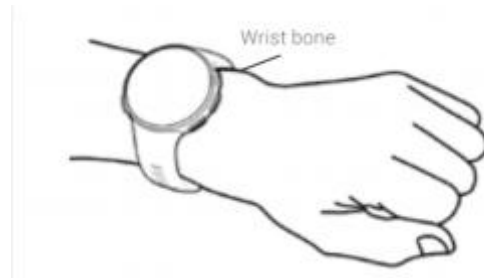


## Heart rate training

Wrist-based heart rate measurement is convenient and easy. Tighten the wristband for training, start a training session on your watch, and you're ready to go. To get accurate heart rate readings during training, wear your watch for a few minutes prior to starting the heart rate measurement in order for your skin to adapt to the watch. Secure the wristband firmly on top of your wrist, just behind the wrist bone. The sensor on the back must be touching your skin.



## Start Activity

1. Wear your watch and tighten the wristband.
2. Press Menu button
3. Scroll down and select Activity by pressing the start/stop button
4. Scroll again to select your activity – whether it is Running, Biking, Walking, Cycling etc.
5. Press start button to start the activity and press the same start/stop button to end it.
6. You will be given a choice of whether you want to save this data or discard it. You can select the appropriate option and proceed
7. You can review this data at a later time by going to the activity and scrolling down to the review option

## PAUSE AND STOP TRAINING

Press Start Stop to pause your training session. To continue training, select Resume. To stop the session, select the End option

## Watch Face

You can customize your watch with your favorite sports and the information you want to follow during your sessions with Traq. To change the watch face, go to the settings options in the menu and then select watch faces. Scroll down or up to select your favourite watch face. Press select and that watch face will now show up on the main screen.

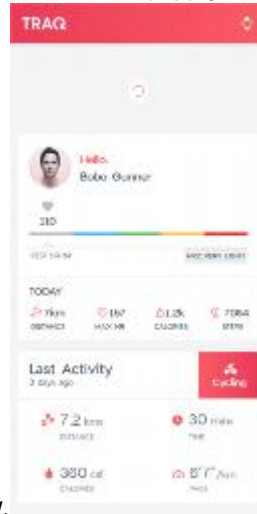
## TAKE CARE OF YOUR TRAQ

Keep your watch clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. Do not charge the watch when it's wet.

## TRAQ APP

**VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP.** Get the TRAQ app on the App Store or Google Play. Sync your watch with the Traq app after training and get an instant overview and

feedback on your training result and performance. In the Traq app you can also check how you've



slept and how active you've been during the day.

## How to get started

### Get to know your TRAQ.

To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable that came in the box. The cable magnetically snaps into place, just make sure to align the pin points on the charger with the slot on your watch.

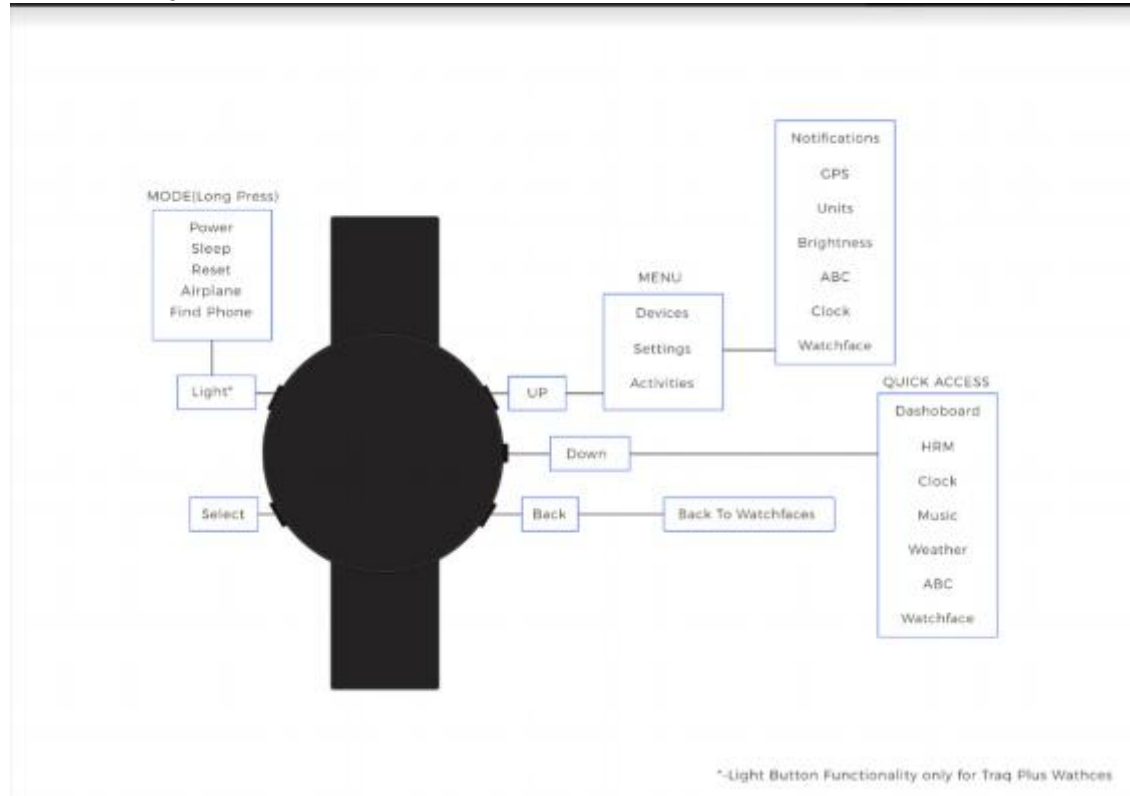
Please note that it may take a while for the charging animation to appear on the display. SET UP WITH A MOBILE DEVICE AND TRAQ by Titan APP. Please note that you have to do the pairing in the TRAQ app and NOT in your mobile device's Bluetooth settings.

1. Make sure your mobile device is connected to the internet and turn on Bluetooth®.
2. Make sure your location on the phone is set to high accuracy setting
3. Download the TRAQ app from the App Store or Google Play on your mobile device.
4. Open the TRAQ app on your mobile device.
5. The app recognizes your TRAQ watch nearby and prompts you to start pairing it.
6. Accept the pairing request and enter the Bluetooth pairing code shown on the watch display to TRAQ app.
7. Sign in with your GMAIL/FB account or create a new one.

We'll walk you through the sign-up and setup within the app. When you're done with the settings, tap Save and sync and your settings are synced to your watch.

Options A and B: If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

Understanding the watch better:



### Key features

#### CONTINUOUS WRIST-BASED HEART RATE MONITORING

The cutting-edge wrist-based Valencell sensor fusion technology combines optical heart rate measurement with skin contact measurement providing accurate wrist-based heart rate monitoring throughout the day, even in the most demanding training

#### GPS

Your fitness watch uses GPS — or Global Positioning System — to determine your exact location so that you can exactly track your distance travelled on those long runs. This also helps in calculating your speed and other running related metrics.

#### TRIATHLON/BIKING/CYCLING

## USB Charging



1. Plug in the USB cable to the cradle and put the watch onto the cradle. Then plug in the USB cable to the 5V D.C. source to start charging. On the clock screen, the battery icon will swipe from left to right to indicate charging is in progress.
2. If you plug in the USB cable to the computer, you can do the data communication between the watch and the computer

## Technical Specification

Battery Type: 290 mAh Rechargeable Lithium-ion Polymer

WATER RESISTANCE: 5 ATM (Fit for indoor and outdoor swimming)

Materials: Toughened mineral glass. <Placeholder for Case and Strap>

Operating Temperature: 0 ~ 50°C

Transmission Frequency: 2.4GHz

Bluetooth: 2402MHz - 2480MHz

ANT+: 2457MHz

Max Power: <6dBm

Operating power: 3.8VDC

FCC ID: 2AK9F-7500

Model: 75004PP03

## FCC STATEMENT

Caution: If any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

The RF Exposure Compliance distance is 5 millimeters.

NOTE: 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.
- 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.

**Titan Company Limited**

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