

Ki Fit

63 Margaret Street,
London W1W 8EL

www.kifit.co.uk
www.kiperformance.co.uk



Manufactured By BodyMedia, Inc.
4 Smithfield Street
Pittsburgh, PA 15222
USA

www.bodymedia.com

Emergo Europe

Molenstraat 15
2513 BH, The Hague
The Netherlands

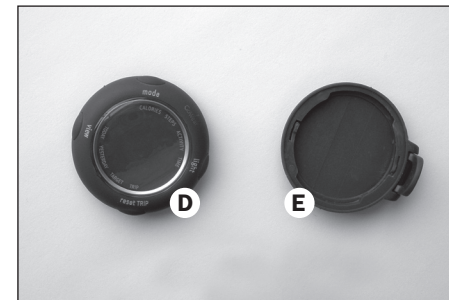
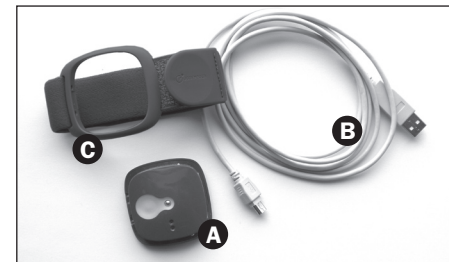


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Quick Start!

Package Includes



The package includes 1 of each item pictured above:

- A. Ki armband – part number 100533
- B. USB Cable – part number 100467
- C. Ki armband Strap/Wing Assembly – part number 100348
- D. Ki display – part number 100537
- E. Ki display clip – part number 100398

Armband Setup

- 1 Go to KiFit.co.uk and click on “Getting Started”.
- 2 Select the appropriate on-screen option and follow the instructions to complete your registration.
- 3 When prompted, download and install the required software.
- 4 Apply continuous downward pressure to the right side of the Armband until it separates from the strap/wing assembly. Connect the Armband to your computer using the supplied USB cable.



- 5 Follow the on-screen instructions to launch the Activity Manager and complete your set-up.
- 6 Charge your Armband fully before use. Keep the Armband plugged into the computer until the battery light flashes green which indicates it is fully charged.
- 7 Once charged, slide the Armband onto the back of your left arm (the triceps), with the sensors touching the skin and Ki logo towards your shoulder.
- 8 Adjust the strap to fit comfortably. The Armband will power on within 10 minutes.



For more information on each component of the Ki Lifestyle and Calorie Management System or for troubleshooting, please refer to the help section of the Ki activity manager website.

Refer to the armband user guide for a complete list of cautions and patent information.

Display Setup

1. Set up your Armband
2. Slide the Armband onto your arm and wait for it to power on, which may take up to 10 minutes. After the Armband powers on, hold the mode and view buttons on the Display until “Hello” is displayed.
3. Holding the Display next to the Armband, press and quickly release the status button on the Armband to synchronise the devices.