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› [Adidas](#) /

› [Adidas miCoach Smart Activity Tracker M33705 User Manual](#)

Adidas M33705

Adidas miCoach Smart Activity Tracker M33705 User Manual

INTRODUCTION

This manual provides essential instructions for the setup, operation, and maintenance of your Adidas miCoach Smart Activity Tracker, model M33705. This device is designed to monitor your fitness activities, including heart rate, steps, distance, and speed, and sync data with compatible smartphones.

PRODUCT OVERVIEW

The Adidas miCoach Smart Activity Tracker is a wrist-worn device that combines the functions of a sports watch and a fitness band. It features a heart rate monitor, accelerometer, and an LED display for workout intensity.

- **Heart Rate Measurement:** Integrated optical sensor for real-time heart rate monitoring.
- **Activity Tracking:** Built-in accelerometer tracks step frequency, running distance, and running speed.
- **Data Storage:** Stores up to 10 hours of workout data.
- **Bluetooth Connectivity:** Syncs with smartphones via Bluetooth 4.0.
- **LED Display:** Side LED light strip indicates workout intensity.
- **Comfortable Design:** Features a soft-touch silicone wristband.



Figure 1: Front view of the Adidas miCoach Smart Activity Tracker, showing the main body and wristband.



Figure 2: Back view of the tracker, highlighting the optical heart rate sensor and branding.



Figure 3: The Adidas miCoach Smart Activity Tracker shown with its dedicated charging cable and dock.

SETUP

1. Charging the Device

1. Connect the charging dock to a USB power source (e.g., computer USB port or wall adapter).
2. Align the tracker with the charging contacts on the dock and place it securely.
3. The device will indicate charging status. A full charge takes approximately 3 hours.
4. Ensure the device is fully charged before initial use.

2. Pairing with a Smartphone

1. Download the official Adidas miCoach app from your smartphone's app store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the miCoach app and follow the on-screen instructions to create an account or log in.

4. Navigate to the device pairing section within the app.
5. Follow the app's prompts to discover and connect your miCoach Smart Activity Tracker via Bluetooth 4.0.
6. Once paired, the app will guide you through initial setup, including personal profile information.

OPERATING INSTRUCTIONS

1. Wearing the Device

- Wear the tracker snugly on your wrist, about one finger-width above your wrist bone.
- Ensure the heart rate sensor on the back of the device is in direct contact with your skin.
- Avoid wearing it too loosely, as this can affect heart rate accuracy.

2. Starting a Workout

1. Press the main button on the tracker to wake the device.
2. Navigate through the menus (if applicable) to select your desired workout type.
3. Press the button again to start recording your activity. The LED strip may change color to indicate heart rate zones or intensity.

3. Monitoring Data

- During a workout, the device will continuously monitor your heart rate, steps, distance, and speed.
- The side LED light strip provides a visual indication of your workout intensity or heart rate zone. Refer to the miCoach app for specific color meanings.

4. Stopping and Saving a Workout

1. To pause or stop a workout, press the main button.
2. Follow the on-screen prompts to either resume, save, or discard the workout.
3. Saved workouts will be stored on the device for up to 10 hours of recording time.

5. Data Synchronization

- Ensure your tracker is within Bluetooth range of your paired smartphone.
- Open the miCoach app. The device should automatically sync recorded data to the app.
- Review your workout history, progress, and set new goals within the app.

MAINTENANCE

Cleaning the Device

- Regularly clean the tracker, especially the heart rate sensor area, with a soft, damp cloth.
- Avoid using abrasive cleaners or harsh chemicals, as these can damage the device.
- Ensure the device is dry before charging or wearing.

Battery Care

- Charge the device regularly to maintain battery health.
- Avoid fully discharging the battery frequently.
- Store the device in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

Device Not Turning On/Charging

- Ensure the charging cable and dock are properly connected to a working USB power source.
- Verify that the tracker is correctly seated on the charging dock, with contacts aligned.
- Try a different USB port or power adapter.

Difficulty Pairing/Syncing

- Confirm Bluetooth is enabled on your smartphone.
- Ensure the miCoach app is open and running in the foreground.
- Restart both your smartphone and the tracker.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the miCoach app.

Inaccurate Heart Rate Readings

- Ensure the tracker is worn snugly on your wrist, with the sensor in good contact with your skin.
- Clean the heart rate sensor regularly to remove dirt or sweat buildup.
- Environmental factors or certain movements can sometimes affect optical heart rate accuracy.

SPECIFICATIONS

Feature	Detail
Brand	Adidas
Model Number	M33705
Part Number	M33705
ASIN	B00MF465OY
Color	Black
Size	Small
Materials	Silicone (wristband), Other
Connectivity	Bluetooth 4.0
Compatible Devices	Smartphones
Battery Type	200 mAh Lithium-ion
Charging Time	Approximately 3 hours
Data Memory	Up to 10 hours of recording
Sensors	Heart Rate Monitor, Accelerometer
Display	LED light strip for intensity indication

WARRANTY AND SUPPORT

Specific warranty details for the Adidas miCoach Smart Activity Tracker M33705 are not provided in this document. Please refer to the warranty information included with your product packaging or visit the official Adidas website for the most current warranty terms and conditions.

For technical support, troubleshooting assistance beyond this manual, or service inquiries, please contact Adidas customer support through their official website or the contact information provided in your product documentation.