



*snakebyte*

# ***FITNESS STARTER PACK***

User Manual



## TABLE OF CONTENT

- Important Safety Instructions
- Important Health Information
- Introduction
  - Thank you very much!
- Specifications
- Installation
- Operating Instructions
- Contact and Support
- Terms of Guarantee
- Disposal of this product at the end of its life
- Further products of the snakebyte range

## IMPORTANT SAFETY INSTRUCTIONS

- Before using your snakebyte Fitness Starter Pack please read this manual thoroughly. If you comply with all instructions and tips, using the Fitness Starter Pack is easy and comfortable. Please retain this manual for future reference.
- If you don't want to lose your warranty, please refrain from disassembling components of the Fitness Starter Pack – there are no user serviceable parts inside anyway. Inappropriate handling does invalidate the warranty and leads to malfunctions of the devices.
- Keep the electric and electronic parts of the Fitness Starter Pack away from liquids and liquid containers such as vases, bottles, hot baths, jacuzzi tubs, etc. Any damage occurring from liquids invalidates the warranty.  
*This is especially valid for the heart rate watch, please keep it away from liquids.*

## IMPORTANT HEALTH INFORMATION

The following people should refrain from using the Wii Balance Board (and thus the Fitness Starter Pack) and consult a doctor prior to exercising:

- People who have consumed alcohol or other substances or medicines that potentially affect their sense of balance
- Pregnant women or women who may possibly be pregnant
- People who suffer from heart or orthopaedic problems, high blood pressure and/or problems with their circulatory systems
- People with medical conditions in any general way
- People who are unaccustomed to physical exercise

## INTRODUCTION

### **Thank you very much!**

Congratulations for purchasing the snakebyte Fitness Starter Pack. We really appreciate your trust in our fine products. These products were thoroughly produced under constant quality inspection and according to international quality and safety standards. Have fun with them.

If you follow this manual, set up, operation, and basic maintenance of the Fitness Starter Packs' components is cakewalk. In case you encounter any problems exceeding this manual please contact your dealer or our friendly customer support under [support@snakebyte-europe.com](mailto:support@snakebyte-europe.com).

### **Specifications**

Starter Pack for use with the Wii Fit Balance Board Pack of six products:

- Li-Ion Play&Charge Kit (1000 mAh) with 20h of playing time
- USB Charging Cable (3 metres length) allows continuous playing while charging
- Heart Rate Monitor Watch
- Carry Bag with soft lining for safe transportation
- Yoga Mat for comfortable Yoga exercises
- „One size fits all“ anti-skid socks

Technical data is subject to change without notice.

## INSTALLATION

### Included in delivery

Within the package of the snakebyte Fitness Starter Pack you should find the following items:

- 1x Li-Ion rechargeable battery pack (\* 1)
- 1x USB charging cable (\* 1)
- 1x Heart Rate Watch (\* 2)
- 1x Carry Bag (\* 3)
- 1x Yoga mat (\* 4)
- 1x Anti-skid-socks (\* 5)
- 1x this manual

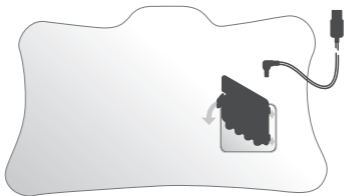


If any part is missing or obviously broken please contact your dealer immediately.  
If there are more than the mentioned items included – congratulations!

## OPERATING INSTRUCTIONS

### LI-ION BATTERY PACK:

Remove the battery cover and insert the battery pack into the Balance Board's battery compartment according to the image below.



In case the Balance Board has not yet been synchronised with the Wii console, please do that in **Standard Mode** as described below:

#### How to sync in Standard Mode:

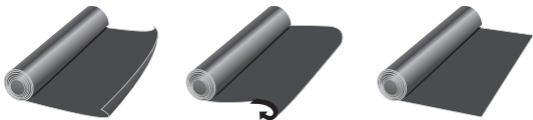
- Press the "POWER" button on the front of your Balance Board until the Power LED lights up.
- Press the "SYNC" button of the Balance Board through the battery pack's outer button once. Now press and release the "SYNC" button on the console.
- Your Balance Board's front LED will light constantly, indicating a successful hardware-handshake of Board and console.
- Only one Balance Board can be synchronised with your console at a time. It will be connected to P4, a Wii Remote that might have been registered as P4 before will be disconnected.

For further information regarding synchronisation please refer to your Wii console manual or the manual of your Wii Balance Board compatible software.

The USB charging cable offers a comfortable length of three metres and allows for simultaneous charging and playing. You may connect the cable to the Wii console's or any other USB port. Make sure the port in use offers sufficient current to charge the battery pack, though.

**YOGA MAT:**

Roll out the yoga mat and curl it on the opposite side in order to be able to roll it out evenly.

**HEART RATE WATCH:**

The Heart Rate Watch offers five basic functions:

- Time / Date display
- Daily Alarm
- Stop Watch
- Exercise mode (calory consumption during workout)
- Heart Rate Monitor

Browse the basic functions by pressing the MODE button.

**1. Time / Date display**

Switch over to Time / Date display using the MODE button.

Press and hold the SET button for two seconds in order to be able to enter basic settings. After entering each setting with the ST/SP button switch over to the next one using the SET button.

- Year (2000 – 2020)

- Month
- Day
- Hour (12 hour mode)
- Minute
- Year of birth (1920 – 2010)
- Month of birth
- Day of birth
- Gender
- Weight

Standard measuring unit of your weight is “pounds”, in case you prefer to enter your weight in “KG”, please change the measuring unit by pressing the RESET button.

*In Exercise mode the watch calculates your calory consumption based on the personal data entered. Therefore please enter correct data in order to get accurate results.*

## 2. Daily Alarm

Switch over to Daily Alarm mode display using the MODE button.

Press and hold the SET button for two seconds in order to be able to enter basic alarm settings. Enter settings with the ST/SP button and switch over to the next setting with the SET button.

Use the RESET button in order to (de)activate an hourly alarm. Pressing the ST/SP button (de)activates the daily alarm.

## 3. Stop Watch

Switch over to Stop Watch mode using the MODE button.

Use the ST/SP button in order to (de)activate the stop watch. Pressing the RESET button during time measurement displays an interim time. By pressing RESET once more you will return to the time measurement.

It is impossible to switch over to another function during an active time measurement. Doing so will cause the watch to stop the measurement automatically.

## 4. Exercise Mode (calory consumption)

Switch over to Exercise Mode using the MODE button.

When you begin your exercise press the ST/SP button in order to start measuring its duration. Once you finished your exercise press the ST/SP button again in order to stop the measurement. Now press the RESET button in order to switch over to the heart rate monitor mode (depicted by a heart on the display). Press and hold the SET button for two seconds.

Once “TOUCH SENSR” is displayed, place the tip of your index finger on the

without applying too much pressure in order to allow for a correct measurement of your heart rate. In case a correct measurement couldn't be carried out, you will be asked to "RETRY".

After a successful measurement, indicated by a pulsating heart symbol, the watch will display the amount of calories burnt during your exercise. This calculation will be based on the personal data you entered (see #1, basic settings), therefore it is recommended to enter your correct weight, gender and age.

A bar diagram displays the computed intensity of your exercise, with five bars being the maximum. Press the RESET button once in order to return to the Exercise Mode and a second time in order to reset the measurement.

*During the time measurement you can check the time or your current heart rate using the MODE button without resetting the measurement.*

## 5. Heart Rate Monitor

Switch over to the Heart Rate Monitor using the MODE button.

Press and hold the SET button for two seconds. Once "TOUCH SENSR" is displayed, place the tip of your index finger on the sensor without applying too much pressure in order to allow for a correct measurement of your heart rate. In case a correct measurement couldn't be carried out, you will be asked to "RETRY". After a successful measurement, indicated by a pulsating heart symbol, the watch will display your current heart rate.

*Difficulties measuring your heart rate are mostly a result of too much pressure applied to the sensor or incorrect placement of your finger tip. Please try not to push too hard placing your fingerprint on the sensor.*

*The heart rate watch is powered by a CR2032 battery. In case this battery needs to be replaced, please visit a specialist store and ask qualified staff to handle the replacement.*

## CONTACT AND SUPPORT

If you still encounter problems please contact us:

Sunflex Europe GmbH  
Obere Oese 2-4  
58675 Hemer  
Germany

[support@snakebyte-europe.com](mailto:support@snakebyte-europe.com)

## TERMS OF GUARANTEE

We issue a guarantee of two years after purchase of the snakebyte Fitness Starter Pack. Therefore, please preserve your invoice, e.g. together with this manual.

In order not to invalidate the warranty and to protect your health never try to repair and/or disassemble any of the devices. There are no user serviceable parts inside anyway. On top, the danger of electric shock or even fire is reduced considerably.

The guarantee is limited to defective parts or faulty assembly of the Pack's components exclusively, i.e. it only covers manufacturing defects. Amongst others the following defects can not be asserted:

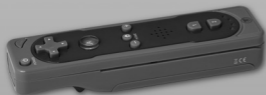
- basically all defects resulting from violation of this manual
- defects resulting from improper use or cleaning
- mechanical and optical flaws (e.g. scratches, broken casing caused by brute force or carelessness)
- defects caused by force majeure

## DISPOSAL OF THESE PRODUCTS AT THE END OF THEIR LIFE

Do not dispose of these products in your household waste. Please return them to a licensed recycling plant to ensure that the components will be recovered in compliance with the requirements of the WEEE directive (2002/96/EC).

Further products of the snakebyte range  
*Weitere Produkte aus dem snakebyte Sortiment*  
Autres produits de la gamme snakebyte

Remote XS Controller



Premium Wireless Motion XS Controller



Charging Cradle



Premium Component Cable

