

LYNK2 User Guide

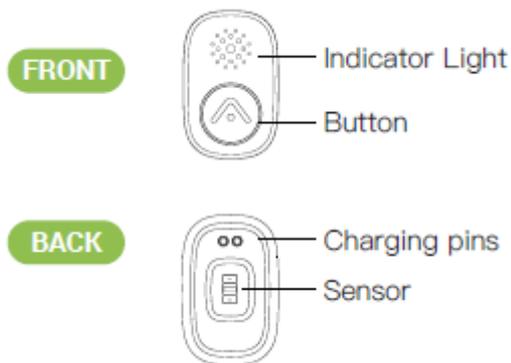
Thank you for selecting the LYNK2 as your fitness tracker choice.

IMPORTANT
This product is for recreational sports purposes only and it is NOT meant to replace any medical device.

This manual contains important safety & care information and provides step-by-step instructions for using this product. Read this manual thoroughly and keep it in a safe place for any future reference.

DEVICE OVERVIEW

A. LYNK2 module



B. Wrist Strap and Body Strap



GETTING STARTED

UNPACKING THE PRODUCT

In the packaing, you will find:

- LYNK2 module x1
- Adjustable Wrist Strap x1
- Adjustable Body Strap x1
- USB Charger x1
- User Manual x1

FULLY CHARGE THE LYNK2

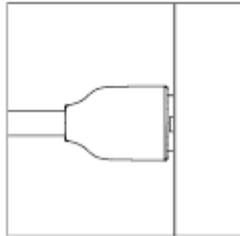
Please fully charge the LYNK2 before you start using it.

IMPORTANT

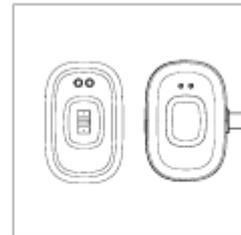
Make sure the two charging pins on the back of the LYNK2 are clean and dry. If they are wet, pat them gently with a dry towel.

Charging the LYNK2

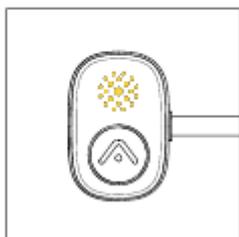
1. Plug the USB charger into the USB port of your computer or USB chargers



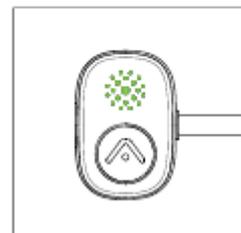
2. Align the two charging contacts on the back of the LYNK2 module to the two charging pins on the USB charger. The magnets in the charger will help the two pieces lock into place.



3. The screen will display a pulsing yellow light to indicate that the battery is charging.



4. It will take approximately 2 hours to fully charge. When charged completely, a green indicator light will pulse. Each full charge will provide up to 5–7 days of normal use.



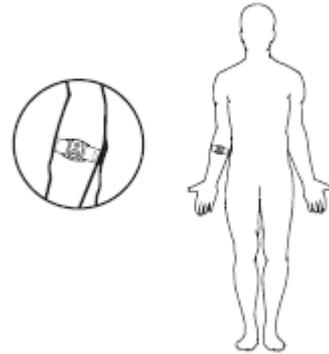
How to wear the LYNK2

The LYNK2 module has a versatile design in which the device could be worn on the wrist or on the Forearm or Upper Arm.

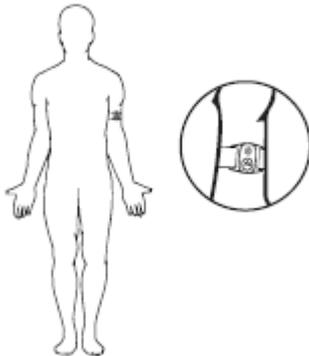
a. Left/Right Hand (module with wrist strap)



b. Forearm (module with body strap)



c. Upper Arm (module with body strap)



WARNING

Inaccurate heart rate data will be detected if the device is worn other than instructed

How To Use the LYNK2

There are 3 types of modes for the LYNK2.

- Heart Rate Only Mode (default mode)
- Workout Mode (requires connection to the Accuro App)*
- All-Day mode (requires connection to the Accuro App)*

*Workout and All-Day mode will allow you to automatically track your heart rate, PAI score, calories, steps, distance, and sleep data. If you would like to access these features, please proceed to **Preparing the LYNK2 to connect to your Smart Phone** section.

Heart Rate Only Mode

Heart Rate Only Mode is the default mode out of the box. This means the LYNK2 can be used as a basic Heart Rate monitor to connect to a Heart Rate Monitoring APP via Bluetooth or gyms / clubs that have the ANT+ Heart Rate Projection System. Heart Rate Only Mode will not have the ability to automatically track your heart rate, PAI score, calories, steps, distance, and sleep data. Those features can be utilized if you connect directly to the Accuro App.

Turn on LYNK2

LYNK2's default state is set as turned off when delivered. In order to turn on LYNK2, please push the button once. You should see a pink / white light indicator flashing. When a LYNK2 is placed on the charger, the unit will be automatically turned on and vibrate once.

Using the LYNK2

Once the LYNK2 is on, you can connect or sync to your workout app via Bluetooth or connect to ANT+ Heart Rate Projection System in the gym or club

NOTE The workout will begin once the LYNK2 detects the heart rate. Once the LYNK2 detects the heart rate then you will see the Green light flashing.

Turn off LYNK2

To turn off the LYNK2, you will need to press the button 3 times. The LYNK2 will vibrate and will see the Cyan light appear and then begin to disappear.

Preparing the LYNK2 to connect to your Smart Phone

You will need to reset your LYNK2

Place the LYNK2 on the charger (making sure the contact on the LYNK2 is connect to the pins on the charger) If you are unsure please refer to the “Charging” section.

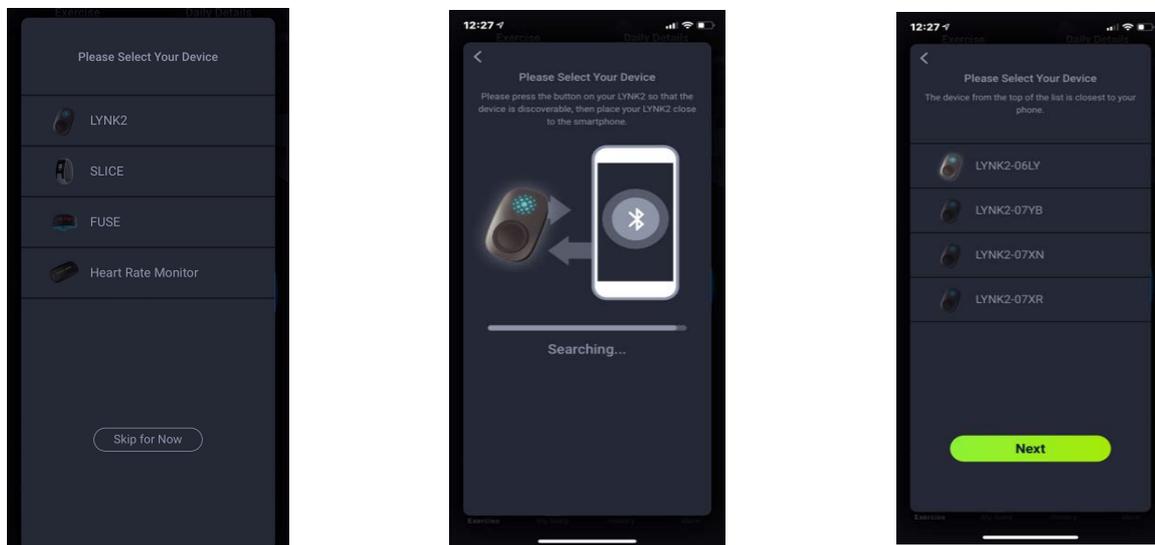
When the LYNK2 is charging, press and hold the button in which the LYNK2 will begin vibrating 3 times with the red light flashing. Continue to hold the button until you see an orange light appear. Then release the button. Remove the LYNK2 from the charger. You will also see a cyan light flashing which means the LYNK2 is ready to pair.

Pairing your LYNK2 to your Smart Phone

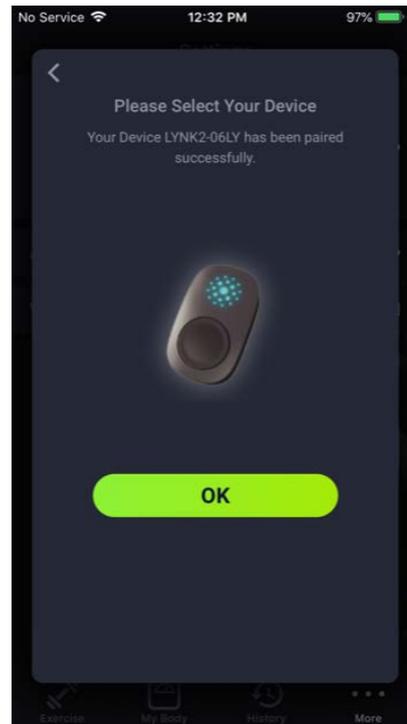
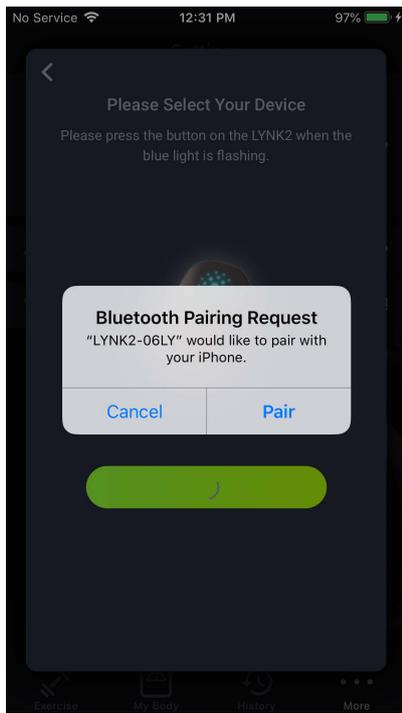
Download the Accuro App from the Apple or Google Playstore

*If you have not created an account, please Sign Up for an account before proceeding.

Open and login into the Accuro app. Once you login into the app, the app should take you to “Please Select Your Device” page.



Select the LYNK2 and press the NEXT button. Follow the instructions on the next screen. The app will try to find your device. If multiple devices appear, bring your LYNK2 as close as possible to your phone. Tap [Try again] to refresh the list, then select the one at the top of the list.



After selecting your LYNK2 from the list, you should see a "Bluetooth Pairing Request" Screen. Press Pair and LYNK2 will begin to sync. Once completed you will see a note indicating your LYNK2 has been paired successfully. Your LYNK2 cannot be connected to another phone unless the LYNK2 is reset.

ALL DAY AND WORKOUT MODE

ALL DAY MODE

Once Paired, the device will function in "All Day Mode" When the LYNK2 is in "All Day Mode" the device will:

- Track Steps, Sleep, PAI, and Intensity Points
- Periodically take and record your HR data
- Give access to workout mode
- Indicator Zone Colors

The data will sync every time you open the Accuro App.

WORKOUT MODE

If you want to continuously track your HR throughout the day or if you want to use the LYNK2 with the Accurofit Heart Rate Display System (clubs/gyms), the LYNK2 will need to be in workout mode.

To turn on Workout Mode

- Press and Hold the button until it vibrates and the light comes on.
- The LYNK2 will find your HR and the color will switch to the corresponding color for your current zone
- When you are finished with your workout, press and hold the button to switch back to "All Day Mode".

Light Indicator for Chest Strap and Workout Mode

| WO mode (workout session) | |
|---------------------------|-------------------|
| White/Pink | Searching for HR |
| Blue | WO - HR in Zone 1 |
| Green | WO - HR in Zone 2 |
| Yellow | WO - HR in Zone 3 |
| Orange | WO - HR in Zone 4 |
| Red | WO - HR in Zone 5 |

| HR Only Mode | |
|--------------|------------------|
| White/Pinks | Searching for HR |
| Green | HR Broadcasting |

| On Charger | |
|------------|---------------|
| Yellow | Charging |
| Green | Fully Charged |

LYNK2 Troubleshooting

Charging Issues

Start by inspecting the charging pins on the charger and the contact points on the back of the Lync 2. Check for any damage or buildup that could be stopping them from making contact. If necessary, clean the contacts with mild soap and water.

HR Issues

If the Lync 2 is not finding or constantly dropping your HR, you may need to wear it a different way.

When on the wrist, be sure the unit is snug and 2 finger widths away from your wrist bone. You can also try this same distance with the pod on the inside of your arm.

When on the armband, be sure it is snug. Try rotating or moving the band to a different part of your arm until you find a spot that works well for you.

Reset (HR Only Mode)

Take your Lync 2 and place it on the charger.

- While on the charger, press and hold the button, hold throughout the reset.
- The device will vibrate and flash red 3 times then resume charging. Let go of the button once the green or yellow light appears.

Reset (All Day Mode)

First, clear the Lync 2 from the phone.

- Go into the Accuro app More section and select Remove Device.
- Close the app and open your phones Bluetooth settings. Look for the Lync 2 in your previously paired device list and remove it.
- Turn off your phone's Bluetooth for now.

Next, take your Lync 2, and place it on the charger.

- While on the charger, press and hold the button, hold throughout the reset.
- The device will vibrate and flash red 3 times then resume charging. Let go of the button once the green or yellow light appears.

Finally, Pair the Lync 2 to the Accuro App again.

- Turn on your bluetooth, do not connect to anything.
- Open the Accuro app and and navigate to the More section. Select Add Device.
- Take the Lync 2 off the charger.
- Follow directions to re pair Lync 2.