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## Wahoo Fitness TICKR FIT

# Wahoo TICKR FIT Heart Rate Armband

## INSTRUCTION MANUAL

Model: TICKR FIT (WFBTHR03)

### Introduction

The Wahoo TICKR FIT Heart Rate Armband is an advanced optical heart rate monitor designed to provide accurate heart rate and calorie burn data. Utilizing both Bluetooth and ANT+ technology, it seamlessly pairs with a variety of fitness applications, smartphones, GPS bike computers, and watches. Engineered for comfort and security, the TICKR FIT is suitable for diverse workouts, including running, cycling, and fitness classes. It features water-resistant technology and a long-lasting rechargeable battery.

### Product Overview



Front view of the Wahoo TICKR FIT Heart Rate Armband, showcasing the Wahoo logo and sleek design.



Side view of the Wahoo TICKR FIT, highlighting its slim profile and the blue activation button.



Rear view of the Wahoo TICKR FIT, showing the optical heart rate sensor and charging contacts.

### Key Features:

- **Optical Heart Rate Technology:** Provides accurate heart rate and calorie burn data.
- **Dual-Band Technology:** Equipped with ANT+ and Bluetooth Smart capabilities for wireless connection.
- **Comfortable & Secure:** Made from advanced performance materials with two adjustable bands (Small and Large) for a snug fit during intense activity.
- **Visible Connection:** LED lights indicate connection status (searching, connecting, reading heart rate).
- **Water-Resistant:** Designed to withstand sweat and light moisture.
- **Rechargeable Battery:** Offers up to 30 hours of battery life.

### What's in the Box

- TICKR FIT Optical Heart Rate Unit
- 2 Adjustable Armbands (Small and Large)
- USB Charging Cable
- Quick Start Guide

### Setup

#### 1. Charging the TICKR FIT

Before initial use, fully charge your TICKR FIT. Connect the provided USB charging cable to the TICKR FIT

unit and a USB power source. The LED indicator will show charging status.

## 2. Armband Placement

Select the appropriate armband size (Small or Large) for a comfortable yet secure fit. Wear the TICKR FIT on the inside or outside of your upper forearm. Ensure the optical sensor is in direct contact with your skin for best accuracy. The band should be snug enough not to slip during activity but not so tight as to restrict circulation.



Proper placement of the Wahoo TICKR FIT Heart Rate Armband on the forearm, ensuring the sensor is in contact with the skin.

## 3. Pairing with Devices

The TICKR FIT uses Bluetooth and ANT+ for connectivity. Follow these general steps to pair with your preferred device or app:

1. **Turn on Bluetooth:** Ensure Bluetooth is enabled on your smartphone, tablet, or GPS device.
2. **Download App:** Download the Wahoo Fitness app or another compatible fitness app from your device's app store.
3. **Wear TICKR FIT:** Put on the TICKR FIT armband as described above.
4. **Activate TICKR FIT:** Press the blue button on the side of the TICKR FIT to turn it on. The LED lights will flash to indicate it's searching for a connection.
5. **Pair Sensor:** Open your chosen fitness app, go to its settings or sensor menu, and select 'Add/Pair Sensor'. Choose 'TICKR FIT' from the list of available devices and save it.

For a visual guide on setting up your Wahoo TICKR FIT, please watch the following video:

Video: Official Wahoo Fitness guide on how to set up and pair your TICKR FIT Heart Rate Armband with compatible devices and apps.

## Operating the TICKR FIT

Once paired, the TICKR FIT will automatically begin transmitting heart rate data to your connected device or app. The LED lights on the unit provide visual confirmation of its status:

- **Blue LED:** Indicates Bluetooth connection status.
- **Red LED:** Indicates ANT+ connection status.
- **Green LED:** Indicates heart rate detection.

During your workout, ensure the TICKR FIT remains securely on your forearm. The optical sensor continuously monitors your heart rate, providing real-time feedback on your performance and calorie expenditure. After your workout, you can typically save and review your data within your chosen fitness app.



Two individuals running outdoors, demonstrating the Wahoo TICKR FIT armband in active use.





A man using the Wahoo TICKR FIT armband while cycling on a stationary bike trainer.



Individuals exercising on treadmills in a gym, with the Wahoo TICKR FIT armbands visible.

For a general overview of the Wahoo TICKR FIT's features and how it integrates into various workouts, please refer to the following video:

Video: An official merchant video highlighting the Wahoo TICKR FIT Heart Rate Monitor Armband's capabilities and benefits during different fitness activities.

## Maintenance

- **Cleaning:** After each use, gently wipe the TICKR FIT unit and armband with a damp cloth to remove sweat and debris. Do not use abrasive cleaners or submerge the unit in water.
- **Storage:** Store the TICKR FIT in a cool, dry place away from direct sunlight when not in use.
- **Charging:** Recharge the battery as needed. Avoid completely draining the battery regularly to prolong its lifespan.
- **Armband Replacement:** The adjustable armbands are designed for durability but may wear over time. Replace them if they show signs of significant wear or damage to ensure a secure and accurate fit.

## Troubleshooting

Issue	Possible Cause	Solution
Device not pairing	Bluetooth/ANT+ off, low battery, incorrect placement, app issue.	Ensure TICKR FIT is on and charged. Verify Bluetooth/ANT+ is enabled on your device. Check app settings for sensor pairing. Try restarting both devices.
Inaccurate heart rate readings	Poor sensor contact, excessive movement, dry skin.	Ensure the armband is snug and the sensor is in full contact with the skin. Try adjusting the position on your forearm. Moisten the skin under the sensor slightly if it's very dry.
Short battery life	Frequent use, aging battery.	Ensure the device is fully charged before each use. If battery life significantly degrades, contact Wahoo Fitness support.
LED lights not working	Device off, battery dead, malfunction.	Press the power button to turn on. Charge the device. If issues persist, contact support.

## Specifications

- **Brand:** Wahoo Fitness
- **Model Name:** TICKR FIT
- **Model Number:** WFBTHR03
- **Material:** Plastic
- **Color:** Black
- **Compatible Devices:** Smartphones, Tablets, GPS Bike Computers, Watches
- **Item Weight:** 1.6 ounces
- **Battery Life:** Up to 35 Hours
- **Sensor Type:** Optical
- **Battery Description:** Lithium-Ion
- **Connectivity:** Bluetooth, ANT+
- **Water Resistance:** IPX7 (Water-resistant to 1 meter)

## Warranty and Support

The Wahoo TICKR FIT Heart Rate Armband comes with a **1-year manufacturer's warranty**. For technical support, warranty claims, or additional product information, please visit the official Wahoo Fitness website or contact their customer service directly.

**Wahoo Fitness Store:** [Visit the Wahoo Fitness Store on Amazon](#)

