

Bluetooth SOLEUS Rise Activity Band

Introduction

Thank you for purchasing the Bluetooth (BLE 4.0) SOLEUS Rise using OLED display. This product can record your Exercise time, Steps, Calorie, Distance, and Sleep that will track your total sleep time, deep sleep and light sleep.



Note that the actual color and artwork may vary from style to style.

Charging Battery to PC

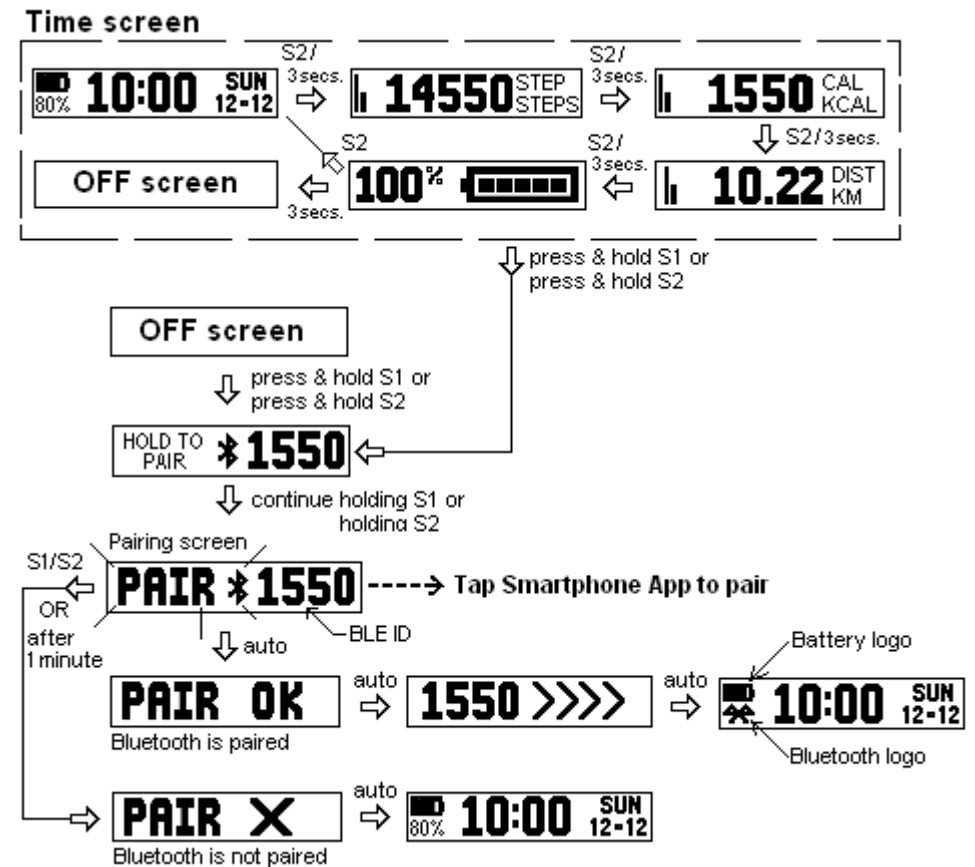
Charge the unit for at least 3-4 hours before first use. The length of time for a fully charged battery will last depending on the actual usage.

- Plug your USB cable to your PC.
- Align the charging clip with the contacts on the back of the SOLEUS device.
- Connect the charging clip securely to the SOLEUS device.

Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

How to pair your SOLEUS device with smart phone:

- Press & hold S1 or press & hold S2 from any of the **Time screen** or **OFF screen**. The “HOLD TO PAIR, BLE logo & ID CODE” appears followed by pairing screen. Then tap the SOLEUS phone App to pair.

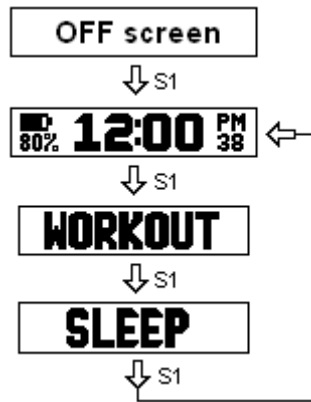


Notes:

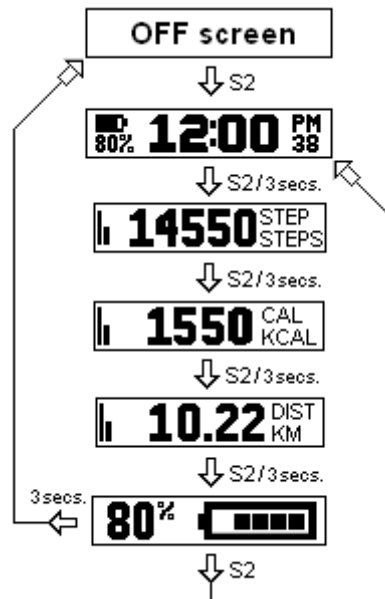
- If pairing is successful, the “PAIR OK” appears. And it will auto return to Time mode.
- If pairing is not successful, after 1 minute, the “PAIR X” appears.
- While in pairing screen, User has an option to cancel the pairing process by pressing S1 or S2.
- While in OFF screen or in any Time screen, press & hold S1 or press & hold S2 to turn off the Bluetooth.

Knowing the Bluetooth SOLEUS Rise

- Press S1 button to scroll the main modes; TIME, WORKOUT and SLEEP mode.



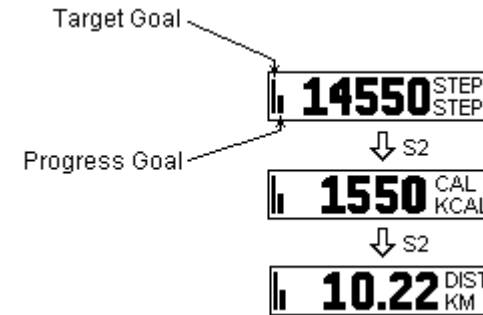
- Press S2 button or wait for about 3 seconds to scroll the main screen; TIME, STEP, CALORIE, DISTANCE and battery indicator.



View progress Goal STEPS, CALORIE or DISTANCE

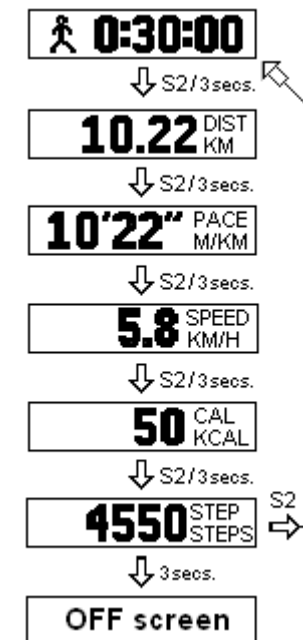
While doing your exercise, you can view the progress of your Goal Steps, Calorie or Distance.

- Press S2 from OFF screen to view your goal Daily Steps, Calorie and Distance.



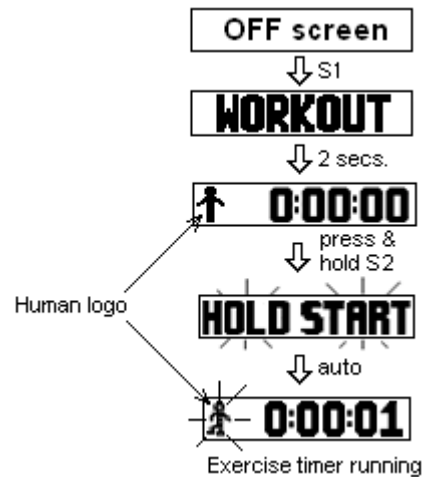
❖ Once you reach your target goal, the SOLEUS device will display “CONGRATS!”

- Press S1 button from OFF screen to go to WORKOUT mode then press S2 or wait for about 3 seconds to scroll the various screen such as exercise time, distance, pace, speed, calorie and steps.



WORKOUT mode

- Press S1 button from OFF screen to go to WORKOUT mode.
- Press and hold S2 and wait until “HOLD TO START” will appear to start your exercise (the human logo will start moving and the exercise timer will also start counting).



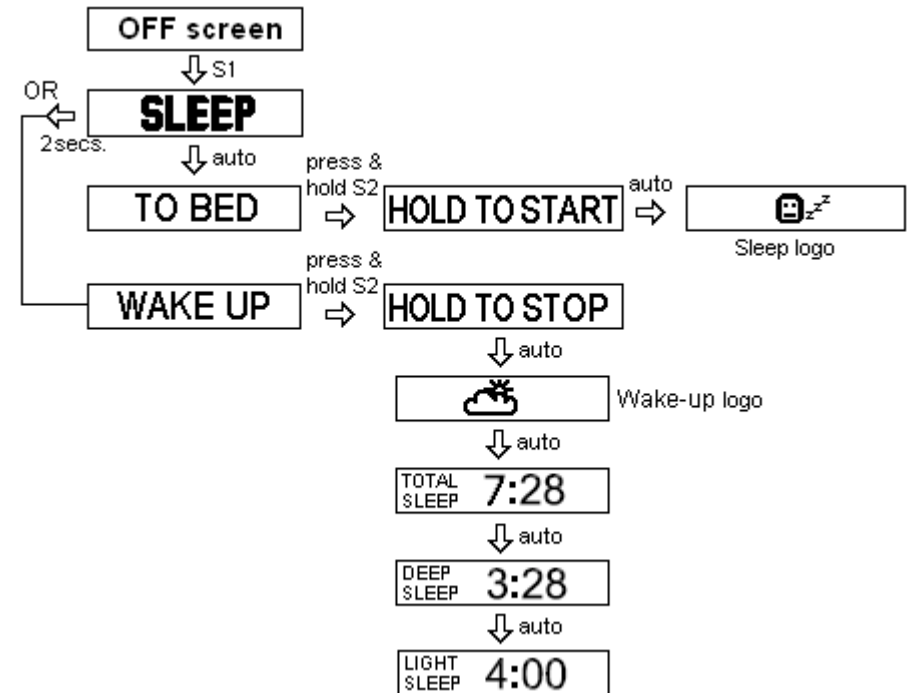
- Press and hold S2 and “HOLD TO STOP” will appear.
- Press and hold S2 and “HOLD TO SAVE” will appear followed by “SAVED” screen to save your activity.

Notes:


- ❖ While the exercise timer is running or stop or save, press S2 to scroll the workout views.
- ❖ There's no restart function.

SLEEP mode

- Press S1 button from OFF screen to enter SLEEP mode. And seconds later, it will appear “TO BED”.
- Press and hold S2 to start your bed time and “HOLD TO START” will appear followed by the sleep logo.
Or press and hold S2 to wake-up and “HOLD TO STOP” will appear followed by Wake up logo, Total sleep time, Deep sleep and Light sleep.



How to reset device

In any screen, press and hold S1 (about 10-15 seconds) until the “OFF” and “RESET” appears then release the button once the first test pattern  will appear.

Data Memory

Exercise data: 10 files
Daily data: 7 days
Sleep data: 7 files

Note that when Memory is full, Memory is managed in First in – First out basis. The oldest file will be automatically deleted and replaced by the newest file.

This device is an IPX7 standard.

Battery Charge

The SOLEUS device is powered by a built-in lithium-ion battery. It can be charged using the USB port and it takes approx. 3.0 hours to fully charge the battery. Please charge the device before using and never to hit empty.

Press any button from OFF screen to show the battery level during charging period.

Battery Life

Battery power will last for 7 days typ. on a single charge.

Battery Replacement

The battery on this device is not User replaceable and it is highly recommended by an authorized service personnel only.

Size and Weight

Device size (L x W x T): approx. 38.7 x 16.0 x 11.5 mm.

Device weight: approx. 18.0 grams

Water Resistance