XTREME®

XFIT Watch.

Device Diagram

Clock Screen

Distance Screen

Calories Burned Screen

Activity Time Screen

Steps Taken Screen

Compatible with: iPhone 4S/5/5C/5S, 6, 6 Plus, iPad 3/4/Air/Mini, IPod touch 5th Gen.
Running Apple iOS 6 or higher.
Samsung Galaxy S3, S4, S5, Note 2, Running Android 4.3 or higher.
Tab 4 10.1" (w/ Android 4.4.2+)

Charging your wrist band

- Before starting, charge your device.
- To access charging port, remove the tracking unit from the wrist band to expose the micro usb port.
- Use the supplied charging cable and plug the micro USB side (small end) into the tracking unit and the other end into a computer USB port or a home charger with USB port (not included)

Getting Started

To gain access to quick start guides, how to videos and **links to download the app** plus much more.
From your device, open your web browser and type in:
xtremecables.net/xfitapp.aspx
or scan the QR code below from a scanning app.

Download app at xtremecables.net/xfitapp.aspx

After downloading the app, open it up and enter your personal information.

1. Press English or metric
2. Type in your name at the top
3. Tap stride to enter stride (distance between each step [most people are 25-30 inches or 70-75 cm])
4. Tap height to enter height
5. Tap weight to enter weight
6. Tap Goal to enter how many steps you want your daily goal to be.
7. Select gender
8. Tap age to enter age
9. Press the 'Continue' Button in top left corner.

Sync wristband with app

1. In the app Press the 'Sync' Button in the App
2. Select your device from the list
3. Press OK
4. After this, when syncing your device again, you will not need to select your device over again
5. To clear your data and start over, press 'Clear Data'
6. To reselect another device or your device over again, press "Reset". *Warning, this will clear all your synced information*

Your device is always on tracking your movements. Sync your band to only one device every 24 hours to avoid data loss.

Sleep mode

When you are ready to go to bed at night, you will want to put your wristband into sleep mode to monitor your sleep activity.

1. On the band, while on the clock screen press and hold the button until the moon symbol appears.
2. To exit sleep mode, press and hold button until the clock symbol returns.
3. When you are not in sleep mode you are automatically in activity mode tracking your every step. Your device is always on tracking your movements

Using the App – Tracking Steps

- The first screen shows your statistics for that day.
- To scroll through the past days, swipe your finger left or right on the date. (Date code is Day/Month/Year)
- Taping the 'details' button button will take you to the daily detail page. Tapping the 'summary' button will take you back.
- Tapping the Activity 'History' icon will bring you to the history page. To view details of a day in history tap a date.

Using the App – Tracking Sleep

- Tapping the 'Sleep' button will bring to the Sleep Screen
- 'Tapping the 'Details' button' brings you to the daily detail page. Tapping 'summary' button brings you back.
- Tapping sleep 'History' icon on the bottom will bring your sleep history. To view details of a day in history tap a date.

Trouble Shooting
Call: 1-877-536-8766
Email: customerservice@xtremecables.net
Website: xtremecables.net/xfitsupport.aspx

My device is still not syncing
Update your iOS or Android software to the latest version. If the problem still persists uninstall the app and re-install it. You can also try to recharge your band and then try syncing again. As a last resort use small paper clip to hold down the tiny button on the bottom of the band for a few seconds to reset the band.

My phone syncs but it does not show any new activity data.
Check to see if your band was in sleep tracking mode. To do this look at the screen to see if a moon symbol is showing on the clock screen. To disable sleep mode, hold down the button until the clock symbol appears.

My band is not working anymore and the screen does not light up.
Try charging your band for a few hours.

Only sync the band with one device. Data will not sync between devices.

Note: The wrist band is not water proof, only splash proof. Do not submerge under water.