. Your miCoach FIT SMART	4
2.1 Overview.....	5
2.1.1 What's in the box	5
2.1.2 What else is needed.....	6
2.2 First time use	7
2.2.1 Charging.....	7
2.2.2 Navigating your miCoach FIT SMART	8
2.2.4 Getting started with your miCoach FIT SMART – initial setup.....	9
2.2.6 Wearing your miCoach FIT SMART	11
3. Using your miCoach FIT SMART – main menu.....	12
3.1 Time menu	13
3.1.1 Time	14
3.1.2 Battery status during charging	15
3.1.3 Low battery warning	16
3.2 Coached workout	17
3.2.1 Setting up a Coached Workout plan on the app and syncing it to your FIT SMART	17
3.2.2 Selecting a Coached Workout.....	18
3.2.3 Starting a Coached Workout.....	19
3.2.4 Coached Workout Zones	20

3.2.5 Changing zones	21
3.2.6 Staying in the zone	21
3.2.7 Completing a Coached Workout	22
3.2.8 Manual splits.....	23
3.2.9 Pausing/ending a workout	24
3.2.10 Synchronizing your completed workout data.....	25
3.3 Free Workout	26
3.3.1 Starting a Free Workout.....	26
3.3.2 Workout results – Run Score.....	27
3.3.3 Training with your miCoach FIT SMART and the app.....	28
3.4 Stats	29
4 Special workouts.....	30
4.1 Assessment Workout (to calibrate speed, distance and heart rate zones)	30
4.2 Strength & Flex workout	35
5. Your miCoach FIT SMART settings	37
5.1 Auto Laps.....	38
5.2 Viewing metrics during a workout	39
5.3 Viewing double metrics during a workout.....	40
6. Additional information.....	41

6.1 Software update.....	41
6.2 Memory low	42
6.3 Rebooting.....	43
6.4 Factory reset	44
6.5 Visual language	45
7. Care and Maintenance	46
8. Specifications.....	47
9. Customer service information	48
9.1 Warranty	48
9.2 Support.....	48
10 Legal notes and disclaimer	49
10.1 Trademark and copyright	49
10.2 Regulatory compliance	49
10.3 Medical disclaimer	49
10.4 Precautions	49
10.5 Trademark footnote – Bluetooth®.....	50
10.6 FCC/IC regulatory notice	50
10.7 1999/5/EC Directive regulatory notices	51 50
10.8 Open source software notice.....	52

1. Welcome to miCoach



miCoach is an interactive training service for anyone who wants to train for their favorite sport, general fitness, or just for fun. miCoach provides users with real-time coaching and the tools they need to track performance and monitor progress to get the results they want. The breadth of miCoach includes a free Web platform and training community with hundreds of free training plans, free mobile apps on iOS, Android, and Windows Phone 8, as well as a comprehensive range of devices for tracking all aspects of performance, both in game and in training.

micoach

2. Your miCoach FIT SMART

With its integrated optical heart rate monitoring technology, miCoach FIT SMART provides easy-to-understand, visually-coached guidance for workout intensity to keep you on track and motivated and help you train smarter and more effectively.

Featuring an integrated accelerometer tracking pace, distance, and stride rate, and syncing wirelessly with the miCoach train & run app, miCoach FIT SMART is an ideal tool for runners and fitness enthusiasts.

How miCoach coaches

miCoach offers both Cardio and Strength & Flex plans to improve strength, power, speed, agility, and flexibility. Together, these plans provide the full range of training needed.

miCoach uses a unique form of interval training for Cardio workouts, varying the intensity of activity according to four personalized training zones — Blue, Green, Yellow, and Red — where each color corresponds to an effort. miCoach uses different combinations of the four zones to create varied, complete, and personalized workouts.

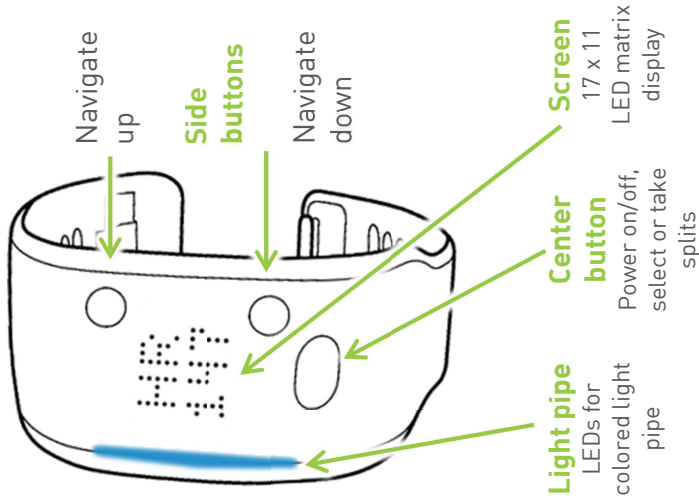


2.1 Overview

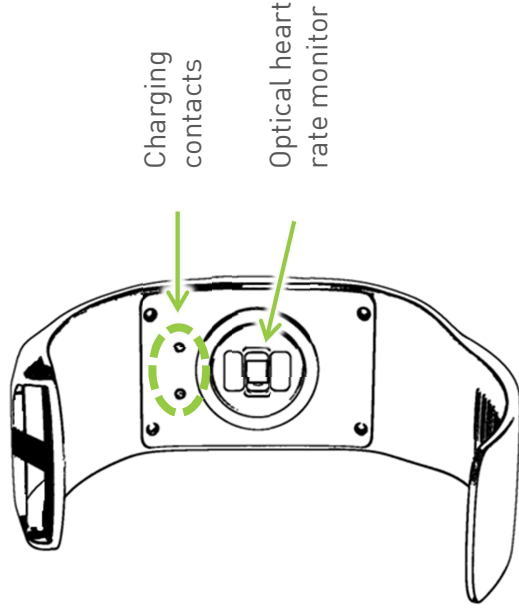
2.1.1 What's in the box

miCoach FIT SMART

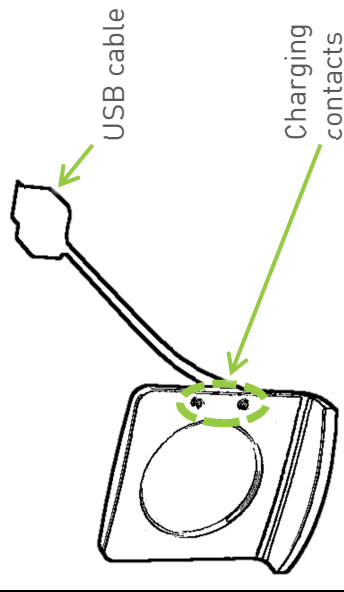
Front



Back



Charger



Light pipe notifications

Blinking

Blinking green or red lights notify you about success or failure. When blinking, the light pipe flashes on and off in the indicated color. A single green blink is used for success and repeated red blinking is used for failure.



Also in the box

- miCoach FIT SMART Quick Start Guide
- Certification leaflet
- Warranty leaflet

2.1.2 What else is needed

miCoach account



You'll need a miCoach account to sync your miCoach FIT SMART via the miCoach train & run app. You can quickly and easily register your account from the app or at miCoach.com.

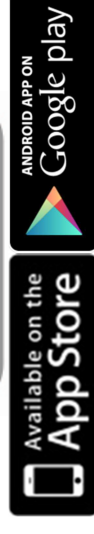
Compatible mobile device



Minimum requirements:
iOS 7.0 / Android 4.3
Bluetooth® 4.0 support

miCoach train & run app

1) **Download** the free miCoach train & run app through the respective app store.



or

2) **Scan** the QR code with your smartphone.



2.2 First time use

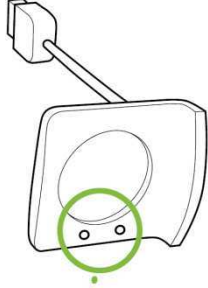
This section covers everything you need to know to get started with your miCoach FIT SMART, including charging and turning on your miCoach FIT SMART, navigating menus, understanding light pipes, pairing, and synchronizing, and instructions on how to wear it to get the most out of your workouts.

2.2.1 Charging

miCoach FIT SMART

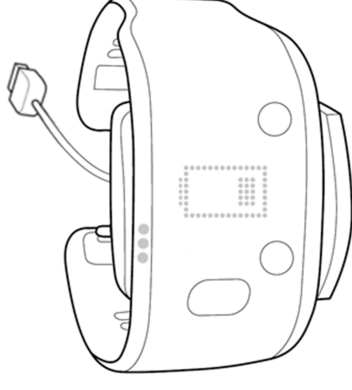


Charger



Align the two contacts on the back of your miCoach FIT SMART with the contact points on the charger. With the contacts lined up, your miCoach FIT SMART and the charger should click together.

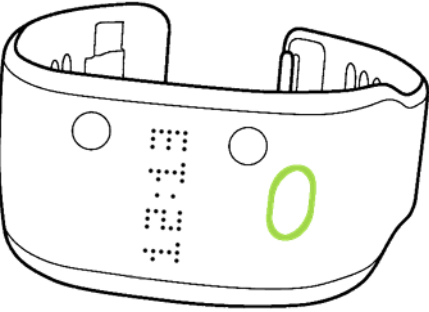
miCoach FIT SMART attached to charger



A full charge takes approximately 3 hours.

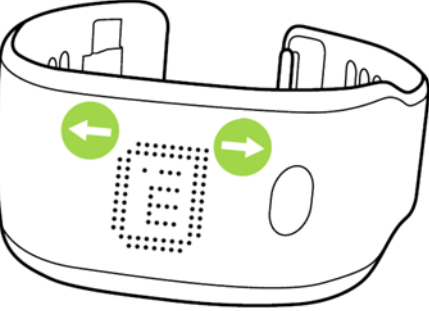
2.2.2 Navigating your miCoach FIT SMART

Power on



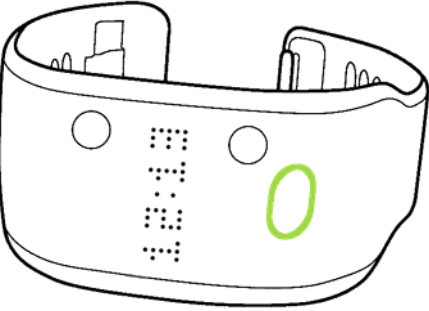
Press the center button to turn on your miCoach FIT SMART.

Move up and down



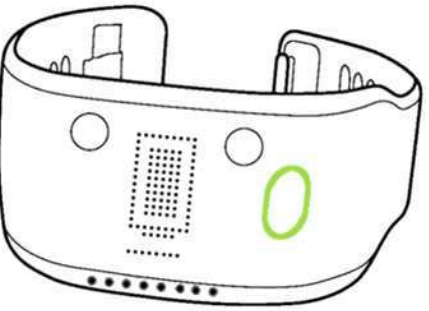
Press the side buttons up and down to reveal more choices or screens.

Select



Press the center button to select menu items.

Go back



Press the center button to return to the previous menu or cancel heart rate detection.

To go back from the Coached Workout menu, toggle to the 'back' icon and press the center button to confirm. See section 3.3.2 for more

Legend

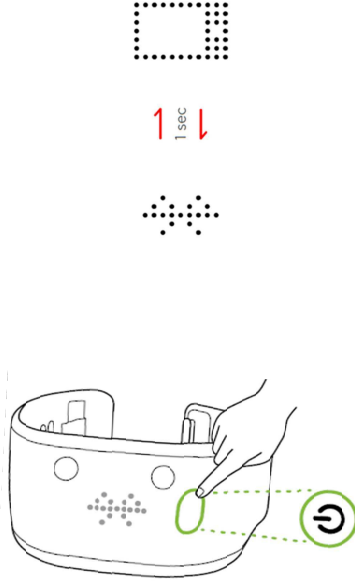
Center button This symbol indicates a center button press.	
Side buttons The side buttons allow you to navigate up or down through the available options.	

2.2.4 Getting started with your miCoach FIT SMART – initial setup

1. Turning your miCoach FIT SMART on/off for the first time

The first time you turn on your miCoach FIT SMART, it will need to be paired and synchronized with the miCoach train & run app. So make sure you have your Bluetooth Smart compatible smartphone with the miCoach train & run app on it in close proximity to your miCoach FIT SMART to go through the initial pairing / syncing process. Please note that in this mode your miCoach FIT SMART won't automatically power down until the initial setup is complete and you can see the time screen. You can only navigate to the power icon on the display and power off the device.

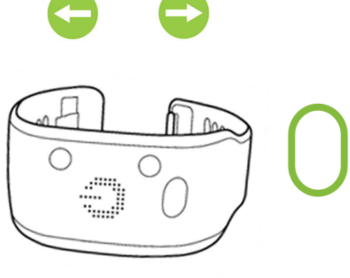
Powering on (boot)



Short press the center button to turn on your miCoach FIT SMART.

Until paired, the display alternates between a Bluetooth® icon and a mobile device icon.

Powering off during initial pairing / syncing process



Navigate to the power icon and press the center button to turn off your miCoach FIT SMART.

For more information on battery life and the auto-standby function, see section 3.1.1.

2. Initial synchronization

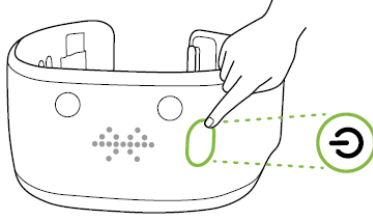
During the initial synchronization, your mobile device will trigger a software update, in case your miCoach FIT SMART doesn't have the most recent version, to ensure you have the latest functions and features available right from the start. After the software update, your miCoach FIT SMART will reboot automatically. Follow these steps as well as the instructions on the app to pair and sync your miCoach FIT SMART for the first time:

1. Enable Bluetooth®



Turn on Bluetooth® in your mobile device's settings.

2. Turn on your miCoach FIT SMART



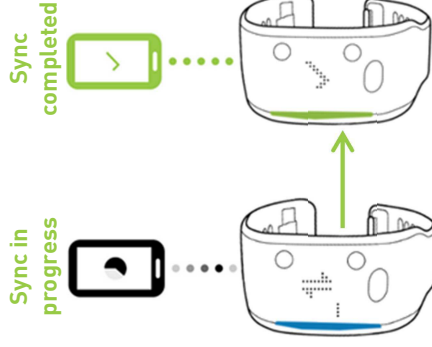
Short press the center button to turn on your miCoach FIT SMART.

3. Pair and sync



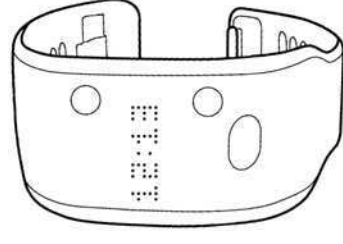
Open the miCoach train & run app, and search for your miCoach FIT SMART under the Devices menu. Select the serial number to pair.

4. Syncing*



Once paired, the app will automatically sync with your miCoach FIT SMART.

5. Sync complete



When the initial sync process is complete, your miCoach FIT SMART reboots and displays the time. Now you're ready to go!

*See the app for further pairing and syncing instructions.

Pairing is the process of connecting a Bluetooth® device like your miCoach FIT SMART to a Bluetooth® Smart compatible and enabled mobile device. Basically, it links your device with the app.

Synchronizing (or Syncing) transfers completed workout data from your miCoach FIT SMART to the app and transfers planned workouts and profile settings (time, miCoach Zones, user profile etc.) to your miCoach FIT SMART.

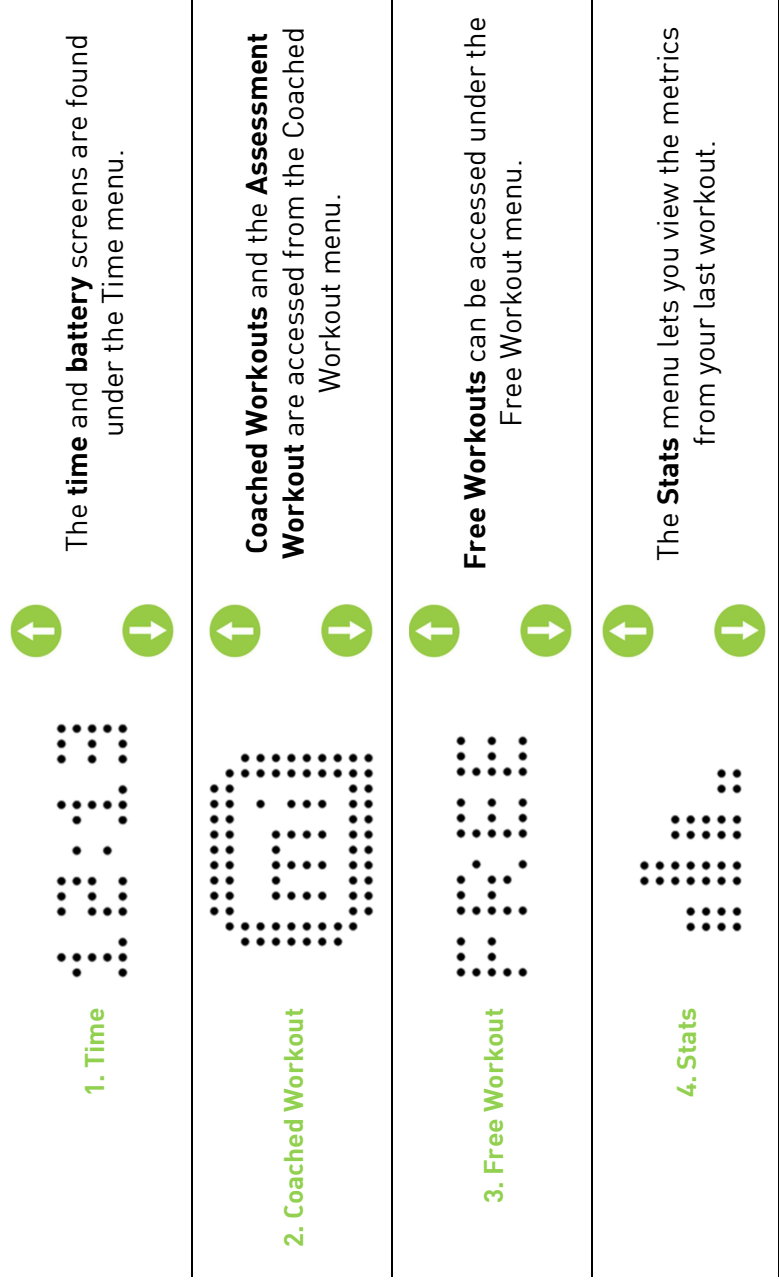
2.2.6 Wearing your miCoach FIT SMART

To ensure proper data tracking during your activities, fasten your miCoach FIT SMART snugly around your wrist so that the optical sensor on the back of the device makes tight contact with your skin and movement of the device during the workout is avoided. You want it to be close-fitting, but not too tight. Wear your miCoach FIT SMART away from your wrist bone, not directly on it. If you have small wrists, wear it higher up on your forearm.



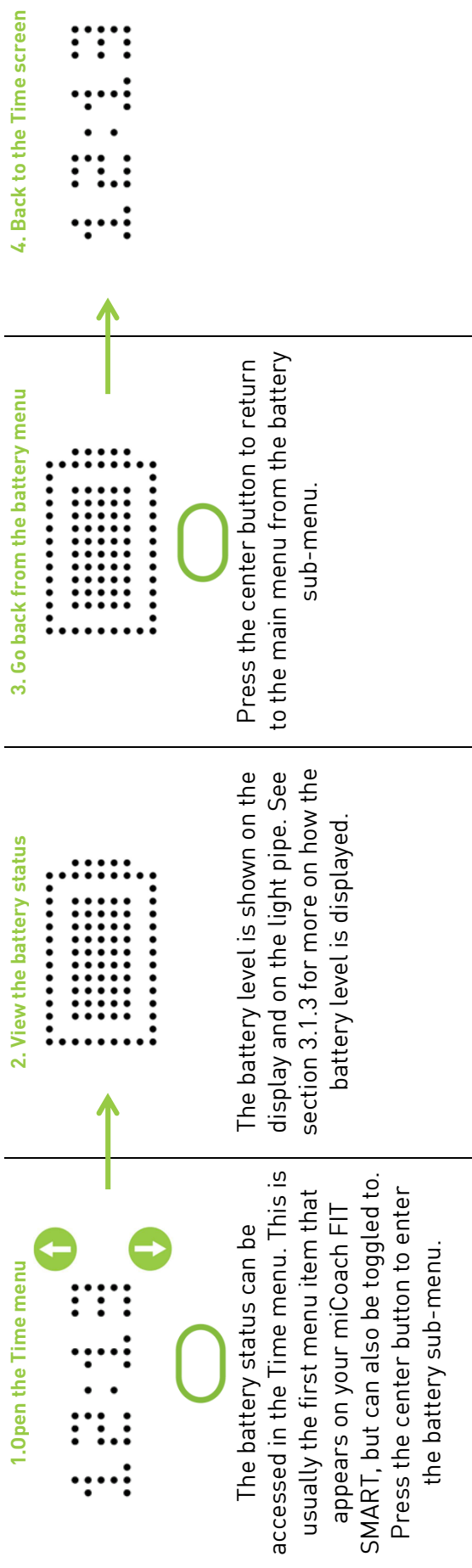
3. Using your miCoach FIT SMART – main menu

Your miCoach FIT SMART main menu has four sub-menus: Time menu, Coached Workout menu, Free Workout menu, and Stats menu. When navigating through the list, after the bottom item, the list will continue again from the top.



3.1 Time menu

The time and battery screens can be found under the Time Menu:

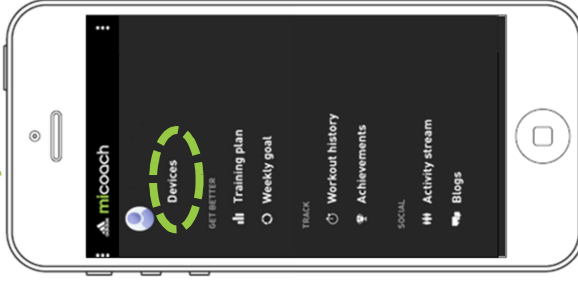


3.1.1 Time

To save battery and ensure your miCoach FIT SMART is always ready when you need it, the device automatically powers off after 10 seconds without interaction. In the Coached Workout menu, the display times out after 30 seconds. To turn it back on, press the center button. The display does not time out during certain processes such as workouts, syncing, software updates, or checking your stats, as pointed out in section 3.1.3.

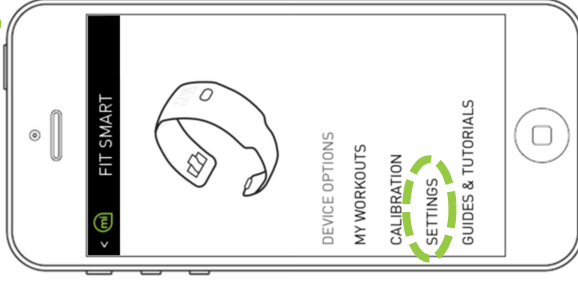
Adjusting the time settings in the miCoach train & run app

1 Select your FIT SMART



Pair your FIT SMART and tap devices for more options.

2. Select device settings



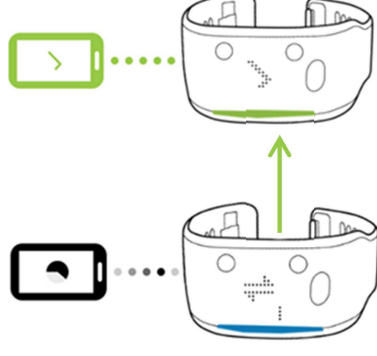
Select the "settings" menu to adjust the time settings.

3. Choose your clock settings



Set the clock behavior as desired.

4. Sync changes



Synchronize your FIT SMART to transfer the new settings.

Automatic time **on** – Your FIT SMART will match the time from your mobile device.
 Automatic time **off** – You can set the time displayed by the FIT SMART manually (within the app).
12 / 24 hour – Choose to have the FIT SMART display the time in 12 hour format or 24 hour format.

3.1.2 Battery status during charging



Press the center button on your miCoach FIT SMART while charging to show the battery status on the display for 10 seconds. When you plug your miCoach FIT SMART into the charger, the current battery status is shown on the display for 10 seconds and the light pipe shows the charging level and status.

0-9%		10-19%		20-29%		30-39%		40-49%		50-59%	
60-69%		70-79%		80-89%		90-99%		100%			

Light pipe charging status

Solid lights on the light pipe show the battery's current charge level.	Blinking lights on the light pipe show that your miCoach FIT SMART is charging.	

3.1.3 Low battery warning



 When the battery level drops below 30%, your miCoach FIT SMART will display the following icon for 4 seconds. Press the main button to dismiss the warning.	 This icon is displayed for 4 seconds when the battery level drops below 20%.	 This icon appears when the battery is below 10%. Your miCoach FIT SMART vibrates once while the light pipe blinks three times and then continues to display the battery level.	 Once the battery level drops to 3%, the icon is displayed, your miCoach FIT SMART vibrates three times, and the light pipe flashes red three times.*
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* Your FIT SMART continues to record and save data until the battery runs out. This data will be stored on the device even if the battery runs out, so once you charge your FIT SMART you can sync the previously recorded workout data.

Automatic power off

Your miCoach FIT SMART automatically powers itself off on the main menu within 10 seconds.

In the Coached Workout menu, it powers off after 30 seconds.

Your miCoach FIT SMART doesn't power off in the following scenarios:

1. When searching for your heart rate before a workout.
2. Whenever your heart rate has been found prior to a workout (and you can start a workout by pressing the center button).
3. During your workout.
4. While synchronizing your miCoach FIT SMART with a mobile device.
5. During a software update.

3.2 Coached workout

To access your Coached Workouts, toggle with the side buttons until you see the miCoach icon. This is the Coached Workout menu.



Coached workouts are the backbone of the miCoach training system, consisting of cardio workouts that vary in intensity according to your workout zones (for more information on workout zones, see section 3.2.4). During a Coached Workout, your miCoach FIT SMART displays the color of the current workout zone via the light pipes and the display provides visual feedback to help keep you in the zone and maximize the effectiveness of your workout. Haptic feedback in the form of vibrations enhances the experience and supports the visual coaching instructions.

3.2.1 Setting up a Coached Workout plan on the app and syncing it to your FIT SMART

1. Choose your target distance



Select the distance you want to run.

2. Choose your target speed



Select the speed that you want to achieve.

3. Choose how frequently you want to train



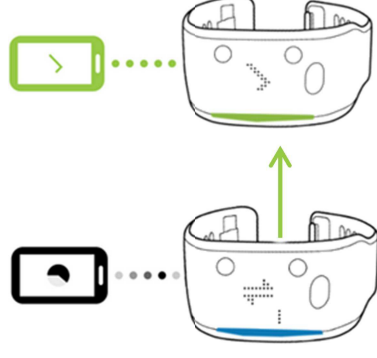
Choose how many days per week and how many weeks you want to train.

4. Select which days of the week you want to train



Choose which days of the week you want to train, and which days you want to have off.

4. Sync your new plan



Synchronize the upcoming planned workouts from the train & run app to your FIT SMART.

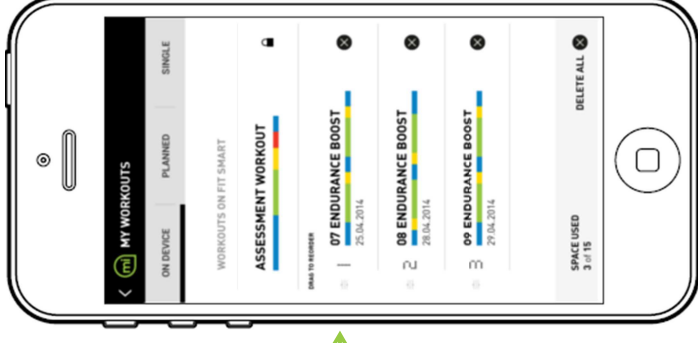
Visit miCoach.com for more information on Coached Workouts.

3.2.2 Selecting a Coached Workout



Your miCoach FIT SMART can store up to 15 coached cardio workouts which are synced from the miCoach train & run app. Use the side buttons to toggle between the Coached Workouts on your miCoach FIT SMART. Workouts are displayed by the workout number according to the workout plan and the date when the workout was scheduled to take place.

Similar to the app (where it always appears at the top of the list of planned workouts), an Assessment Workout (AW) comes pre-installed on your FIT SMART. You can find the Assessment Workout on your miCoach FIT SMART by entering the Coached Workout menu and pressing the upper side button. For more details about the Assessment Workout please see section 4.1.



07 08 09

Workout number [01]

Date when the workout is scheduled

3.2.3 Starting a Coached Workout



1. Choose Coached Workout



Select the Coached Workout menu.

2. Select workout



Navigate to the Coached Workout you want to do and press the center button to select it.

2a. Go back



Navigate to the back arrow icon and press the center button to return to the main menu.

The back icon is only found under the Coached Workout menu.

3. Heart rate detection



Heart rate detection begins.*

**Press center button to cancel heart rate detection and return to the select workout screen.*

4. Heart rate detected



Heart rate detection successful.

5. Start workout



Press the center button to start your workout.

3.2.4 Coached Workout Zones



The light pipe coloring is based on your current heart rate zone or pace/speed zones. You can choose if you want to be coached based on heart rate or pace in the Settings menu of the app. Here's what the colors mean:

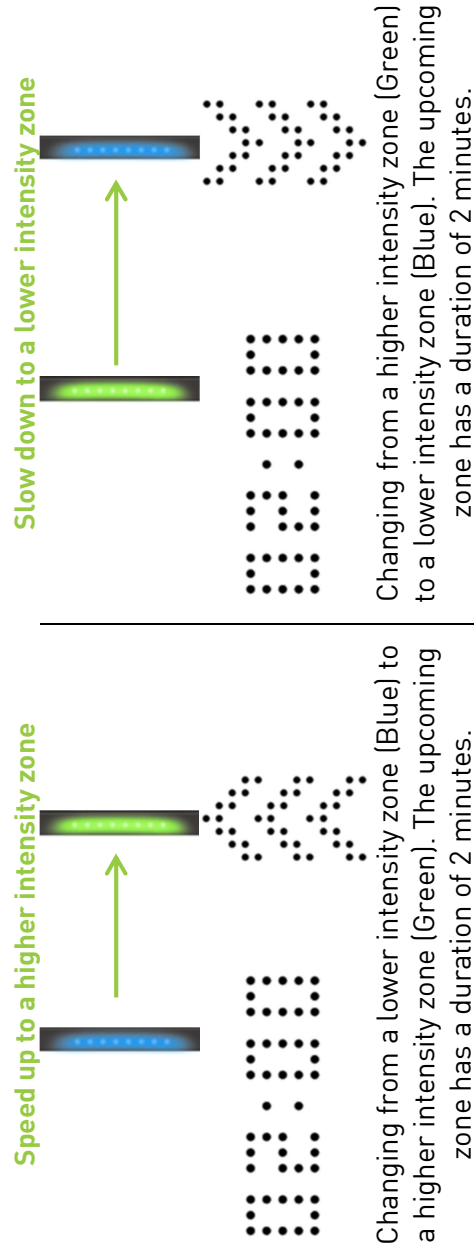
White 	Blue 	Green 	Yellow 	Red 
White is shown when the current zone is below the Blue Zone.	The easiest zone, you'll train here in early stages of your plan and during warm-up and cool-down.	In this zone, you'll burn calories, boost endurance, and build a greater cardiovascular capacity.	Here the training will become more difficult.	Training in the Red Zone develops strength, speed, and power.

For more information on zones, go to miCoach.com.

3.2.5 Changing zones



When changing into a higher intensity zone, your miCoach FIT SMART displays the duration of the upcoming zone and a speed up animation. When changing to a lower intensity zone, the duration of the zone is displayed followed by a slow down animation. Accompanying a zone change, the light pipe will flash the color of the upcoming zone and your miCoach FIT SMART will provide haptic feedback in the form of five vibrations leading you into your right pace or heart rate based zone.



3.2.6 Staying in the zone

If you're training with too much intensity, or not enough, your miCoach FIT SMART will let you know. Three different animations and haptic feedback in the form of three vibrations help keep you in the zone — whether you need to speed up, slow down, or maintain your pace.



3.2.7 Completing a Coached Workout



As the workout comes to an end, your miCoach FIT SMART will display a countdown from 5 to 0. Once it's done, you can decide if you want to keep running, which will be tracked as a Free Workout, or end the workout via a long center button press and toggling to the end workout icon.

1. Countdown



During the final 5 seconds of the workout, your miCoach FIT SMART will display a countdown of -5, -4, -3, -2, -1, 0.

2. Completed



Once the countdown is finished, the workout completed screen is displayed for 1 second.

Please note: Once the Coached Workout is finished, you'll need to manually end the workout in order to save the data. See section 3.2.9 for how to manually pause or end a workout.

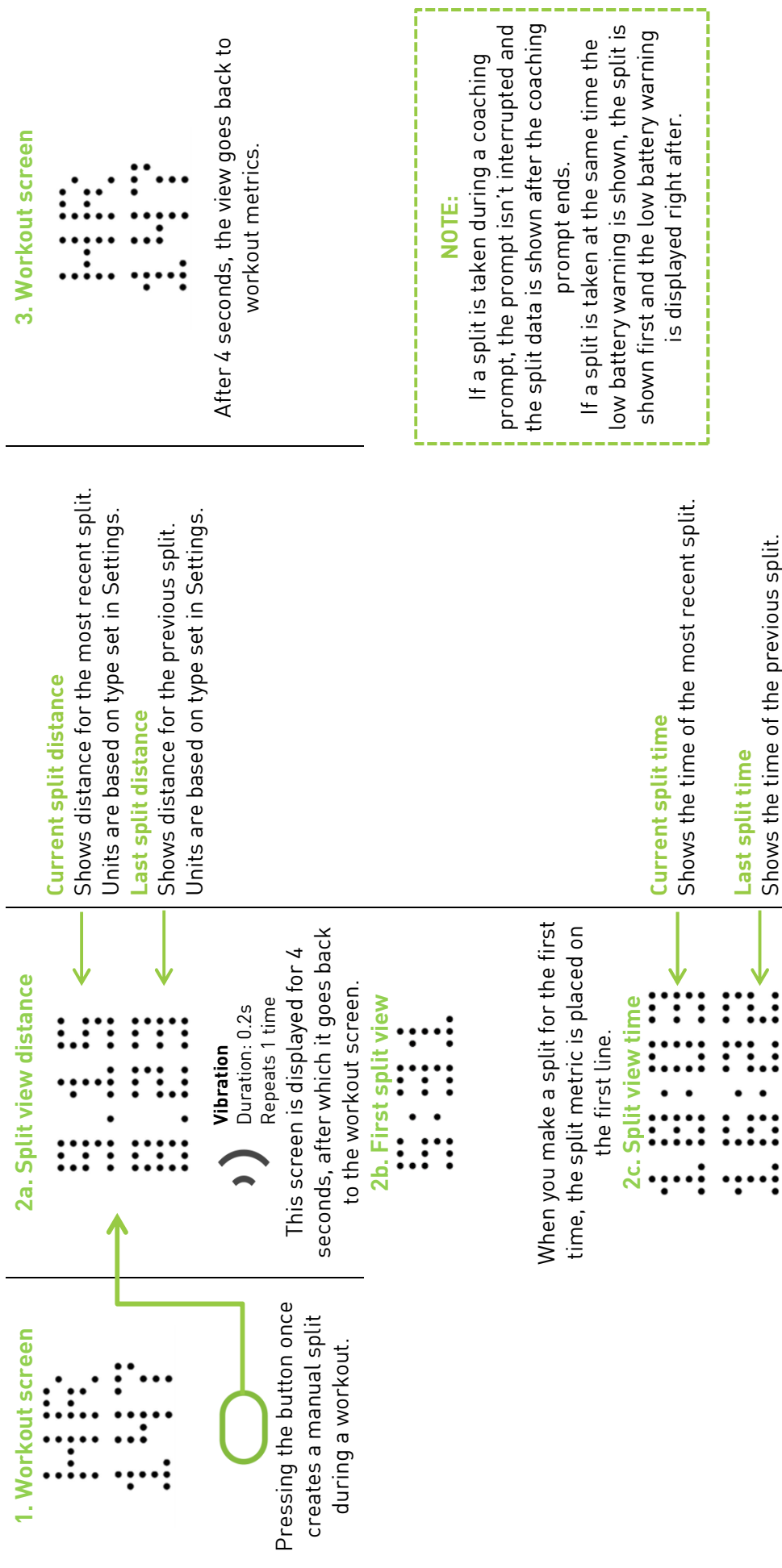
3. Elapsed time



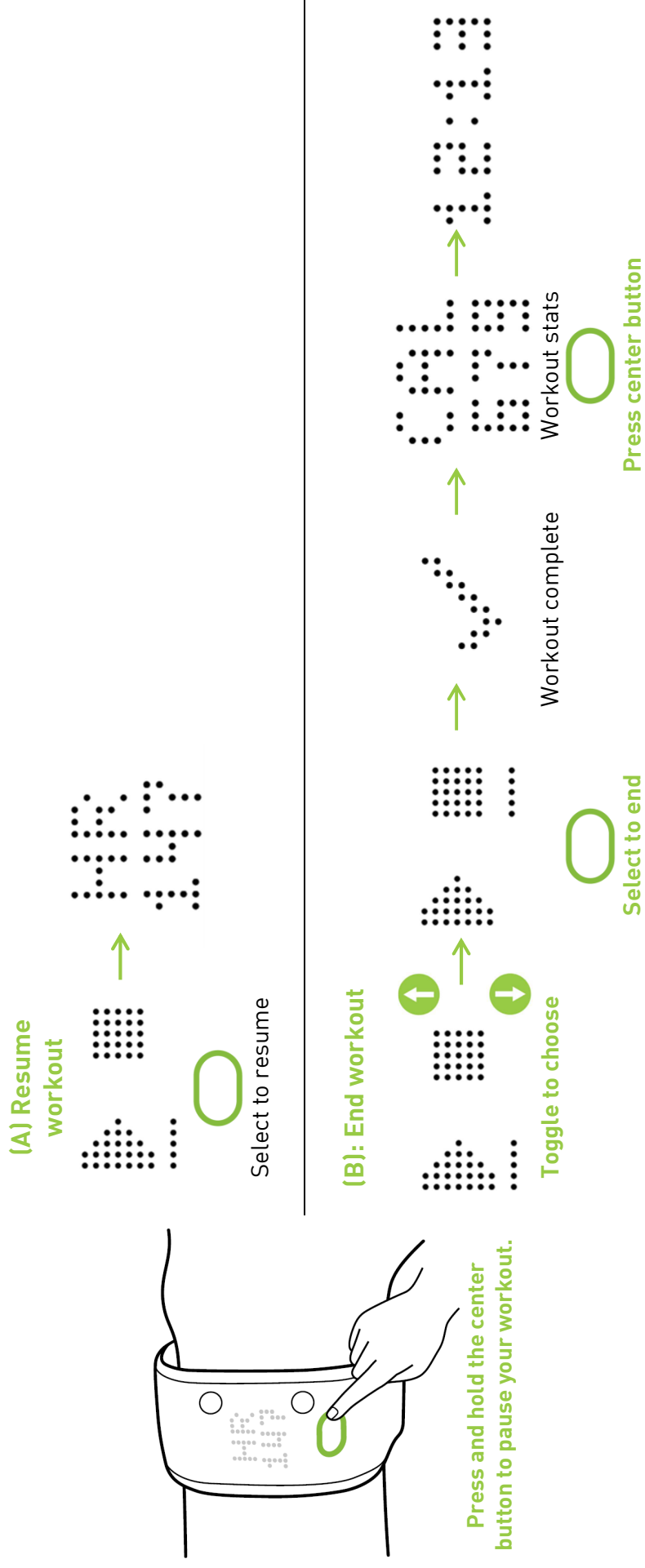
After the workout completed screen, the workout continues as a Free Workout. Heart rate and pace zones are still displayed on the light pipe, but coaching prompts aren't given anymore.

3.2.8 Manual splits

Create manual splits based on distance or time by selecting your preferred metric in the app. All split data must be synced to the app for review. Whenever you create a split during a workout, the Auto Lap screen is disabled. Auto Laps are still saved in the background and transferred to the app for analysis. For information on how to configure Auto Laps, see section 5.1.



3.2.9 Pausing/ending a workout



To sync your completed workout data to the miCoach train & run app, see section 3.2.10.

3.2.10 Synchronizing your completed workout data



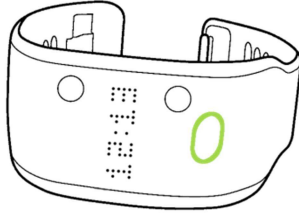
When you are done with your Coached Workout, you can check out your workout results on your miCoach FIT SMART by toggling through the metrics once you ended your workout. What is even better though is seeing those results on your app screen which contains time, distance, calories, and pace as your main metrics as well as a graphic depiction of these metrics when you click on “charts”. To get to this screen you have to synchronize your workout data with your mobile phone. The steps leading there are explained below:

1. Enable Bluetooth®



Turn on Bluetooth® in your smartphone settings.

2. Turn on your FIT SMART



Short press the center button to turn your miCoach FIT SMART on.

3. Pair your FIT SMART



Open the miCoach train & run app, and search for your FIT SMART under the ‘Devices’ menu. Select the serial number of your miCoach FIT SMART to pair.

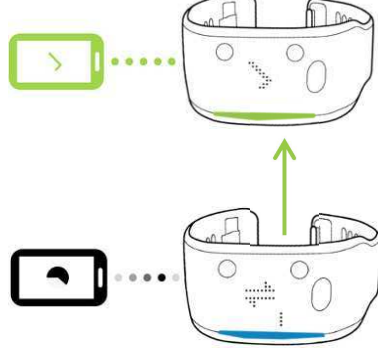
4 Sync your FIT SMART



Tap the three dots at the top of the screen to synchronize your miCoach FIT SMART with your mobile phone.

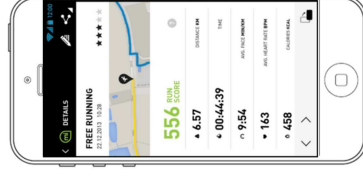
4. Syncing

Sync in progress Sync completed



Your miCoach FIT SMART will synchronize all completed workouts to the app, and will simultaneously download planned workouts and profile settings from the app.

5. View your workout data



View your workout summary data and your charts in greater detail on the miCoach train & run app.

3.3 Free Workout

Free

A Free Workout doesn't have active coaching or time limits, but it will provide zone feedback via the light pipe so you can train with as much or as little intensity for as long as you like. Your miCoach FIT SMART will still record your heart rate, pace, speed, and distance data.

3.3.1 Starting a Free Workout

1. Select the Free Workout menu From the Time menu, navigate to the Free Workout menu and press the center button.	2. Begin heart rate detection* <i>*Press center button to cancel heart rate detection.</i> Heart rate detection begins automatically.	3. Heart rate detected A check mark is displayed once your heart rate has been found.	4. Start workout Press the center button to begin a Free Workout.	5. Workout started
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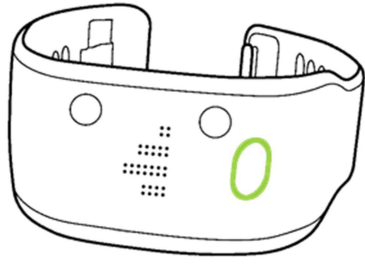
To create manual splits, see section 3.2.8.
To pause or end your workout, see section 3.2.9.
To sync your workout data, see section 3.2.10.

3.3.2 Workout results – Run Score

Your Run Score appears after every Free Workout over a distance of at least 1.5km at a speed of at least 6 km/h. It is measured on a scale of 0 to 1,000 and allows you to track your running progress, compare your performance with others, and predict race performance. A score of 0 is equivalent to a walking pace and a score of 1,000 is equivalent to a world record pace. Based on the Run Score you achieve, miCoach provides you with predicted race times for 5K, 10K, half marathon, and marathon paces.

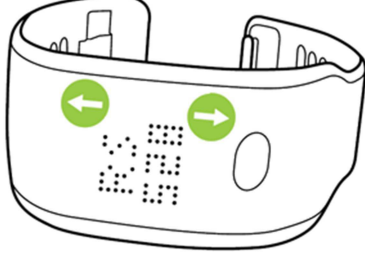
When you are done with your Free Workout, you can check out your workout results on your FIT SMART by toggling through your workout stats.

Open the Stats menu



From the Time menu, navigate to the Stats menu and press the center button to view your statistics.

Toggle to Run Score



Navigate through your statistics until you see the Run Score from your last workout

More detailed results are available on your app screen which displays your main metrics, time, distance, calories, and pace, all accessible in chart format, as well as showing your Run Score after your metrics.

Run Scores are only calculated for Free Workouts over a minimum distance of 1.5km and a minimum speed of 6 km/h. A Run Score is automatically calculated for every Free Workout that meets the above thresholds.

For more information on viewing your workout statistics, see section 3.4.

3.3.3 Training with your miCoach FIT SMART and the miCoach train & run app

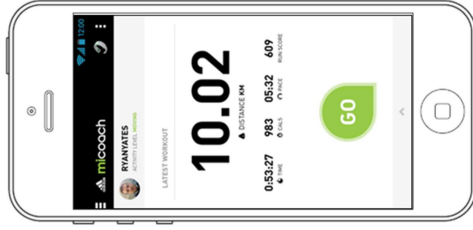
Your miCoach FIT SMART was designed to work as a standalone device, but you can pair your miCoach FIT SMART with the miCoach train & run app to add GPS data to your workouts.

When paired with the app, you can start, pause, and end a workout directly from your miCoach FIT SMART, and the app screen will display your workout statistics and results. Following the instructions on the app, you can select a training plan and then workout on the app. You can also select a Free Workout from the home screen by tapping the “Go” button, or you can select a workout which is already part of your Cardio Plan at the bottom of the screen.

If you want to do a Single Workout, swipe upward to access your pre-installed sample workouts. No matter which way you access your workouts, select the workout you want to do by tapping it, and your miCoach FIT SMART will follow by entering heart rate detection mode. It will then be ready to go. All you need to do is press the center button on your miCoach FIT SMART to get started.

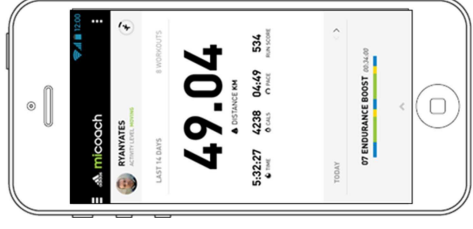
Please note that if you train with your miCoach FIT SMART and your mobile device with the miCoach train & run app, we advise you to train wearing both the miCoach FIT SMART and your mobile device on the same arm or side of your body.

Start a Free Workout



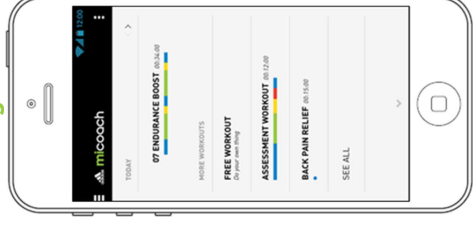
From the home screen, select “GO” to begin a Free Workout.

Start a Planned Workout



If you have already set up a planned workout, this one will be available further down the home screen.

Start a Single Workout

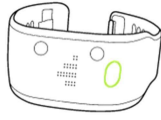
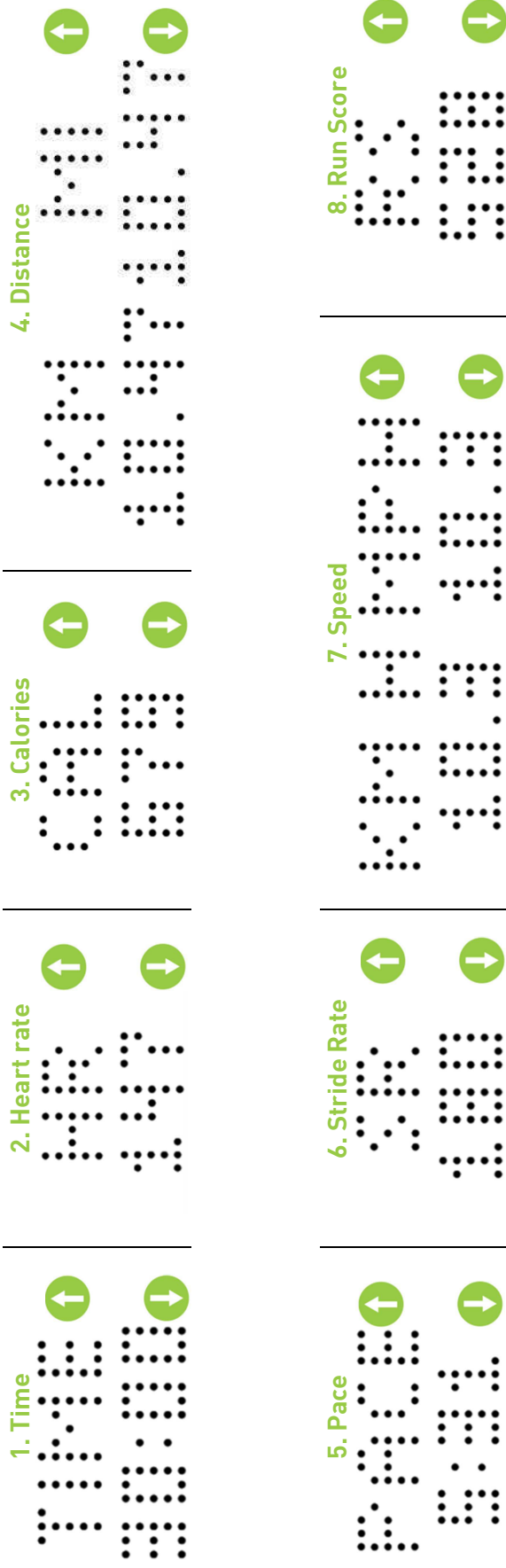


Swipe up from the home screen to access your sample workouts.

3.4 Stats



You can toggle through a summary of your most recent workouts by selecting the Stats menu from the main menus. Using the app, you can define which metrics you want to see and in which order. The Stats section only shows a single metric screen layout and doesn't use any double metric combined views so that you always know which stats you're looking at for the most transparent representation of your data.



From the Stats sub-menu (toggling through the metrics), press the center button to return to the main menus.

4 Special workouts

4.1 Assessment Workout (to calibrate speed, distance and heart rate zones)

The Assessment Workout is crucial to getting the most out of your miCoach FIT SMART. The Assessment Workout is a 12-minute workout progressing in intensity through each of the zones. The data recorded during the Assessment Workout is used to:

- adjust your personal miCoach Zones to your fitness level.
- calibrate your miCoach FIT SMART's internal accelerometer to enhance the accuracy of the distance and speed data recorded.

In order to calibrate the internal accelerometer, it's necessary to complete the Assessment Workout with a mobile device equipped with the miCoach train & run app, as the GPS signals are used to adjust the internal sensor. If you complete the Assessment Workout without a mobile device, only your personal miCoach Zones will be calibrated.

Detailed instructions for the Assessment Workout are available on the miCoach train & run app. Calibrating your zones and the accelerometer are recommended to ensure proper speed and distance tracking, resulting in an enhanced user experience and coaching.

