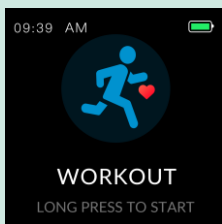




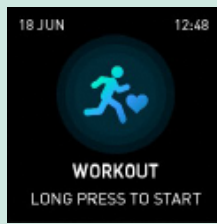
How to track your heart rate on the HPB Fitness Tracker

As you go about your daily activities, your HPB fitness tracker will automatically track your heart rate throughout the day as long as it is turned on, has sufficient battery and worn correctly on the wrist. There is no need to activate heart rate tracking. However, if you would like to observe changes in your heart rate real-time on the fitness tracker, you can activate “Workout Mode”.

How to activate “Workout Mode”



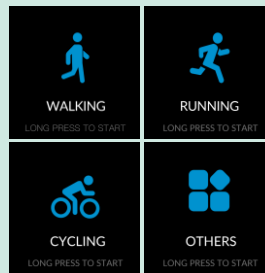
AXTRO



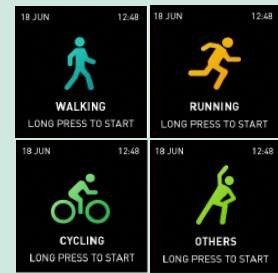
TEMPO

Step 1

Tap the touch sensor on the HPB fitness tracker until you see the workout screen. Then, press and hold to view the list of workout modes available.



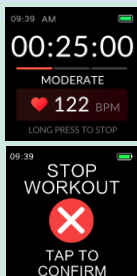
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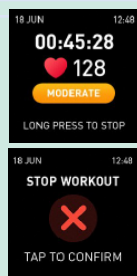
TEMPO

Step 2

Tap to toggle between 4 different workout modes: walking, running, cycling and others. Press and hold to start the workout of your choice.



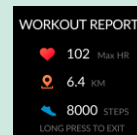
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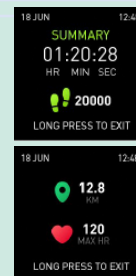
TEMPO

Step 3

To stop the “Workout Mode”, press and hold again. Tap to confirm the end of your workout session.



AXTRO



TEMPO

Step 4

Your workout summary will be displayed. To exit, press and hold again.

Exiting “Workout Mode” does not mean your fitness tracker will stop tracking your heart rate. The fitness tracker will always be tracking your heart rate and steps as long as it is turned on, has sufficient battery and worn correctly on the wrist. Note that staying in “Workout Mode” for extended periods of time will drain the battery.

Click [here](#) to find out more about MVPA minutes.