

LAYER
8

FORMULA8

FITNESS MONITOR POD

Make Each Step Count



1

What's included

- **FORMUL8 FITNESS MONITOR POD**
- USB cable
- Adjustable wristband
- Belt clip
- User manual



2 Getting Started

Before your first use, press and hold the button on the pod for 10 seconds to activate the device.



The progress bar will change from empty to full indicating the pod is fully activated, as below:



3

Download and install the **LAYER 8** app from the App Store (iOS devices) or Google Play (Android devices).

Turn on **Bluetooth** in your smart phone or tablet's settings.



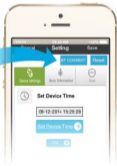
4

Open the **LAYER 8** app. Go to settings. Touch the "BT Connect" button. The device window will pop up. Select **FORMUL8**.

The pod will connect with your smart phone or tablet.



BT
Connect

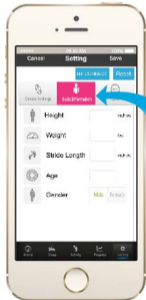


Settings

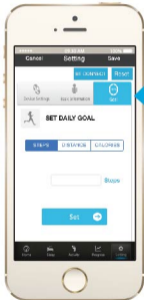


5

Set physical info & goals.
Save after setting.



Physical info



Set goals

6

Begin tracking your fitness progress.



Start to begin live tracking



Sync to download info from the Pod

7

FORMUL8 POD Functions:

08:25 AM Apr 30 

Time, date, batt.%

41789 

Calories burned

0:45 

Stop watch

0.67 

Activity timer

95236 

Step counter

50% 

Goal percentage



Sleep monitor

8

Using The Sleep Monitor:

Wear the **FORMUL8 POD** on your wrist while monitoring sleep.

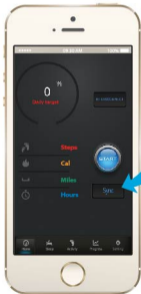
Just before you go to sleep press & hold the button on the **POD** for approx. 5 seconds until the sleep icon appears. Then press one time. A moon icon will appear. Go to sleep.

When you wake up press & hold the button until the time, date & battery icons appear.



9

Syncing the FORMUL8 POD



It is recommended that you sync the **FORMUL8 POD** once a week. But you can sync as often as you wish. The pod will track & store your activities for one year without syncing.

Sync Pod
to App

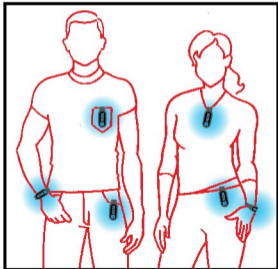


10

Wearing the FORMUL8 POD

You can wear the **FORMUL8 POD** in the included wrist band or the clip. You can even just carry the pod in your pocket.

Try it on different parts of your body until you determine what location you are getting the best readings.



11 Charging

Charge your **FORMUL8 POD** with the included USB cable. A fully charged pod should work for 5-7 days.

Battery percentage is indicated by the battery icon.

Charging takes 1 - 2 hours.

Battery
is low



Battery is
fully charged



NOTE: The pod should be charged at least once a month. Even if you are not using it.

FORMUL8 FITNESS MONITOR POD



SPECIFICATIONS:

Product Name: FORMUL8 Fitness Monitor Pod

Size: Main body: 46x23x10mm

Wristband: 84x25mm

Belt Clip: 60.5(L)x25 (W) mm

Weight: 9g

Battery: Rechargeable lithium battery

Display: 0.91" LED

Data Memory: 30 days

Walking distance: Max 621.365 miles

Calories burned: Max 9999.9 calories

Activity time: 99 hrs 59 mins

ONE YEAR LIMITED WARRANTY

Your FORMUL8 is warranted to the original consumer/purchaser for one year from purchase by LAYER 8.

All materials are covered including pod, wrist strap, clip & USB cable. Parts will either be repaired or replaced at LAYER 8's option.

This warranty does not extend to any parts of your FORMUL8 that have been subjected to misuse or accident or has been tampered with, altered, or repaired by anyone other than LAYER 8 SERVICE CENTER.

DO NOT return a defective FORMUL8 to the retailer. Return with this warranty, purchase receipt & a check or money order for the amount of US \$7.95 (\$9.95 outside Continental U.S.A.) payable through an U.S.A. bank to LAYER 8/SERVICE CENTER. This is not a repair charge but a cost to cover handling, packing, insurance and return postage.

Return your FORMUL8 in a way that is traceable. We cannot be responsible for your FORMUL8 if it does not reach us. Do not return the original box your LAYER 8 heart rate monitor came in. We cannot return it to you.

Email the service dept. before sending FORMUL8. Email a description of the problem with photos if applicable.

Email address: **service@Layer8performance.com**

Mailing address: **LAYER 8 SERVICE DEPT. 1400 Broadway, Rm 2202, NYC, NY 10018**