

UPTIVO Lightband

UPTIVO Lightband Optical Arm Heart Rate Monitor User Manual

Model: Lightband

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1. INTRODUCTION

The UPTIVO Lightband is an advanced optical arm heart rate monitor designed to provide real-time heart rate data during your workouts. It features LED bands that change color to indicate your current heart rate zone, allowing for immediate intensity adjustment. With its water-resistant design and internal memory, it is suitable for various training environments, including water-based activities.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- UPTIVO Lightband Heart Rate Monitor
- Adjustable Armband
- USB Charging Cable
- User Manual (this document)

3. SETUP

3.1 Charging the Device

Before first use, fully charge your UPTIVO Lightband. Connect the provided USB charging cable to the magnetic charging port on the device and to a standard USB power source (e.g., computer USB port, wall adapter). The LEDs on the device will flash during charging and turn off when fully charged. A full charge typically takes approximately 2 hours.



Image 1: UPTIVO Lightband connected to its USB charging cable. The device is black with green LED strips on the sides of the central unit, which has a textured surface and the UPTIVO logo. The armband is also black with ventilation holes.

3.2 Wearing the Lightband

The UPTIVO Lightband is designed to be worn on your arm. For optimal heart rate detection, position the device on the fleshy part of your forearm or upper arm, ensuring the optical sensor is in direct contact with your skin. The armband should be snug but comfortable, not restricting blood flow. Avoid placing it directly over bones or major tendons.

3.3 Pairing with the UPTIVO App

To unlock full functionality, including LED light settings and internal memory management, download the UPTIVO app on your smartphone. The app is available for users registered with an Uptivo club. Follow the in-app instructions to pair your Lightband via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

To power on the UPTIVO Lightband, press and hold the power button (usually located on the side of the central unit) for 2-3 seconds until the LEDs illuminate. To power off, press and hold the power button again until the LEDs turn off.

4.2 Heart Rate Monitoring

Once powered on and worn correctly, the Lightband will begin monitoring your heart rate. The optical sensor continuously measures your pulse. The LED bands on the device will display different colors corresponding to your heart rate zones:

- **Light Blue:** 50-59% of Max Heart Rate (Warm-up Zone)
- **Blue:** 60-69% of Max Heart Rate (Fat Burn Zone)
- **Green:** 70-79% of Max Heart Rate (Aerobic Zone)
- **Orange:** 80-89% of Max Heart Rate (Anaerobic Zone)
- **Red:** 90-100% of Max Heart Rate (Maximum Effort Zone)

These zones are customizable through the UPTIVO app for registered users.

4.3 Internal Memory

The UPTIVO Lightband features internal memory to store workout data. This allows you to train without your smartphone nearby. Data stored in the internal memory can be synchronized with the UPTIVO app once the device is reconnected. This feature is dependent on usage with the Uptivo app.

4.4 Water Resistance (IP68)

The Lightband has an IP68 water resistance rating, making it suitable for swimming and other water-based activities. Ensure the charging port is clean and dry before charging after water exposure.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your Lightband and armband. Wipe the device with a soft, damp cloth. For the armband, hand wash with mild soap and water, then rinse thoroughly and air dry. Do not use harsh chemicals or abrasive materials, as these can damage the device or sensor.

5.2 Storage

Store the UPTIVO Lightband in a cool, dry place away from direct sunlight and extreme temperatures. Avoid storing it with sharp objects that could scratch the sensor or device body.

5.3 Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in constant use. If storing for an extended period, charge the battery to approximately 50% before storage.

6. TROUBLESHOOTING

- **Device not powering on:** Ensure the device is fully charged. Connect it to the charging cable and check if the charging indicator lights up.
- **Inaccurate heart rate readings:**
 - Ensure the Lightband is worn snugly on the arm, with the sensor in direct contact with the skin.
 - Clean the optical sensor if it appears dirty.
 - Avoid wearing the device over tattoos or thick hair, which can interfere with optical readings.
 - Ensure the device firmware is up to date via the UPTIVO app.
- **Cannot pair with UPTIVO app:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the Lightband is powered on and within range of your smartphone.
 - Restart both the Lightband and your smartphone.
 - Verify that you are a registered user of an Uptivo club, as app functionality is dependent on this.
- **LEDs not changing color:** This functionality is dependent on usage with the Uptivo app. Ensure the device is paired and configured correctly within the app.
- **Charging issues:** Ensure the USB cable is securely connected to both the device and the power source. Try a different USB port or power adapter.

7. SPECIFICATIONS

Model Name	Lightband
Brand	UPTIVO MATTER OF INTENSITY
Color	Black
Material	Nylon, Plastic
Dimensions (L x W x H)	6 x 7 x 11 cm
Weight	72 grams
Power Source	Battery Powered (Lithium-ion)
Battery Included	Yes
Water Resistance	IP68
Sensor Type	PPG (Photoplethysmography)
Compatible Devices	Smartphone
Manufacturer	Thinkerly

8. WARRANTY & SUPPORT

8.1 Warranty Information

The UPTIVO Lightband comes with a standard manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included in your product packaging or visit the official UPTIVO website for detailed warranty terms and conditions. Keep your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting, or general inquiries, please contact UPTIVO customer support. Contact information can typically be found on the official UPTIVO website or within the UPTIVO app. When contacting support, please have your product model (Lightband) and purchase details available.

