

Mobility Lab ML305158

Mobility Lab ML305158 Fitness Tracker User Manual

Your guide to setting up and using your fitness tracker.

1. INTRODUCTION

The Mobility Lab ML305158 is a versatile fitness tracker designed to monitor your daily activities and health metrics. It tracks steps, distance, calories burned, heart rate, and sleep patterns. With built-in GPS and notification features, it helps you stay connected and informed throughout your day. This manual provides detailed instructions for setup, operation, maintenance, and troubleshooting.

2. SETUP

2.1 Initial Charging

Before first use, fully charge your Mobility Lab ML305158 fitness tracker. Connect the charging cable to the designated port on the tracker and plug the other end into a USB power source. A full charge typically takes approximately 1-2 hours. The battery capacity is 50 mAh.

2.2 App Download and Pairing

1. Download the official Mobility Lab Smart Watch app from your smartphone's app store (available for iOS and Android devices).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Mobility Lab Smart Watch app and follow the on-screen instructions to create an account or log in.
4. Select 'Add Device' or 'Pair Device' within the app. The app will search for your ML305158 tracker.
5. Once your tracker is detected, select it from the list to initiate pairing. Confirm any pairing requests on both your phone and the tracker.

2.3 Personal Information Setup

Within the Mobility Lab Smart Watch app, navigate to your profile settings. Enter personal details such as gender, date of birth, height, and weight. This information is crucial for accurate tracking of calories burned and other health metrics.



Figure 1: Mobility Lab ML305158 Fitness Tracker (Black Band)

3. OPERATING INSTRUCTIONS

3.1 Activity Tracking

The ML305158 automatically tracks your daily activities:

- **Pedometer:** Counts your steps throughout the day.
- **Distance:** Estimates the distance covered based on your steps and stride length.
- **Calorie Consumption:** Calculates calories burned using your activity data and personal information.
- **GPS:** Utilizes built-in GPS to map your routes during outdoor activities.

3.2 Heart Rate Monitoring

The tracker continuously monitors your heart rate. View your current heart rate on the device screen or access detailed historical data in the app.

3.3 Sleep Tracking

Wear the tracker to bed for automatic sleep monitoring. It records your sleep duration and quality, providing insights into light and deep sleep stages within the app.

3.4 Notifications

Once paired with your smartphone, the ML305158 will alert you to incoming calls and messages. Ensure notification permissions are enabled in both your phone settings and the Mobility Lab Smart Watch app.

3.5 Smart Alarm

Set intelligent alarms through the app. The tracker will gently vibrate to wake you up at an optimal time within a set window, based on your sleep cycle.



Figure 2: Mobility Lab ML305158 Fitness Tracker (Red Band)

4. MAINTENANCE

4.1 Cleaning

Regularly clean your fitness tracker to ensure optimal performance and hygiene. Wipe the device and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

4.2 Charging

Charge the device when the battery indicator is low. Use only the provided charging cable. Overcharging or using incompatible chargers may damage the battery.

4.3 Storage

When not in use for extended periods, store the tracker in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the device has some charge before storing to prevent deep discharge.

5. TROUBLESHOOTING

5.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- Try pressing and holding the main button (if applicable) for 10-15 seconds to force a restart.

5.2 Unable to Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone and the tracker is within range.
- Restart both your smartphone and the fitness tracker.
- Ensure the Mobility Lab Smart Watch app is updated to the latest version.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

5.3 Inaccurate Readings (Steps, Heart Rate)

- Ensure the tracker is worn correctly, snug but not too tight, on your wrist.
- Verify that your personal information (height, weight, gender) is accurately entered in the app.
- For heart rate, ensure the sensor is clean and in direct contact with your skin.

5.4 Notifications Not Appearing

- Check that Bluetooth is connected between your phone and the tracker.
- Verify that notification permissions are granted for the Mobility Lab Smart Watch app in your phone's settings.
- Ensure notification settings are enabled within the Mobility Lab Smart Watch app for specific applications.

6. SPECIFICATIONS

Feature	Specification
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Model Number	ML305158
Product Dimensions	4.6 x 1.8 x 1.2 cm
Weight	40 g
Screen Size	4 Centimeters
Connectivity Technology	Bluetooth
Special Features	GPS, Notifications
Operating System (App)	Android Wear 2.6 (Compatible with iOS and Android)
Memory Storage Capacity	8 GB
Battery Capacity	50 mAh
Compatible Devices	Smartphone, Tablet

7. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation included with your purchase or visit the official Mobility Lab website. If you encounter issues not covered in this manual, please contact Mobility Lab customer service for assistance.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question