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Fitbit FB408SBNDSBJS

Fitbit Alta HR Fitness Tracker User Manual

Model: FB408SBNDSBJS

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Fitbit Alta HR Fitness Tracker. Please read this guide thoroughly to ensure optimal use of your device.



Image: Front view of the Fitbit Alta HR Fitness Tracker displaying time and heart rate.

1. SETUP

1.1 Unboxing and Initial Charge

Upon unboxing, ensure all components are present: the Fitbit Alta HR tracker, charging cable, and wristband. Before first use, fully charge your device. Connect the charging cable to a USB port on your computer or a UL-certified USB wall charger. Align the charger's pins with the ports on the back of your tracker. A full charge typically takes approximately 1-2 hours and provides up to 7 days of battery life.



Image: Rear view of the Fitbit Alta HR, highlighting the charging contacts and PurePulse heart rate sensor.

1.2 App Installation and Device Pairing

1. Download the Fitbit app from the Apple App Store, Google Play Store, or Microsoft Store.
2. Open the app and create a new account or log in to an existing one.
3. Follow the on-screen instructions to pair your Alta HR with your smartphone, tablet, or computer. Ensure your device's Bluetooth is enabled.

1.3 Wearing Your Device

For accurate heart rate tracking, wear your Alta HR on your wrist, one finger's width above your wrist bone. During exercise, you may need to move the tracker slightly higher on your wrist for improved accuracy. The device should be snug but not uncomfortably tight. This model is a Large size, designed for wrists measuring 6.7 to 8.1 inches (170-206 mm) in circumference.



Image: The Fitbit Alta HR worn correctly on a user's wrist.



Image: Illustration showing how to measure wrist circumference for proper sizing. This model is Large.

1.4 Interchangeable Bands

The Alta HR features interchangeable bands, allowing for customization. To change the band, locate the quick-release levers on the underside of the tracker module where it connects to the band. Slide the lever to detach the band, then align and attach a new compatible band until it clicks securely into place.



PUREPULSE
HEART RATE

HEART RATE + FITNESS WRISTBAND



PurePulse® Heart Rate



All-Day Activity



Sleep Quality



Smartphone Notifications



Interchangeable Bands



Image: A display of various interchangeable bands available for the Fitbit Alta HR.

2. OPERATING YOUR FITBIT ALTA HR

2.1 Display Navigation

Tap the display to cycle through your daily stats, including time, steps, distance, calories burned, active minutes, and heart rate. The display will automatically turn on when you raise and turn your wrist towards you.





Image: The Alta HR display showing a user's step count.



Image: The Alta HR display showing the current time and heart rate reading.

2.2 Heart Rate Monitoring (PurePulse)

The Alta HR continuously tracks your heart rate using PurePulse technology. This provides real-time heart rate data during workouts and resting heart rate throughout the day, offering insights into your cardiovascular fitness.

2.3 Activity Tracking

- **Steps, Distance, Calories:** Your Alta HR automatically tracks these metrics throughout the day.
- **SmartTrack Auto-Exercise Recognition:** The device automatically recognizes and records select exercises like walking, running, and elliptical workouts.
- **Reminders to Move:** To help you stay active, the Alta HR can send gentle reminders to move if you haven't taken 250 steps in an hour.

2.4 Sleep Tracking and Alarms

Wear your Alta HR to bed to automatically track your sleep patterns, including time spent in light, deep, and REM sleep stages. You can set silent alarms within the Fitbit app, which will gently vibrate on your wrist to wake you or remind you of tasks.

2.5 Smartphone Notifications

When paired with your smartphone, the Alta HR can display call, text, and calendar notifications directly on its screen. Ensure Bluetooth is active and notifications are enabled in the Fitbit app settings.

3. MAINTENANCE

3.1 Cleaning Your Device

Regularly clean your Alta HR to prevent skin irritation and maintain device functionality. Remove the tracker from your wrist and clean the band with a mild, soap-free cleanser and water. For the tracker module, use a soft, damp cloth. Ensure the device is completely dry before wearing it again. Avoid harsh chemicals or abrasive cleaners.

3.2 Charging

Charge your Alta HR when the low battery indicator appears. Consistent charging ensures uninterrupted tracking. Refer to section 1.1 for charging instructions.

3.3 Water Exposure

The Fitbit Alta HR is **not** water resistant. Avoid showering, swimming, or submerging the device in water. Exposure to water may cause damage not covered under warranty.

4. TROUBLESHOOTING

4.1 Syncing Issues

- Ensure your smartphone, tablet, or computer's Bluetooth is enabled.
- Verify the Fitbit app is open and running in the background.
- Restart your Alta HR by connecting it to the charging cable and pressing the button on the charging cable three times within eight seconds.
- Restart your Bluetooth device (phone, tablet, computer).

4.2 Display Not Responding

- Ensure the device is charged.
- Try restarting the device as described in section 4.1.

4.3 Inaccurate Heart Rate Readings

- Adjust the fit of your tracker; it should be snug but not too tight.
- During intense exercise, try moving the tracker slightly higher on your wrist.
- Ensure the back of the tracker is clean and free of debris.

5. SPECIFICATIONS

Feature	Detail
Model Number	FB408SBNDSBJS
Heart Rate Monitor	PurePulse (continuous, wrist-based)
Activity Tracking	Steps, Distance, Calories Burned, Active Minutes, SmartTrack Auto-Exercise Recognition, Reminders to Move
Sleep Tracking	Automatic Sleep Tracking, Sleep Stages (Light, Deep, REM)
Alarms	Silent Alarms (vibration)
Notifications	Call, Text, Calendar Alerts
Connectivity	Bluetooth 4.0
Battery Life	Up to 7 days
Weight	Approximately 1 Pound (device only)
Manufacturer	Fitbit
First Available	March 6, 2017
Water Resistance	No (Splash-proof, but not swim-proof or shower-proof)



Zip



One



Flex 2



Alta



AltaHR



Charge 2



Blaze



Surge



Ionic

BASIC FEATURES

	Steps, Calories & Distance	✓	✓	✓	✓	✓	✓	✓	✓
	Floors Climbed	—	✓	—	—	—	✓	✓	✓
	Clock/Time	✓	✓	—	✓	✓	✓	✓	✓
	Sleep Tracking & Silent Alarm	—	✓	✓	✓	✓	✓	✓	✓
	Sleep Stages (Light, Deep, REM)	—	—	—	—	✓	✓	—	✓

EXERCISE FEATURES

	SmartTrack™	—	—	✓	✓	✓	✓	✓	✓
	Reminders to Move	—	—	✓	✓	✓	✓	—	✓
	Water Resistant Up To 50 Meters	—	—	✓	—	—	—	—	✓
	Multi-Sport Tracking	—	—	—	—	✓	✓	✓	✓
	PurePulse® Heart Rate	—	—	—	—	✓	✓	✓	✓
	Cardio Fitness Level	—	—	—	—	✓	✓	—	✓
	On-Screen Workouts	—	—	—	—	—	—	✓	✓
	Built-in GPS	—	—	—	—	—	—	✓	✓
	Connected GPS	—	—	—	—	—	✓	—	—

SMART FEATURES

	Call & Text Notifications	—	—	✓	✓	✓	✓	✓	✓
	Calendar Alerts	—	—	—	✓	✓	✓	—	✓
	Popular Apps	—	—	—	—	—	—	—	✓
	Stores Music	—	—	—	—	—	—	—	✓
	Makes Payments	—	—	—	—	—	—	—	✓
	Music Control	—	—	—	—	—	✓	✓	✓
	Guided Breathing Sessions	—	—	—	—	—	✓	—	✓

INTERCHANGEABLE ACCESSORIES

	Fitbit Accessories	—	—	✓	✓	✓	✓	—	✓
	Designer Accessories	—	—	✓	✓	✓	—	—	—

Image: A comparison chart detailing features across various Fitbit models, including the Alta HR.

6. WARRANTY AND SUPPORT

6.1 Warranty Information



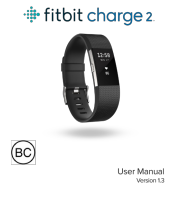


For detailed warranty information, please refer to the official Fitbit website or the warranty card included with your product. Typically, Fitbit devices come with a limited warranty covering defects in materials and workmanship under normal use.

6.2 Customer Support

If you encounter any issues not covered in this manual or require further assistance, please contact Fitbit Customer Support. You can find support resources, FAQs, and contact information on the official Fitbit website:

www.fitbit.com/global/us/support

Related Documents - FB408SBNDSBJS

 <p>fitbit alta HR</p> <p>User Manual Version 1.2</p>	<p>Fitbit Alta HR User Manual: Setup, Features, and Specifications</p> <p>Comprehensive user manual for the Fitbit Alta HR fitness tracker. Learn how to set up, charge, wear, sync, track activity and sleep, manage notifications, and troubleshoot your device.</p>
 <p>fitbit alta HR</p> <p>Bedienungsanleitung Version 1.4</p>	<p>Fitbit Alta HR User Manual</p> <p>Comprehensive user manual for the Fitbit Alta HR, covering setup, usage, features, troubleshooting, and specifications. Learn how to track activity, sleep, heart rate, and manage notifications.</p>
 <p>fitbit charge 2</p> <p>User Manual Version 1.3</p>	<p>Fitbit Charge 2 User Manual: Setup, Features, and Troubleshooting</p> <p>This comprehensive user manual guides you through setting up, using, and maintaining your Fitbit Charge 2 fitness tracker. Discover features like activity tracking, heart rate monitoring, sleep analysis, smart notifications, and more.</p>
 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p>Fitbit Charge 5 User Manual: Get Started and Features</p> <p>Comprehensive user manual for the Fitbit Charge 5, covering setup, usage, features, troubleshooting, and specifications. Learn how to track activity, manage notifications, use Fitbit Pay, and more.</p>
 <p>First Steps for Fitbit Charge 2</p>	<p>Fitbit Charge 2: First Steps and Features Guide</p> <p>Get started with your Fitbit Charge 2. This guide covers essential features like activity tracking, sleep monitoring, heart rate, exercise modes, notifications, and device care.</p>

 fitbit luxe



User Manual
Version 1.0

[Fitbit Luxe User Manual: Setup, Features, and Troubleshooting](#)

Comprehensive user manual for the Fitbit Luxe fitness and wellness tracker. Learn about setup, daily use, activity tracking, heart health, notifications, and troubleshooting.