

First Steps VIITA Active

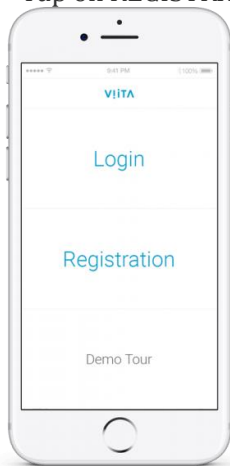
The first start of your VIITA Active HRV is fast and easy.

If the VIITA app is not already installed on your device, please follow these steps:

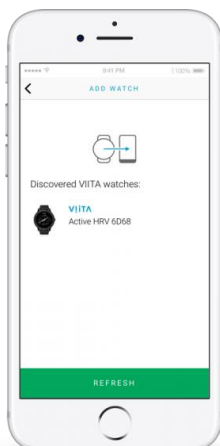
1. For Apple devices please click [here](#). For Android devices [here](#).
2. Tap Download on the App Store or Play Store.
3. Tap on Load. The installation process begins.
1. Activate the clock by pressing and holding the top button for 4 seconds.



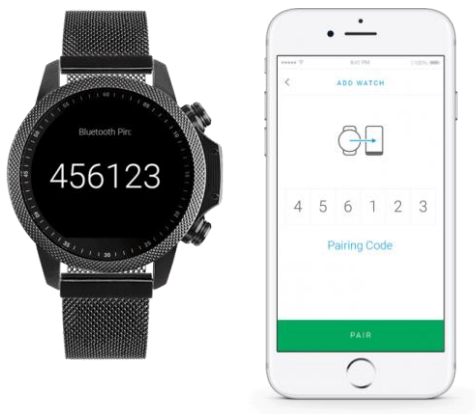
2. Open the [VIITA App](#) to start the setup wizard.
3. Tap on REGISTRATION to create your profile.



4. Choose your VIITA Active HRV. If there are several VIITA Watches in your area, make sure that the name matches your watch.



5. Enter the pairing code displayed on your VIITA in the [VIITA App](#). Then tap PAIR.



6. Follow the instructions in the [VIITA App](#) to complete the setup of your account.

Active Controls

Navigation

1. Press one of the two buttons to activate your VIITA Active Smartwatch.



2. Wipe left or right to navigate through the functions.



3. To access the home screen or cancel a function, press the top button. No matter in which position or in which function you are, with the upper button you can cancel it and get to the home screen.



Quick Start My Challenge

1. Press the button below to activate your VIITA Active Smartwatch.



2. Press the button below once more to access MyChallenge.
3. Select Running or Cycling, the selected mode is highlighted.
4. Select the planned route length



5. Choose the planned duration of your activity. Then tap START. Your activity starts automatically after a 5 second countdown.



Tip: If you want to repeat your last challenge you can press the lower button 3 times. Your VIITA Active HRV automatically takes over the values of your last challenge. So you can save time and get started right away.

Turn Off

1. Wipe to the left until you reach the SETUP menu. Tap on TURN OFF and confirm with YES.



Factory Reset

1. Press one of the two buttons to activate your VIITA Active HRV.



2. Press both buttons simultaneously for 4 seconds to reset your Smartwatch to factory settings. Then confirm with YES.



Of course, your training data, regeneration and stress values, calories and steps are retained on the [VIITA App](#) when resetting to factory settings.

Functions Active

Homescreen

Press one of the two buttons to activate the homescreen. Depending on the selected home screen, the display shows different values.

Steps+kcal



Displays the current date, battery status, your current heart rate, your steps taken so far and your calories burned so far for the current day.

Reg & Stress

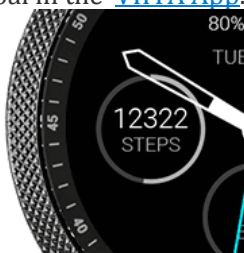


Shows your water consumption, regeneration values, stress values and your individual training recommendation.

Which of these two screens you want to use as a homescreen can be defined in the [VIITA App](#).

Steps

The status bar symbolizes how close you are to your defined step daily goal. You can set this daily goal in the [VIITA App](#).



Calories

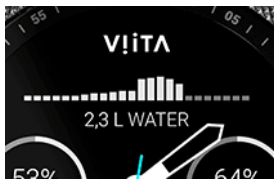
The status bar symbolizes how close you are to your set daily calorie target. You can set this daily goal in the VIITA App.



Note: If you do not wear your VIITA Watch, our intelligent algorithm will recognize and consider this. The algorithm deactivates the HRV and micro-movement measurement technology and uses values from your individual past instead. This ensures that you get accurate information about your calorie consumption even when you're not wearing your VIITA Watch.

Dehydration

Your VIITA automatically calculates the amount of water you need every day and also shows you your current consumption. So you know at any time how much water you have used so far. An example: If 2.3 litres are shown on the display of your VIITA at 22:00 hrs, then you should have taken at least 2.3 litres of liquid from 00:00 to 22:00 hrs.



Big Data

Through a multitude of data, which VIITA has collected millions of times since 2011, we have succeeded in developing an algorithm that makes it possible to determine your water consumption very precisely. Already 2% fluid loss leads to a performance deficit of up to 20%. This loss in performance is reflected in many measurable factors.

The following measurement data are used to calculate your individual water requirements:

- data of the micro movement sensor
- pulse
- heart rate variability
- regeneration state
- stress progression
- movement patterns of the last 7 days
- sleeping time and quality

Note: If you do not wear your VIITA Watch, our intelligent algorithm will recognize and consider this. The algorithm deactivates the HRV and micro movement measurement technology and uses values from your individual past instead. This ensures that you get accurate information about your water consumption even when you're not wearing your VIITA Watch.

Regeneration

If this value is high you are well regenerated and ready for the next workout, but if it is low you should rather skip your workout.



Stress

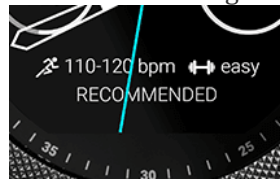
If this value is high, you are currently under a lot of stress. Not only physical stress but also psychological stress is recognized.



Recommendation

Endurance Workout

Unlike the VIITA Hybrid HRV, the VIITA Active HRV shows you the exact pulse range for your optimal endurance training.



Strength Training

Break: NO TRAINING

Your body is not ideally regenerated. Better take a break.

Easy: EASY TRAINING

Training is done with relatively little weight. Per exercise you should make about 15-25 repetitions and not more than 50% of your maximum performance. You should complete 1-2 sets and take a break of about 90-120 seconds between sets. For example, if you are able to do a 100kg bench press repetition, then you should not take more than 50kg for light training.

Normal: NORMAL TRAINING

In normal training, your target is 8-15 repetitions per set. The intensity should be 60-70% of your maximum (in the example from above this would be 60-70 kg for the bench press). Put in 2-3 sets per exercise and 1-2 exercises per muscle group with a break of about 60-90 seconds between sets.

Hard: HARD TRAINING

With hard training your goal is to achieve a strong training stimulus. Your target is 6-12 repetitions per set. The intensity should be 70-80% of your maximum (in the example from above this would be 70-80 kg for the bench press). Put in 2-3 sets per exercise and 2 exercises per muscle group with approx. 60-90 seconds break between the sets.

Proper **WARM-UP** is extremely important to prevent injuries! To warm up, use about 20-30% of your maximum power and do 10-15 repetitions with this weight before starting the actual workout. Warm up must be performed separately for each muscle group immediately before the exercise to be performed.

Here's what I want you to note:

The training recommendation gives information about which training your body tolerates on the basis of your general regeneration. If you have a localized muscle soreness, it can occur that this does not or hardly affect your regeneration. In this case we would also advise against training the affected muscle groups. If you are injured you should not follow the training recommendations of your VIITA Watch.

Activity

Your VIITA Active HRV can track up to 19 sports. Values such as heart rate variability, the duration of your activity, distance covered, calories burned and water consumed are stored. These differ depending on the type of sport and are stored in the internal memory of your VIITA Active for up to one month. As soon as you synchronize your smartwatch with the [VIITA App](#), the stored training units are transferred to the [VIITA App](#).



In the [VIITA App](#) you can then view the exact progress of your training sessions. Both detailed in day view and as an overview in week view. You can change the pre-selected sports with the [VIITA App](#). You can find out how here.

If you want to pause or cancel an activity press the upper button. Tap the screen of your watch for 1 second to confirm the pause. This ensures that you cannot interrupt an activity unintentionally.



My Challenge

The My Challenge feature allows you to check if you have improved in an activity. It shows you in real time whether you are ahead or lagging behind. You're competing against your previous performance level, so to speak. In this challenge, the distance covered is also compared using GPS.



You can access My Challenge either via the Quick Start button or via the ACTIVITY TYPE menu.

MyChallenge via quick start:

1. Press the button below to activate your VIITA Active smartwatch.



2. Press the button below once more to access MyChallenge.

3. Select Running or Cycling, the selected mode is highlighted.

4. Select the planned route length. Tap NEXT.



5. Choose the planned duration of your activity. Then tap START. Your activity starts automatically after a 5 second countdown.



Tip: If you want to repeat your last challenge you can press the lower button 3 times. Your VIITA Active HRV automatically takes over the values of your last challenge. So you can get started right away.

Pro-Tip: If you don't want to lose time at the start but have completed another challenge in the end, you can do the following:

1. Enter the distance and the duration of the activity.
2. Tap START.
3. Cancel the challenge, no matter if you save or delete the activity.
4. At the start of your next MyChallenge the values are preset and you can start right away.

MyChallenge via the menu:

1. Wipe from the home screen to the left until you reach the ACTIVITY TYPE menu.



2. Tap on CHALLENGE START (orange ring).
3. Select Running or Cycling, the selected mode is highlighted.
4. Select the planned route length. Tap NEXT.



5. Choose the planned duration of your activity. Then tap START. Your activity starts automatically after a 5 second countdown.



My Sets

With the My Sets function you can make your interval or strength training even more efficient. In strength training, your VIITA Active HRV uses unobtrusive vibrations to remind you when your sentence is over and when the next one begins. In interval training you also know when the interval is over and the next begins. This way you rarely have to look at your watch during training and can fully concentrate on your exercises.



The exercise time and pause time can be configured individually via the [VIITA App](#).

To start My Sets tap SET in the ACTIVITY TYPE menu.



Find My Phone

Once you've moved your phone, you can easily find it again with the Find My Phone feature. To do this, tap Find My Phone in the SETUP menu. If your smartphone is near you, it will start to ring.



For Find My Phone to work, the following requirements must be met:

- The smartphone must be turned on
- Bluetooth must be enabled on your phone
- Smartphone and smartwatch must be paired
- The phone must be within Bluetooth range (8m)

Notifications

Your VIITA Active HRV is able to display notifications received on your smartphone. The content of the message is shown, from which service (Facebook, Whatsapp, E-mail etc.) it comes and who the sender is. Incoming calls are also displayed on your VIITA Active HRV.



Tap ALL to mark the message as read. If you have received several messages tap NEXT to go to the next message.



Tap IGNORE to reject the call.

Please note:

To use push notifications on your smartwatch, you must allow your smartphone to display banner notifications. Find out how this works at Apple [here](#). You must also enable notifications in the [VIITA App](#).

Maintenance and Support Active

Handle the device with care – do not drop it, and avoid impacts.

Under normal circumstances, the watch does not need to be maintained. After use, carefully clean the case with a soft, damp cloth or chamois leather.

Only use original VIITA accessories – Damage due to non-original accessories is excluded from the warranty.

Usage & Storage

- Use the product at temperatures between -10°C and 45°C.
- When not in use, the product should be kept in a clean, dry place at temperatures between -20 °C and 85°C.
- Avoid extreme temperature fluctuations.
- Avoid physical, thermal or any other kind of shock as this could damage the internal and external components of your watch.
- Keep the case of your VIITA Active HRV away from sharp and hard objects to prevent scratches.

- Keep your VIITA Active HRV and all accessories out of reach of children – danger of suffocation of small parts.

How to Measure my Heart Rate

- The amount of blood running through the skin varies from individual to individual and the environment. Under certain circumstances, your VIITA Active HRV might not be able to provide an accurate heart rate measurement.
- The technology used in the VIITA Active HRV is based on the light that is absorbed by your skin and your blood. Any permanent or temporary change in your skin, such as tattoos, sweat, or even hair on your wrist can affect the measurement.
- Environmental factors may affect the ability of the VIITA Active HRV to perform an accurate measurement. For example, water can hinder or alter the scattering of light, while cold water may affect the circulation in the skin.
- In order for the VIITA Active HRV to be able to provide a measurement of the heart rate, it should not slide back and forth on your wrist. Activities that involve force on the wrist, such as boxing or volleyball, can prevent accurate heart rate measurements of your VIITA Active HRV.

How to Wear the VIITA Active HRV Correctly

Your VIITA Active HRV should be positioned about one centimeter below your wrist. To ensure an accurate heart rate measurement, you should wear your watch comfortably tight around your wrist.

Specifications Active

VIITA Active HRV Tachymeter, Adventure (46,5 mm)

- Stainless Steel Case
- Sapphire Glass
- Diameter: 46,5 mm
- Thickness: 15,9 mm
- Weight: 96 – 182 g (varies depending on the strap used)
- Wristbands: For wrists up to 200 mm circumference
- Waterproof up to 10 ATM
- Up to 2 weeks of battery life with continuous heart rate measurement.

Display

- TFT-Lcd Touchscreen 320×290 Pixel

Measurements & Functions:

- Steps
- Calories
- Heart Rate
- Dehydration
- Regeneration
- Stress
- Sleep
- Silent Alarm Function
- GPS
- My Challenge
- My Sets

Battery

- Lithium Ion

Sensors

- Motion sensors for day and night

- High-precision micro-movement accelerometer
- Heart Rate Variability Sensor

Connectivity

- Bluetooth Low Energy

Compatible Devices

- iPhone 4s and later
- iPod Touch 5th generation and later
- iPad 3rd generation and later
- Android Devices with BLE (Bluetooth Low Energy) Compatibility

VIITA Hybrid HRV cannot be setup on a PC.

Compatible Operating Systems

- iOS 8.0 and higher
- Android 4.4 and higher

FCC Caution.

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.

§ 15.21 Information to user.

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

§ 15.105 Information to the user.

Note: 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.

* RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.