

Fitbit FB418BKBK

Fitbit Inspire 2 Health & Fitness Tracker User Manual

Model: FB418BKBK | Brand: Fitbit

INTRODUCTION

The Fitbit Inspire 2 is a slim, easy-to-use health and fitness tracker designed to help you make healthy habits. It offers comprehensive tracking features including 24/7 heart rate monitoring, activity tracking, and advanced sleep insights. This manual provides essential information for setting up, operating, and maintaining your device.



Image: Front view of the Fitbit Inspire 2 Health & Fitness Tracker in black.

WHAT'S IN THE BOX

- Fitbit Inspire 2 Tracker
- Small and Large Classic Bands
- Charging Cable
- Quick Start Guide and Product Information



Image: The Fitbit Inspire 2 tracker shown with both the small and large band sizes included in the package.

SETUP AND FIRST USE

1. **Charge Your Device:** Connect the charging cable to your Inspire 2 and a USB power source. Ensure the tracker is fully charged before first use.



Image: The Fitbit Inspire 2 tracker being charged with its proprietary charging cable.

2. **Download the Fitbit App:** Install the Fitbit app on your compatible iPhone or Android device. A Google account may be required for full functionality.

Available on [iOS App Store](#) and [Google Play Store](#).

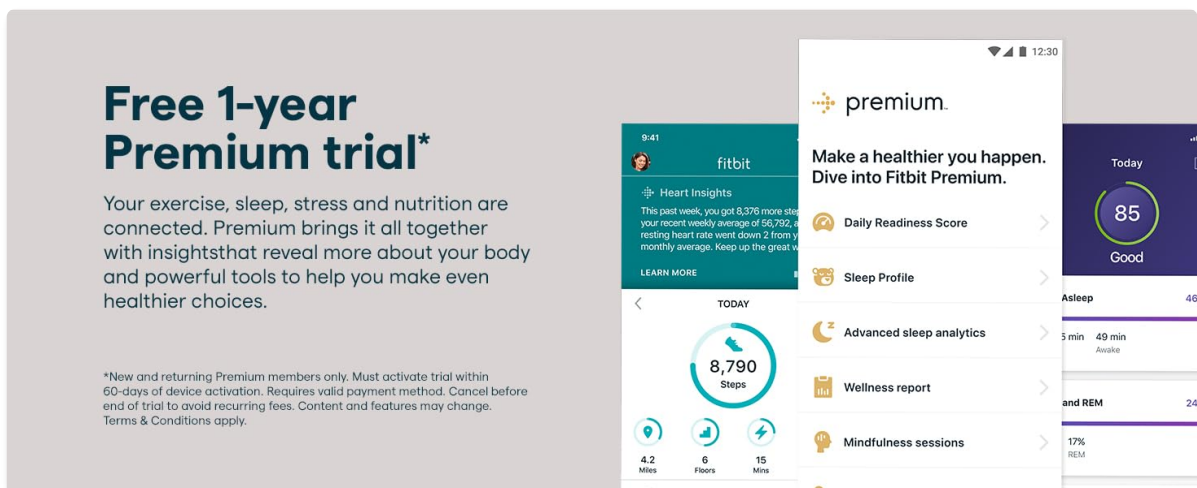


Image: A visual representation of the Fitbit Premium app interface, highlighting various health insights

and features.

3. **Pair Your Device:** Follow the on-screen instructions in the Fitbit app to pair your Inspire 2 with your smartphone via Bluetooth.
4. **Adjust Band Size:** Select the small or large band for a comfortable and secure fit. The tracker should be worn snugly but not too tight, especially during exercise, for accurate heart rate readings.



Image: The Fitbit Inspire 2 tracker comfortably worn on a wrist, displaying information on its screen.

OPERATING YOUR INSPIRE 2

The Fitbit Inspire 2 is designed for intuitive use. Navigate through its features using the touch screen and side buttons.

Key Features:

- **24/7 Heart Rate Tracking:** Continuously monitors your heart rate to better measure calorie burn and understand your resting heart rate.



Image: The underside of the Fitbit Inspire 2, highlighting the optical heart rate sensors.

- **Active Zone Minutes:** Earn credit for time spent in fat burn, cardio, and peak heart rate zones.
- **All-Day Activity Tracking:** Tracks steps, distance, hourly activity, and calories burned.



Image: Two individuals walking outdoors, one of whom is wearing the Fitbit Inspire 2, demonstrating its use during daily activity.

- **Sleep Tracking & Score:** Monitors your time in light, deep, and REM sleep stages, providing a personalized Sleep Score.
- **Daily Readiness Score:** (Requires Fitbit Premium membership) Provides insights on whether you're ready for exercise or need recovery.
- **20+ Exercise Modes:** Track specific workouts and see real-time stats.
- **Notifications:** Receive call, text, calendar, and smartphone app notifications directly on your wrist when your phone is nearby.
- **Swimproof Design:** Water resistant up to 50 meters, suitable for swimming and showering.

Battery Life:

Enjoy up to 10 days of battery life on a single charge. Battery life varies with use and other factors.

MAINTENANCE

- **Cleaning:** Regularly clean your band and tracker, especially after workouts or prolonged wear, to prevent skin irritation. Use a mild, soap-free cleanser and rinse thoroughly.
- **Drying:** Always ensure your tracker and band are completely dry before putting them back on.
- **Charging:** Charge your device when the battery indicator is low. Avoid extreme temperatures during charging.

TROUBLESHOOTING

If you encounter issues with your Fitbit Inspire 2, try the following steps:

- **Restart the Device:** If the tracker is unresponsive, connect it to the charging cable and press the side buttons for 5 seconds until you see a smiley face.
- **Check Bluetooth Connection:** Ensure Bluetooth is enabled on your smartphone and the tracker is

within range.

- **Update Firmware:** Check the Fitbit app for any available firmware updates for your device.
- **Reinstall App:** If syncing issues persist, try uninstalling and reinstalling the Fitbit app on your smartphone.
- **Visit Support:** For further assistance, refer to the official Fitbit support website or the user manual PDF.

SPECIFICATIONS

Feature	Detail
Model Number	FB418BKBK
Product Dimensions	1.47 x 0.66 x 0.51 inches
Weight	1.1 ounces
Battery Type	1 Lithium Polymer battery (included)
Battery Life	Up to 10 days
Water Resistance	Swimproof (up to 50 meters)
Connectivity	Bluetooth, USB
Operating System Compatibility	Android, iOS
Manufacturer	Fitbit Inc

WARRANTY AND SUPPORT

For detailed warranty information and customer support, please visit the official Fitbit website or refer to the full user manual PDF.

- **Official User Manual (PDF):** [Download PDF](#)
- **Manufacturer:** Fitbit Inc



[\[pdf\]](#)

Fitbit Inspire 2 noir suivi d activités avec bande OfficeXpress Type écran OLED appareil Bracelet

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Fitbit Inspire 2 - noir - suivi d activits avec bande - noir Fitbit Inspire 2 - Noir - suivi d
activits avec bande - silicone - noir - taille du bracelet : S/L - monochrome - Bluetooth

Rfrence : **FB418BKBK** Marque : FITBIT Rfrence fabricant :**FB418BKBK** Code EAN :
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