

Extreme EXB3

Extreme Smart Bracelet EXB3 Fitness Tracker User Manual

Model: EXB3

1. INTRODUCTION

This manual provides essential instructions for the proper setup, operation, maintenance, and troubleshooting of your Extreme Smart Bracelet EXB3 Fitness Tracker. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

2. PRODUCT OVERVIEW

The Extreme Smart Bracelet EXB3 is a digital fitness tracker designed to monitor various aspects of your daily activity. It features a digital display, Bluetooth connectivity, and compatibility with both Android and iOS devices.



Figure 1: The Extreme Smart Bracelet EXB3 Fitness Tracker. The display shows the current time (08:23), date (0808 SUN), step count (90808), battery level, and Bluetooth connection status.

3. SETUP

3.1 Charging the Device

1. Locate the charging port on your EXB3 fitness tracker.
2. Connect the provided USB charging cable to the tracker and a compatible USB power source (e.g., computer USB port, wall adapter).
3. The display will indicate charging status. Allow approximately 1-2 hours for a full charge.

3.2 Installing the Companion App

To unlock the full functionality of your EXB3 tracker, you need to install the dedicated companion application on your smartphone.

1. Scan the QR code provided in the packaging or search for the app name (usually mentioned in the quick start guide) in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Follow the on-screen instructions to create an account and set up your profile.

3.3 Pairing with Your Smartphone

1. Ensure your EXB3 tracker is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the companion app. The app will guide you through the pairing process.
4. Select 'EXB3' from the list of available devices in the app to establish a connection.
5. Confirm any pairing requests on both your tracker and smartphone.

4. OPERATING THE DEVICE

4.1 Basic Navigation

The EXB3 tracker typically features a touch-sensitive button or area on its display. Tap or press this area to cycle through different display modes and functions.

- **Time Display:** Shows current time, date, and day of the week.
- **Step Counter:** Displays the total number of steps taken for the day.
- **Distance:** Shows the estimated distance covered.
- **Calories Burned:** Indicates estimated calories expended.
- **Heart Rate:** (If applicable) Initiates a heart rate measurement.
- **Other Modes:** May include sport modes, message notifications, or sleep tracking, accessible via the app.

4.2 Syncing Data

Your EXB3 tracker automatically syncs data with the companion app when connected via Bluetooth. Ensure the app is running in the background or open it periodically to transfer your activity data.

5. MAINTENANCE

5.1 Cleaning

- Wipe the tracker and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging.

5.2 Storage

When not in use for extended periods, store the EXB3 tracker in a cool, dry place away from direct sunlight and extreme temperatures. It is recommended to charge the device periodically to maintain battery health.

6. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the tracker is within range of your phone.
 - Restart both the tracker and your phone.
 - Check if the companion app is updated to the latest version.
- **Inaccurate step count:** Ensure the tracker is worn correctly on your wrist. Calibrate your stride length in the app.

settings if available.

- **Notifications not appearing:** Check app permissions on your phone to ensure the companion app has access to notifications. Verify notification settings within the app.

7. SPECIFICATIONS

Feature	Specification
Brand	Extreme
Model Name	EXB3
Color	Black
Display Type	Digital
Compatible Devices	Android & iOS
Wireless Communication	Bluetooth
Human Interface Input	Buttons
Item Weight	40 g
Operating System	Nordic
GPS	No GPS


8. WARRANTY AND SUPPORT

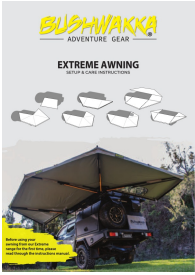




For warranty information and technical support, please refer to the documentation included with your product or contact Extreme customer service directly. Keep your purchase receipt as proof of purchase.



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Related Documents - EXB3

	<p>Extreme EMX10A Fishing Reel Manual and Parts List</p> <p>This document provides a comprehensive manual and parts list for the Extreme EMX10A fishing reel, including assembly instructions and troubleshooting tips.</p>
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	<p>RacksBrax Bushwakka Compatibility Pocket Guide</p> <p>A comprehensive guide detailing the compatibility and fitting requirements for RacksBrax and Bushwakka awnings and accessories, including hitch, bracket, and wall mount specifications for various models.</p>
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