

## Fitbit HU-XI-3

# Fitbit Inspire 3 User Manual

Model: HU-XI-3

## INTRODUCTION

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The Fitbit Inspire 3 is a versatile health and fitness tracker designed to help you monitor your well-being. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance.

## WHAT'S IN THE BOX

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- Fitbit Inspire 3 Tracker
- Small and Large Bands
- Charging Cable



Image: The Fitbit Inspire 3 tracker with its included yellow band.

## SETUP

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### 1. Charging Your Device

Before first use, fully charge your Inspire 3. Connect the charging cable to a USB port on your computer or a certified USB wall charger. Align the pins on the charging cable with the ports on the back of your tracker. A battery icon will appear on the screen to indicate charging status.

## **2. Setting Up with the Fitbit App**

1. Download the Fitbit app from the Apple App Store (iOS 15 or higher) or Google Play Store (Android OS 9 or higher).
2. Open the app and follow the on-screen instructions to create or log in to your Fitbit account.
3. Tap the profile icon in the app, then select 'Set Up a Device'. Choose Inspire 3 and follow the pairing instructions.
4. Ensure your phone's Bluetooth is enabled during the setup process.



Image: Front view of the Fitbit Inspire 3 display, showing the time, date, and heart rate.

## Navigation

The Inspire 3 features a color touchscreen. Swipe up, down, left, or right to navigate through menus and stats. Tap to select an option or view more details.

## Activity Tracking

Your Inspire 3 automatically tracks your steps, distance, calories burned, and Active Zone Minutes throughout the day. You can view these stats directly on your device or in the Fitbit app.

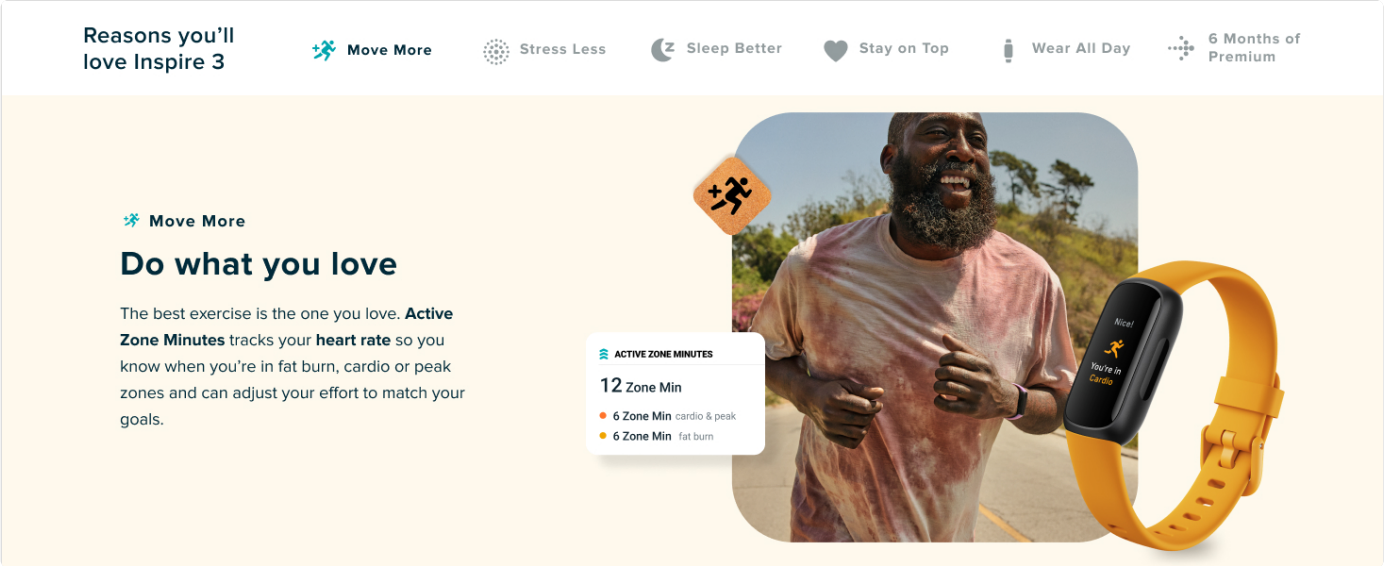


Image: The 'Move More' feature of the Fitbit Inspire 3, illustrating how it tracks activity and heart rate zones during exercise.

## Heart Rate Monitoring

The Inspire 3 continuously monitors your heart rate. This data is used to calculate Active Zone Minutes, calorie burn, and resting heart rate. You can see your current heart rate on the device's display.

## Sleep Tracking

Wear your Inspire 3 to bed to automatically track your sleep stages (light, deep, REM) and sleep score. This information helps you understand your sleep patterns and improve sleep quality.

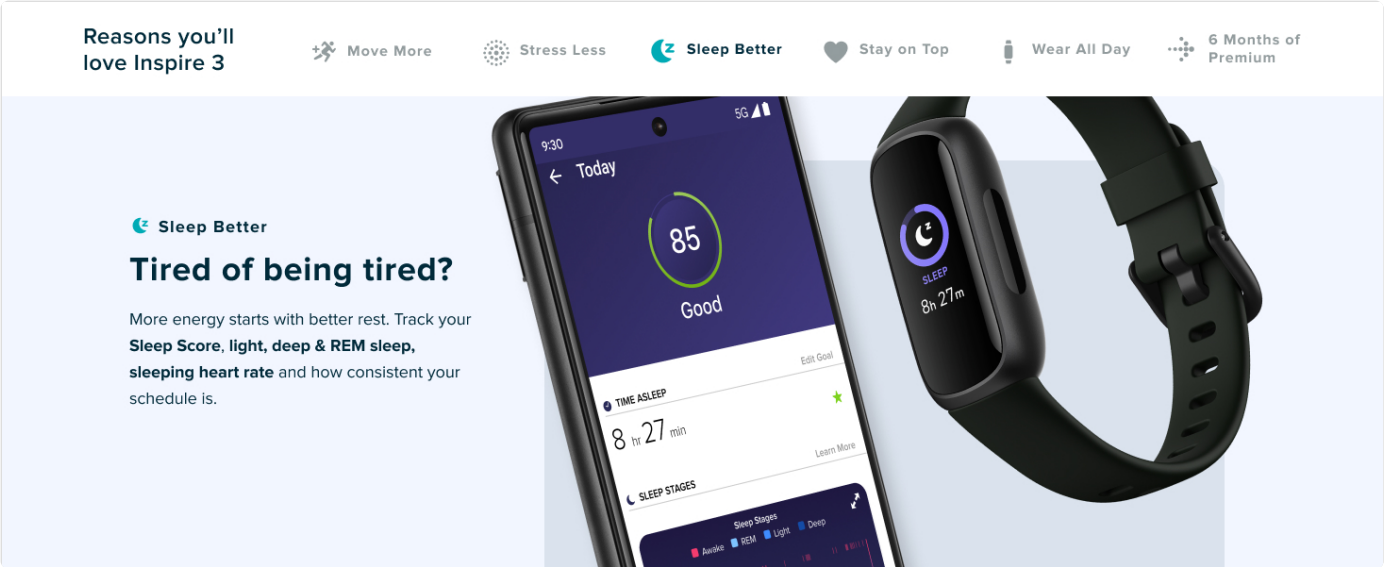


Image: The 'Sleep Better' feature of the Fitbit Inspire 3, displaying a user's sleep score and detailed sleep tracking data within the app.

## Stress Management

The device provides a daily Stress Management Score and offers guided breathing sessions to help you manage stress levels. Access these features through the Fitbit app.

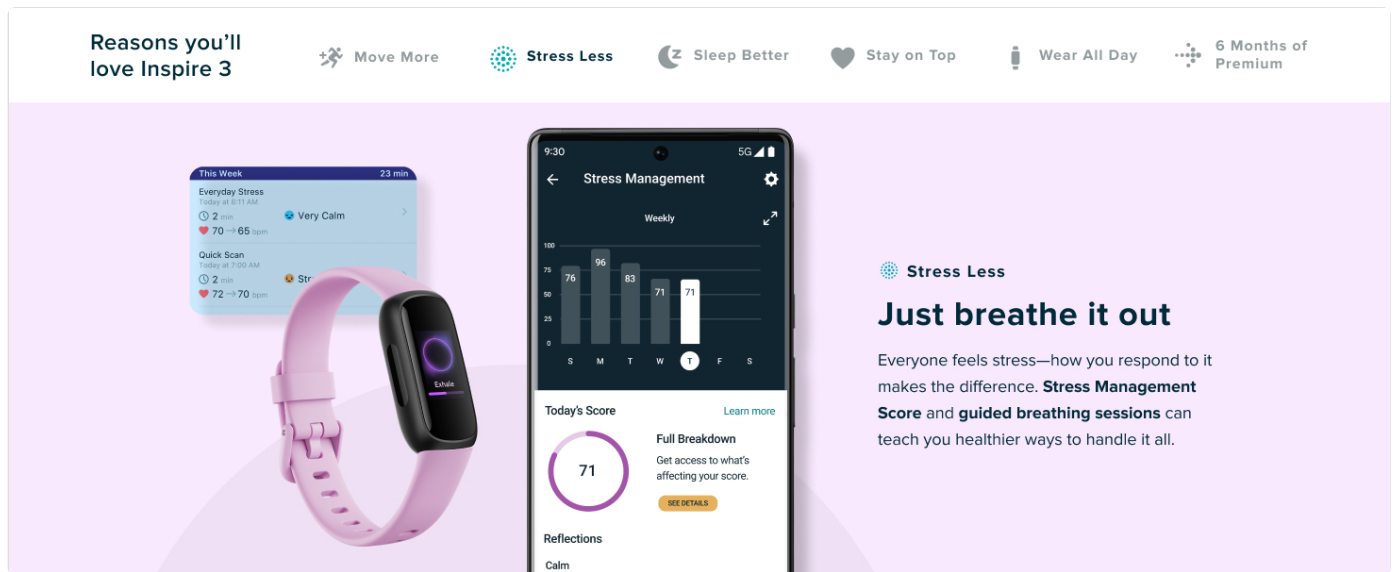


Image: The 'Stress Less' feature of the Fitbit Inspire 3, showing the stress management score and options for guided breathing sessions in the app.

## Notifications

Receive call, text, and smartphone app notifications directly on your Inspire 3 when your phone is nearby. Enable and manage notifications through the Fitbit app settings.

## MAINTENANCE

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### Cleaning Your Device

Regularly clean your Inspire 3 and its band to prevent skin irritation and maintain device functionality. Use a mild, soap-free cleanser and water. Dry thoroughly before wearing.

### Water Resistance

The Inspire 3 is water resistant up to 50 meters. It is safe for showering and swimming. After getting wet, dry the device and band thoroughly to ensure comfort and prevent damage.

### Battery Life

The Inspire 3 offers up to 10 days of battery life, depending on usage and other factors. Charge your device regularly to ensure continuous tracking.

## TROUBLESHOOTING

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### Syncing Issues

- Ensure Bluetooth is enabled on your smartphone.
- Check that the Fitbit app is running in the background.
- Restart your Inspire 3 and your smartphone.
- If issues persist, try unpairing and re-pairing the device in the Fitbit app.

### Display Not Responding

- Ensure the device is charged.

- Restart the Inspire 3 by connecting it to the charger and holding the button (if applicable) or following specific restart instructions in the Fitbit app.

Inaccurate Readings

- Ensure the tracker is worn snugly but comfortably on your wrist, about a finger's width above your wrist bone.
- Clean the heart rate sensor on the back of the device.

SPECIFICATIONS

Model Number	HU-XI-3
Product Dimensions	0.71 x 0.43 x 1.54 inches
Item Weight	3.8 ounces
Battery Type	1 Lithium Ion battery (included)
Operating System Compatibility	Apple iOS 15 or higher, Android OS 9 or higher
Connectivity	Bluetooth
Water Resistance	Up to 50 meters
Display Size	0.76 Inches

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Fitbit website or contact Fitbit customer service. Keep your proof of purchase for warranty claims.  
Online Support: [fitbit.com/global/us/support](https://fitbit.com/global/us/support)