

User manual

Model:JC-J076

Congratulations on your new

AVIA Stride



Download Avia Ascend from the App Store to get started.

Package Includes:

1 Avia Stride Activity Tracker
1 Small & 1 Large Wrist Band
1 User's Manual

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What's in the box

Stride



Small and large bands included

Understanding your Stride

Icons featured on the OLED Display



Bluetooth™ Synced with Device



Battery Charging



Battery Level



Steps



Miles



Calories Burned



Sleep Mode



Exit Sleep Mode



Goal Reached



Incoming Call



Incoming Text

FCC Statement

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

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

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

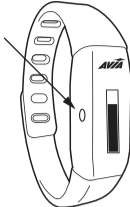
Contact us

support@aviafit.com



Activating Stride

Press and hold the button on your Stride until the progress bar fills.



When you see the AVIA logo, your Stride is ready for use.



Charging Stride

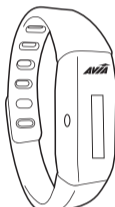
Remove Stride from the silicon band.



Insert the USB tip into any USB port to charge.



A battery icon will show when your Stride is charging.



When the battery icon is solid, your Stride is fully charged. The average charge lasts 7 days.

Pairing Stride

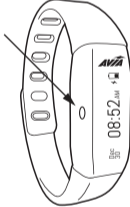
Download the Avia Ascend app from the Apple App Store or Google Play.



Follow the app's instructions to pair your Stride with Avia Ascend.

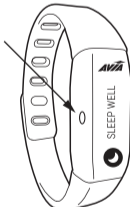
Navigating Stride

Press the button on your Stride to toggle through your stats and view the time.

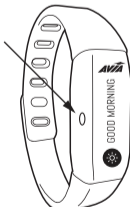


Sleep Mode

Press and hold the button on your Stride until you see the Sleep screen.



To exit Sleep mode, press and hold the button on your Stride until you see the Good Morning screen.



Changing Bands

Pull the bands off from both sides of the Stride to remove.

