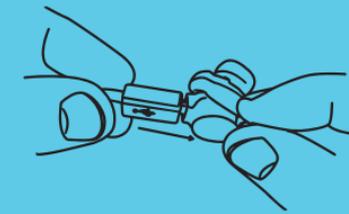


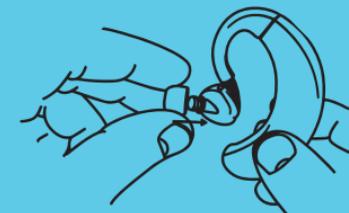
SET UP

1. Download and install the KuaiFit Desktop Application from: www.kuai.fit/downloads

2. Connect to a computer with the USB cable to charge (~90mins from empty) and synchronize music, plans, workouts.



3. Choose the correct size eartip. The larger the eartip, the better the sound quality is likely to be.

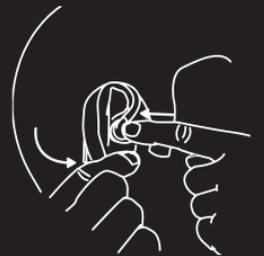


WEAR

1. Insert earbud and twist.



2. Push earbud inside ear.



3. Pinch flexible arm to fit.



CONTROLS

BATTERY STATUS
 CHARGING IN PROGRESS
 BATTERY FULL
 LESS THAN 5%
 LESS THAN 15%

LEFT SIDE MUSIC

VOLUME UP
Shuffle ON/OFF

NEXT TRACK
Next Folder

PREVIOUS TRACK
Previous Folder

REJECT CALL

VOLUME DOWN
Bluetooth Music/Calls

PLAY/PAUSE
Power ON/OFF
Answer Call

RIGHT SIDE SPORT

MENU UP
PREVIOUS ZONE/INTERVAL
Battery Level

INSTANT NOTIFICATIONS
Notifications ON/OFF

MENU DOWN
NEXT ZONE/INTERVAL

Select/Pause
Exit - Save

= LONG PRESS 2-5 SECONDS
 = BLUETOOTH MODE

MUSIC

You can listen to music by storing it in your KuaiFit memory, or by streaming it from your phone using Bluetooth (BT).

LOCAL MUSIC

KuaiFit allows you to store your music in its 8GB memory, so you do not need to carry a phone with you. To add music, you need to connect the headphones to your computer with the USB cable and open the KuaiFit Desktop App to upload your files. Local music is the default option for listening to music.

BLUETOOTH MUSIC

Connecting to your phone's BT:
 1. Activate BT in your phone.
 2. Activate BT on your KuaiFit by doing a long press on the MUSIC side (repeat to switch back to local music).
 3. Select "KUAIFIT AUDIO" from the BT list on your phone.

NOTE
 The BT profile KUAIFIT S/M ### is only for streaming sport data. For streaming music and for answering calls you must connect to KUAIFIT AUDIO.

FREE TRAINING

Choose your sport and receive voice notifications based on your performance.

1. On the SPORT side, press then to select Free Training.
2. Press to scroll through the sports. Press to choose.
3. Start your workout session.
4. Press or to change your heart rate zone.
5. Press to hear a summary of your performance data.
6. Press to pause or stop at any time.
7. Long press to save* when completed.

* Your data will be saved on the device. To upload to KuaiFit, connect it to your PC.

TRAINING PLANS

Choose your plan and receive voice coaching to guide you through the workout.

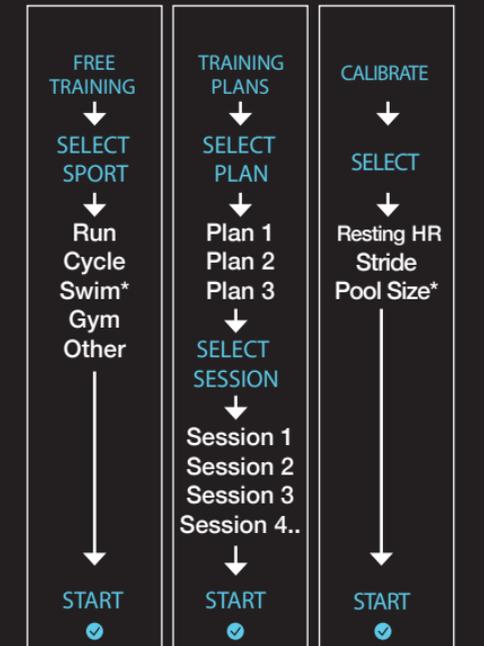
1. On the SPORT side, press then to select Training Plans.
2. Press to scroll through the plans. Press choose.
3. Press to scroll through the sessions. Press to choose.
4. Start your training & listen to the coach as you exercise.
5. Press to pause or stop at any time.
6. Long press to save* when completed.

TIP
 To go back to the main menu at any time, long press on the SPORT side to cancel and return.

* Your data will be saved on the device. To upload to KuaiFit, connect it to your PC.

SPORT NAVIGATION

KuaiFit uses a menu structure for navigation of the SPORT side. Press and to navigate:



* Swim version only

CALIBRATION

You can use KuaiFit immediately, but to achieve better results we recommend that users calibrate their device.

To calibrate, follow the steps below:
 On the SPORT side, press until you hear "calibrate". Select by pressing button.

For HEART RATE CALIBRATION
 Press and select heart rate calibration. Then lay down for 2 minutes.

For STRIDE CALIBRATION
 Press and select stride calibration. Walk 400m, then run 400m. Use the Stride Calibration distance tracker on the KuaiFit Mobile app to ensure the correct distance.

For POOL SIZE SELECTION
 Press and select pool size. Choose from 25m, 50m, or open water. Swim version only.

HEART RATE ZONES

In Free Training, you must manually select in which zone you are in at all times in order to receive the correct alerts. You do this by pressing or on the SPORT side. Training always starts in Zone 1.

ZONES EXPLAINED
 Heart rate (HR) zones are used to set the intensity of training during the sessions.

- HR ZONE 1
warm-up and cool-down (less than 60% effort)
- HR ZONE 2
light exercise (60-70%)
- HR ZONE 3
mild exercise (70-80%)
- HR ZONE 4
hard exercise (80-90%)
- HR ZONE 5
very high tempo only for very short periods (90-100%)

NOTE
 With Training Plans, alerts and targets are preset.

INSTANT ALERTS

Your KuaiFit headset will automatically create standard alert/notification settings from your personal data.

ALERTS will inform you every time you go above or below a certain heart rate, cadence, speed/pace etc.

NOTIFICATIONS will inform you of your current performance (at a specified regularity) including distance, heart rate, calories burned, cadence, pace, laps, tips etc. You can also manually press ► on the **SPORT** side of the headphones to instantly hear your chosen data

To disable alerts and notifications, long press ► on the **SPORT** side, and repeat to enable.

You can easily customize your alerts and notifications (selection, parameters and frequency) on the Free Training page of your KuaiFit account.

To sync alert/notification changes with your KuaiFit device, connect it to your computer, open the Desktop Application and press the 'Sync with Server' button.

DOWNLOAD PLANS

Download training plans for different sports, goals and fitness levels, online at the www.kuai.fit store.

After purchasing plans, simply connect your KuaiFit headset using the USB cable and open the KuaiFit Desktop Application.

All of your downloaded plans will show up under 'Available Training Plans' and you only need to press the 'Add' button to download the plans you wish to have on your KuaiFit headset.

TIP So long as you re-enter the same plan, KuaiFit will remember your position/session for that plan.

NOTE A maximum of three plans can be stored on your KuaiFit device at any one time.

YOUR DATA

KuaiFit auto-records your workout data. You can visualize your data in two ways:

KUAFIT WEB
You can view all of your data through your KuaiFit account. To upload data after a workout, connect KuaiFit to your computer using the USB cable, open up the KuaiFit Desktop App, your data will sync then show in your online account.

KUAFIT MOBILE APP
If you workout connected to the KuaiFit Mobile App, your data will automatically store in the 'History-Local' section on the app. If you workout without connecting to the Mobile App, after synchronizing the headset with the computer, you will be able to view your workout data in the 'History-Web' section of the Mobile App.

TIP When saving your workout data to your phone or synchronizing your data via your computer, providing your device is connected to the Internet, your data will be viewable on all of your devices.

CONNECTIVITY

CONNECT TO THE MOBILE APP:

iOS - Select 'KuaiFit S/M ####' in your phone's Bluetooth list, then begin your session on the headset. Open the app and press **START**.

Android - Turn on Bluetooth. Open the app and press **START**. Choose your KuaiFit device. Begin your session on the headset.

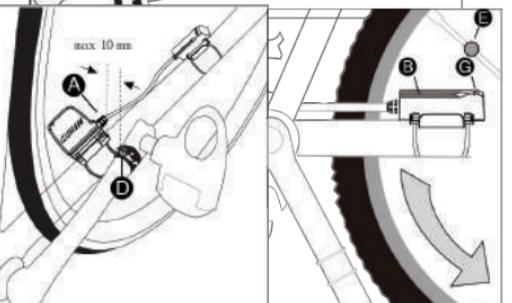
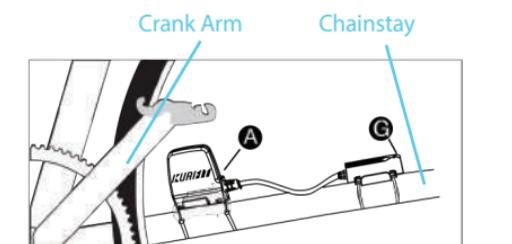
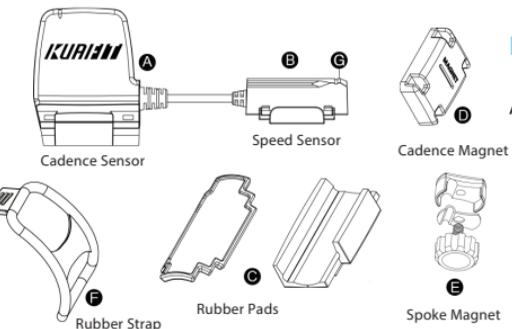
OTHER APPS AND SPORT WATCHES
While in a session, KuaiFit is always emitting heart rate in BLE and ANT+, so you can connect to any device that receives data using those profiles.

BIKE SENSOR

Start a session on the headset. If there is a sensor with ANT+ in range it will automatically connect.

NOTE KuaiFit only emits heart rate data in BLE and ANT+, it does not use heart rate readings from other devices.

CYCLING SENSOR



HOW TO INSTALL

Affix to the chainstay on the non-chain side.

1. Attach Cadence Magnet (D) to the inside of the crank arm using a cable tie.
2. Add the rubber pad (C) and attach Cadence Sensor (A) to the chainstay with cable ties. Ensure the position of the Cadence Sensor is aligned with the Cadence Magnet. Add the rubber pad (C) to the Speed Sensor (B), then attach it all to the chainstay with the Rubber Strap (F).
3. Screw the Spoke Magnet (E) to a spoke, and ensure it is aligned with the end of the Speed Sensor (G).

NOTE Ensure the distance between the Spoke Magnet/Speed Sensor and Cadence Magnet/Cadence Sensor is at most 1cm, and the magnets are facing the sensor. Also, please remember to choose the correct wheel size to get accurate data (do this in your KuaiFit account).

SWIMMING DATA

To improve accuracy during swimming* please follow the guidelines below.

GENERAL

Please ensure your pool size is selected (see Sport Navigation page) prior to starting your swim.

LAPS & DISTANCE

To ensure correct lap and distance measurement, swim at a consistent pace during your laps, and try not to stop in the middle of the pool.

Also, ensure that you push off the wall properly for the device to accurately detect your laps.

STROKES

Stroke counting will only register with freestyle swimming. KuaiFit will NOT count strokes during breaststroke, butterfly, etc.

ADVICE

Please rinse after use in chlorinated or salt water, and always dry the device before plugging it in to your computer.

* swim version only.

TROUBLESHOOTING

For issues, follow these simple steps:

HEART RATE DATA INACCURATE

Make sure the earbud is fully inserted and you are using the correct ear tip. The sensor needs to be securely positioned in the ear.

HEADPHONE NOT RESPONDING

Restart the headphone by pressing  on the **MUSIC** side for 10 secs. If unsuccessful, repeat while connected to a power source.

INACCURATE PACE

Ensure your device is calibrated correctly. Redo stride calibration.

USB NOT DETECTED

Unplug the USB and reconnect it.

CYCLING SENSORS NOT DETECTED

Ensure the sensor is correctly installed. If problem persists, change the battery.

For other issues: support@kuai.fit

OTHER DOCUMENTS

DE Bedienungsanleitung, Garantie und andere Dokumente in deutscher Sprache finden Sie online unter www.kuai.fit

FR Vous trouverez le guide d'utilisateur, la garantie et les autres documents en français en ligne sur www.kuai.fit

ES El manual de usuario, la garantía y otros documentos en español están disponibles en línea en www.kuai.fit

PT O guia de utilizador, a garantia e outros documentos em português estão disponíveis na Internet em www.kuai.fit

IT La Guida utente, i Termini di garanzia e altri documenti in lingua italiana sono disponibili online su www.kuai.fit

RU Руководство пользователя, гарантию и другие документы можно найти в Интернете по адресу: www.kuai.fit

ZHCN 用戶指南, 保修和其他文件可以在 www.kuai.fit 在线查找

ZHTW 您可以在線上找到使用指南、保固和其他文件：www.kuai.fit

JA ユーザーガイド、保証書およびその他の文書はウェブサイト www.kuai.fit でご確認ください。

KO 사용자 가이드, 보증서 및 기타 문서는 온라인 사이트 www.kuai.fit 에서 찾아보실 수 있습니다.

LEGAL / WARRANTY

By using any KuaiFit device, product or service, you agree to Kuaiwear Limited Terms of Use and Warranty, and should not use any if you do not agree to them. This is not a medical device and is intended for recreational purposes only. Consult your doctor before any exercise or training.

Kuaiwear Limited (KuaiFit) warrants this hardware product against defects in materials and workmanship under normal use for a Warranty Period of 12 months (365 days) from the date of retail purchase by the original purchaser. Under this Limited Warranty, if a hardware defect arises and a valid claim is received by KuaiFit within the Warranty Period, at its option and to the extent permitted by law, KuaiFit will either repair or exchange the product with a new one.

A refurbished or replaced product will assume the remaining warrant of the original product or 90 days from the date of replacement, whichever is longer.

Full Warranty/Terms: www.kuai.fit/legal

GET CONNECTED

1. Sign up for a KuaiFit account at www.kuai.fit. All of your workout data will be stored here.
2. Download the KuaiFit Desktop App from: www.kuai.fit/downloads This is needed to upload music and sync training plans to your KuaiFit Headphones.
3. Download the Phone app. It provides a visual display for your workouts.

