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› Fitbit Blaze Smart Fitness Watch (Model FB502SBKL-EU) User Manual

Fitbit FB502SBKL-EU

Fitbit Blaze Smart Fitness Watch User Manual

Model: FB502SBKL-EU

Brand: Fitbit

1. OVERVIEW

The Fitbit Blaze is a smart fitness watch designed to track your daily activity, workouts, and sleep patterns. It features a color touchscreen display, continuous heart rate monitoring, multi-sport tracking, and smartphone notifications to help you manage your fitness goals and stay connected.



Figure 1: Front view of the Fitbit Blaze displaying heart rate data during a workout.



Figure 2: Rear view of the Fitbit Blaze, highlighting the PurePulse heart rate sensor.

2. SETUP

To begin using your Fitbit Blaze, you must first set it up using the Fitbit application on a compatible smartphone or computer. The setup process involves downloading the Fitbit app, creating an account, and pairing your device.

2.1 Initial Device Pairing

1. Download the Fitbit app from your device's app store (iOS, Android, or Windows).
2. Open the Fitbit app and create a new account or log in to an existing one.
3. Follow the on-screen instructions to select 'Blaze' as your device and initiate the pairing process.
4. The app will guide you through entering a code displayed on your Blaze to complete the pairing.
5. Allow time for any necessary software updates to download and install.

2.2 Charging the Device

The Fitbit Blaze uses a unique charging cradle. To charge, remove the tracker module from its frame and place it into the charging cradle. Connect the USB cable to a power source. A full charge typically takes approximately 20 minutes and provides up to 5 days of battery life.

Video 1: An overview of the Fitbit Blaze, including unboxing, setup, and key features. This video demonstrates the physical components and initial setup steps.

3. OPERATING THE FITBIT BLAZE

The Fitbit Blaze features a color touchscreen and three physical buttons for navigation and interaction.

3.1 Navigation

- **Swipe:** Swipe left or right on the touchscreen to navigate through different apps and stats.
- **Tap:** Tap on an icon or stat to select it or view more details.
- **Left Button:** Press the left button to return to the previous screen or wake the device.
- **Right Buttons:** The two right buttons can be used for specific functions within apps, such as starting/pausing a workout or controlling music.



Figure 3: Fitbit Blaze displaying daily steps and heart rate.

3.2 Activity Tracking

The Blaze automatically tracks various activities throughout your day:

- **Steps & Distance:** Records your daily steps and estimated distance traveled.
- **Calories Burned:** Estimates calories burned based on your activity and personal data.
- **Floors Climbed:** Counts floors climbed using an altimeter.
- **Active Minutes:** Tracks periods of elevated activity.

3.3 PurePulse Heart Rate Monitoring

The device features PurePulse continuous, wrist-based heart rate monitoring. This allows you to see simplified heart rate zones for quickly checking exercise intensity during workouts without needing a chest strap.

3.4 Multi-Sport Modes & Connected GPS

Use multi-sport modes to track specific exercises like runs, cardio, cross-training, and biking. The Blaze can connect to your smartphone's GPS to map your routes and display real-time run stats like pace and duration on the watch screen.



Figure 4: Fitbit Blaze in use during an outdoor activity, connected to a smartphone for GPS data.

3.5 FitStar Workouts

Access FitStar workouts directly on your wrist. These guided workouts provide on-screen instructions and timers to help you complete various exercises.

3.6 Sleep Tracking

The Blaze automatically tracks your sleep duration and quality, providing insights into your sleep patterns through the Fitbit app.

3.7 Smartphone Notifications

Receive call, text, and calendar notifications directly on your wrist when your smartphone is nearby. You can manage these notifications through the Fitbit app settings.

3.8 Timers and Alarms

The device includes a timer and stopwatch function. You can also set silent vibrating alarms through the Fitbit app to wake you gently or remind you of events.

4. MAINTENANCE

Proper care of your Fitbit Blaze ensures its longevity and maintains skin comfort.

4.1 Cleaning

- Regularly clean your band and wrist, especially after workouts or sweating.
- Rinse the band with water or wipe it with a small amount of rubbing alcohol.
- **Do NOT use** hand soap, body soap, dish soap, hand sanitizers, cleaning wipes, or household cleaners, as these can irritate skin or damage the device.
- Always dry the band thoroughly before putting it back on.

4.2 Keeping it Dry

While Fitbit devices are water-resistant (IPX4 rating), it is not recommended to wear a wet band for extended periods. If your elastomer band gets wet, rinse and dry it thoroughly before re-wearing. Ensure your skin is dry before putting the band back on.

4.3 Proper Fit

- Do not wear the band too tightly. It should be loose enough to move back and forth on your wrist.
- For accurate PurePulse Heart Rate readings during exercise, wear the band securely (but not too tight) and higher on your wrist (about 2-3 finger widths above your wrist bone). Lower and loosen the band after exercise.

4.4 Skin Irritation

Prolonged rubbing and pressure may irritate the skin. Give your wrist a break by removing the band for an hour after extended wear. If you experience redness or skin irritation, remove your device. If symptoms persist for more than 2-3 days of not using your device, consult a dermatologist.

5. TROUBLESHOOTING

If you encounter issues with your Fitbit Blaze, consider the following common solutions:

- **Syncing Issues:** Ensure Bluetooth is enabled on your smartphone/computer and the Fitbit app is open. Check that your device is within the syncing range (up to 6.1 meters).
- **Battery Life:** If battery life is shorter than expected, ensure notifications are not excessively frequent and that the device is fully charged.
- **Heart Rate Inaccuracy:** Ensure the device is worn correctly (snug but not too tight, higher on the wrist during exercise). Clean the sensor regularly.
- **Screen Responsiveness:** Restart the device if the touchscreen becomes unresponsive.

For persistent issues, refer to the Fitbit support website or contact customer service.

6. SPECIFICATIONS

Feature	Detail
Model Number	FB502SBKL-EU
Product Dimensions	10.04 x 1.67 x 0.43 inches
Item Weight	1.44 ounces
Display Type	LCD or AMOLED
Resolution	320 x 320

Battery Life	Up to 5 days
Water Resistance Level	Water Resistant (IPX4)
Connectivity	Bluetooth LE, Connected GPS
Operating System Compatibility	Android, iOS, Windows Vista and later, Mac OS X 10.6 and up
Sensors	Optical Heart Rate Sensor, Accelerometer
Band Material Type	Silver (frame), Elastomer (band)

6.1 Size Guide

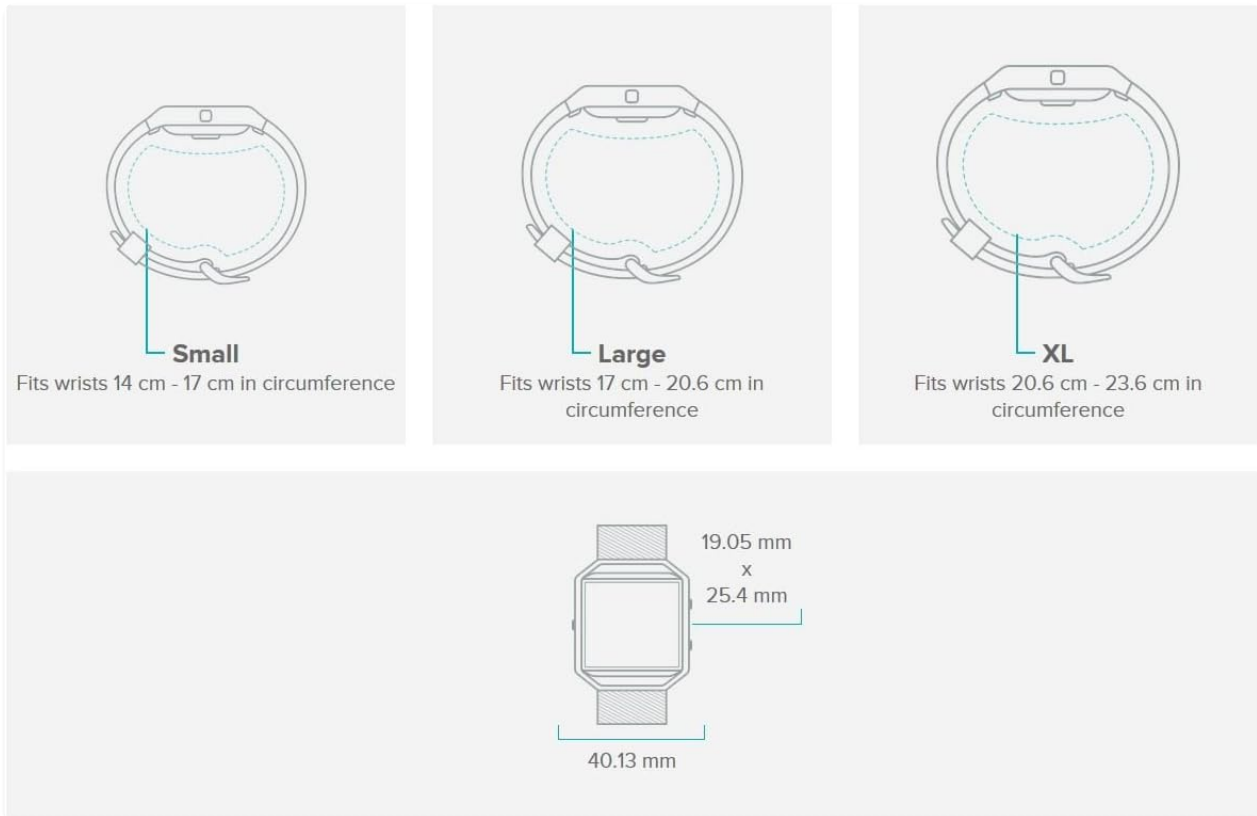


Figure 5: Fitbit Blaze wrist sizing tool for different band sizes.

7. WARRANTY & SUPPORT

7.1 Warranty Information

The Fitbit Blaze (Model FB502SBKL-EU) comes with a Limited Warranty. For specific terms and conditions, please refer to the official Fitbit website or your purchase documentation.

7.2 Customer Support

For technical assistance, product inquiries, or warranty claims, please contact Fitbit Customer Support:

- **Phone:** 877-623-4997
- **Email:** support@fitbit.com

