

*runtestic*  
**ORBIT**



ONLINE MANUAL

## Table of Contents:

Package Contents .....	3
Introduction .....	3
Device Description.....	4
Wearing Runtastic Orbit.....	4
Mount / Unmount.....	5
Getting Started.....	5
With Runtastic Me App .....	5
Without Runtastic Me App.....	6
Modes and Views.....	6
Runtastic Orbit and Runtastic Me .....	8
Calculation and Measurement.....	9
Orbit Connect .....	11
Storage and Data Sync.....	11
Battery and Charging.....	12
Firmware Update .....	12
How to Reset Your Orbit .....	12
Legal Information.....	13

## Package Contents

- 1 x Runtastic Orbit
- 2 x Wristband
- 1 x Clip
- 1 x USB Charging Cable
- 1 x Quick Instructions
- 1 x Legal and Product Information
- 1 x Colored Wristband Card

## Introduction

### Functions

Runtastic Orbit is designed to help you to reach your fitness, activity and sleep goals. It supports you in your daily grind and comes with the following features:

- Track Steps & Distance
- Set Goals
- Calories Burned
- Active Minutes
- Happy Tracking
- Orbit Connect for Runtastic Apps
- Sleep Tracker
- Ambient Lighting Sensor
- Time
- Alarm
- Idle Notification
- Waterproof 100m / 300ft
- Vibration Alerts
- Long-lasting, Rechargeable Battery

### Compatible with Runtastic Apps

Monitor real-time progress, however you like, with Orbit – use as a stand-alone device or with your preferred, Bluetooth® Smart enabled smartphone\* & Runtastic apps.

\* Works with iPhone 4s and more recent versions and Bluetooth® Smart Ready Android™ devices running Android 4.3 and more recent versions. Compability list at: [hardware.runtastic.com](http://hardware.runtastic.com)

## Device Description

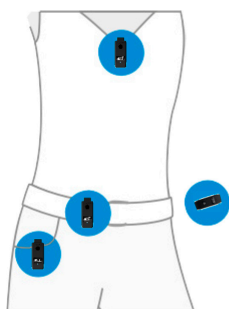
### Overview

1. Display
2. Navigation button
3. Reset button
4. Ambient lighting sensor
5. Wristband
6. Clip
7. Charger

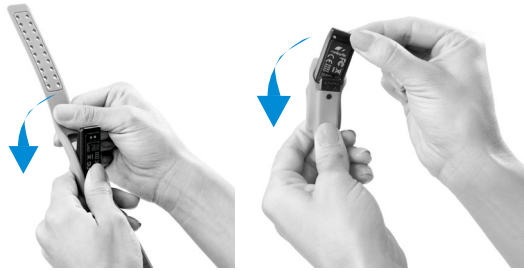


## Wearing Runtastic Orbit

You can wear Runtastic Orbit as you like, in one of the included wristbands or in the clip.



## Unmounting / Mounting



## Getting Started

### Activating Runtastic Orbit

1. Remove protective plastic film from display & turn on Runtastic Orbit by pressing the Navigation button for 3 seconds.
2. Insert Runtastic Orbit in your preferred wristband or clip.

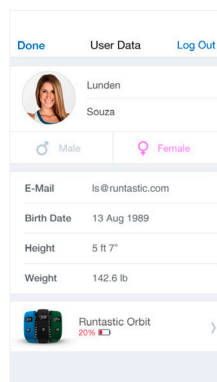
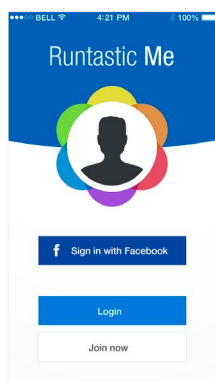
NOTE: Please charge your Orbit before the first usage. See „Battery and Charging“

## With Runtastic Me App



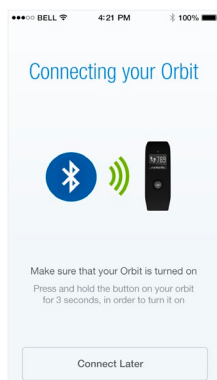
Download the Runtastic Me app here:

<http://me.runtastic.com/download>



Log in or create a new user

Up-to-date and complete personal information allows for precise and personalized data calculations for you.



Connect and set up Runtastic Orbit:  
Follow the steps indicated in your Me app.

## Without Runtastic Me App

Set the time by pressing the Reset button at exactly 12:00 p.m.

Orbit counts your steps and shows the total steps taken per day (starting at 12:00 a.m.).

The default daily step goal is 8,000.

The calculation of your calories burned is based on the values of an average Runtastic user. The following body metrics are used:"

Weight: 72 kg (159 lb)

Height: 172 cm (5'8")

Date of Birth: 1. 1. 1989

Gender: Male

This data cannot be modified without the Runtastic Me app.

## Modes and Views

Orbit works in 3 different modes:

1. Activity Tracking Mode: Tracks your steps during the day
2. Sleep Mode: Tracks your sleep duration and cycles
3. Orbit Connect: Allows other Runtastic apps to use Orbit as a second display

You can switch between activity tracking and sleep mode by pressing the Navigation button for 3 seconds. Orbit Connect mode will be activated automatically as soon as you start an app supporting Orbit Connect.

Each mode has different views which can be switched by pressing the Navigation button.



#### Time

In time view, the current time is displayed. If using the Me app, time will be automatically set.



#### Steps

Runtastic Orbit tracks your steps whenever sleep mode is not activated. In step view, the steps taken on the current day are displayed. The step count is automatically reset to zero at midnight, while the collected data is saved on Orbit as long as there is enough memory available, or until it is synced with your Runtastic Me app (see [„Storage and Data Sync“](#)).



#### Calories Burned

Calories are burned all the time, even while sleeping and sitting! Your overall Calories Burned includes your basal metabolic rate (BMR) and the calories burned during daily activities.

The calculation starts at midnight and is based on individual values, including: height, weight, gender and age that Runtastic Orbit retrieves from your Runtastic Me app. Steps are analyzed on a minute-based timeframe, with a higher step frequency leading to a higher amount of calories burned. This is why 100 steps/minute are calculated differently than 10 unique occurrences of 10 steps/minute. Activities completed with other Runtastic apps are also taken into account and data is integrated in a way that always defers to the most accurate source.



#### Active Minutes

Runtastic Orbit shows the total number of active minutes from the current day, starting at midnight.



#### Sleep Mode

Runtastic Orbit does not automatically detect when you are asleep. When you go to sleep, wear your Runtastic Orbit and push the Navigation button for 3 seconds until your Orbit vibrates and the sleep icon is displayed. Runtastic Orbit is now in sleep mode and will measure your sleep duration and cycles. Your sleep data will be shown in the Runtastic Me app.



#### Sleep Duration

When in sleep mode, Runtastic Orbit determines your sleep duration. Press the Navigation button several times until the Sleep Duration icon is displayed to see your current sleep duration.



#### Exit Sleep Mode

When you wake up, press the Navigation button again for 3 seconds until your Orbit vibrates and the sun icon is displayed.



#### Happy Tracking

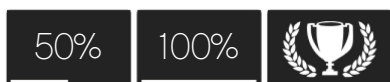
Runtastic Orbit allows to track your mood and happy moments. Happy Tracking is triggered by quickly pressing the Navigation button twice.

## Runtastic Orbit and Runtastic Me

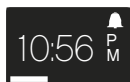
### FEATURES

#### Goals

Runtastic Orbit displays your current progress towards your step goal. You are notified by vibration alerts and special icons when you reach 50% or 100% of your goal.



The progress bar below the time display shows your current progress towards your daily Step Goal. You can set further goals or change your Step Goal in your Me app. Activities recorded with other Runtastic apps also help you reach your goals! When setting personal goals, the app will support you with individual suggestions to help you find your ideal target value.



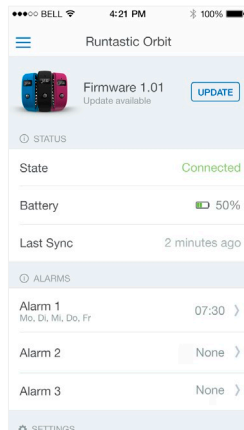




### Daily Value Detail

Your Me app has a screen for every value detail where the current day's data is displayed. Activities tracked with other Runtastic apps are also displayed, as well as your "Happy Tracking."

The Sleep Detail screen shows your different sleep phases, as well as the ambient light measured by Orbit.



### Alarm

Set alarms directly in the Orbit Settings of your Me app.

You can set up to three, one-time or recurring, alarms. If an alarm has been set, a corresponding icon is displayed on the time view of your Orbit:



When an alarm goes off, your Orbit vibrates and the following icon is displayed:



Snooze feature: Unless you turn off the alarm by pressing the Navigation button, your Orbit will start vibrating again every five minutes for a maximum of five times.

### Idle Notification

Orbit motivates its users to engage in a more active lifestyle. A vibration alert

reminds you after an extended idle phase to get active again. This feature can be activated or deactivated in the Orbit Settings of your Me app. You can also modify the active timeframe of your Idle Notification.

## Calculation and Measurement

### Steps

Your steps are tracked directly by Orbit. They are shown both on your Orbit and your Me app.

About 8,000 steps per day are ideal and healthy.

### Distance

The distance covered is calculated in kilometers/miles based on tracked steps and individual data, like height and gender. When tracking walking, running, hiking or nordic walking sessions with a Runtastic app via GPS, the more accurately measured distance data can substitute the value calculated by Orbit. It is recommended to cover between 5-7.5 kilometers per day.

### Calories Burned

Calories are burned all the time, even while sleeping and sitting! Your overall Calories Burned includes your basal metabolic rate (BMR) and the calories burned during daily activities.

The calculation starts at midnight and is based on individual values, including height, weight, gender and age, which Runtastic Orbit retrieves from your Runtastic Me app. Steps are analyzed on a minute-based timeframe, with a higher step frequency leading to a higher amount of calories burned. This is why 100 steps/minute are calculated differently than 10 unique occurrences of 10 steps/minute. Activities completed with other Runtastic apps are also taken into account and data is integrated in a way that always defers to the most accurate source.

Your current Calories Burned value is displayed both within your Me app and on your Orbit.

The ideal calorie goal varies for every person and depends on individual body metrics.

#### Active Minutes

A threshold value determines whether a minute is considered active or inactive depending on the number of steps tracked. Every minute you track during an activity with a Runtastic app is counted as well. Sleeping minutes are always considered inactive.

It is recommended to be active for approx. 60 minutes per day.

#### Sleep Duration

Orbit tracks your sleep duration and cycles. Your Me app then analyzes the collected data to display sleep cycles and quality.

Your body needs approx. 8 hours of sleep per day for ideal recovery.

#### Ambient Light

Orbit measures the current ambient lighting with a sensor every three minutes. The results are displayed in your Me app.

A dark sleeping environment and sufficient (sun) light during the day contribute to your health and foster a good mood.

## Orbit Connect

Runtastic Orbit also serves as a second screen for other Runtastic apps. Your Orbit will be connected to your account and, therefore, it is crucial to use the same Runtastic account in both the Runtastic app and the Runtastic Me app.

Any Runtastic app supporting Orbit Connect will be able to display several personal values on your Orbit during your fitness activities. To use this mode, activate the “Orbit Connect” feature in your Runtastic app settings.

Press the Navigation button for three seconds to switch back to normal mode anytime. Whenever your Runtastic app is open, however, it will restore Orbit as second display after one minute.

The following statistics of your current fitness activity can be viewed on the Orbit display. You can view them by pressing the Navigation button on the Orbit several times:



Duration



Distance



Current Pace



Average Pace



Calories Burned



Heart Rate



Average Speed

Currently, Orbit Connect is only supported by the Runtastic app.

## Storage and Data Sync

Orbit syncs collected data with your Me app whenever your phone is within reach, and regularly updates your values.

When the memory of your Orbit is full, the device will start overwriting the oldest data until it is synced again. Orbit can store data up to 7 days.

## Battery and Charging

Runtastic Orbit has a powerful battery that lasts between 5 and 7 days. See empty and full battery icons below.



When you see this icon, your Orbit has been out of battery for a long time. Please recharge your Orbit with the provided charging cable.



For those using the Runtastic Me app: Simply start and connect the Runtastic Me app to continue tracking.

For those using Orbit as a stand-alone device: Press reset at 12:00 p.m. to continue tracking with optimum accuracy.



To recharge the battery, simply connect the included charging cable to your Orbit and plug it into a USB power source.

## Firmware Update

You can update your Orbit to the latest version in the Orbit Settings within your Runtastic Me app. This option is only visible if a newer version of the firmware is available.

## How to Reset Your Orbit

To delete all user data from your Orbit, you need to reset the device. Therefore, it is recommended to select “Remove this Orbit” in the Runtastic Me app or you can reset the device by pressing the Reset button.

## Legal Information

### SAFETY INFORMATION

Please read this material carefully, and follow all of the instructions stated to ensure reliable operation and a long life expectancy for your Runtastic Orbit.

### RISKS FOR CHILDREN AND PEOPLE IN NEED OF CARE

This device is not intended for use by children under the age of eight (8) or individuals with limited physical, sensorial or emotional capacities or limited experience/knowledge, unless they are supervised by an individual responsible for their safety or receive instructions from the latter as to how the device should be used and understand the risks involved.

Children should be supervised in order to ensure that they do not play with the device. Cleaning and maintenance should not be performed by children without supervision.

### SAFETY NOTES



#### Attention:

- In case of any skin reaction, stop using your wristband and consult your physician.
- The combined impact of moisture and intense abrasion may cause a black/blue color to rub off the surface, possibly staining light colored clothes.
- Do not try to replace the battery of the Runtastic Orbit. It is built-in and not interchangeable.
- Charge your Runtastic Orbit with a certified computer or an external power supply.
- Use only the charging cable that came with the Runtastic Orbit for charging the product.
- Never open the casing of your Runtastic Orbit, it does not contain any parts to be maintained.
- Do not place any objects on the tracking unit and do not exert any pressure on the display, as this may cause the display to break.
- Do not disturb the display with sharp objects.

## ELECTROMAGNETIC COMPATIBILITY

Very strong magnetic fields (e.g. transformers) must be avoided, as variations in the measurement can occur. Non-adherence to these instructions can lead to disturbances or damage to your Runtastic Orbit.

## RECHARGEABLE BATTERIES

Below you will find some information about handling rechargeable batteries:

- The rechargeable battery cannot be replaced and must not be removed.
- Keep the Runtastic Orbit away from heat sources, or environments with high temperatures, e.g. direct sunlight in a vehicle.
- Do not drill through or burn the Runtastic Orbit.
- Only charge the rechargeable battery via the USB cable provided. If the rechargeable battery is charged in another way, it can lead to overheating, explosion or fire. Please ensure correct positioning of the cable when charging.
- Do not charge the rechargeable battery near heat sources or in the car (in cases of strong sunlight and/or high temperature). The high temp. can lead to the battery being damaged, and can lead to overheating, explosion and fire.
- Non-adherence to these instructions can lead to the shortening of the operational life of the built-in rechargeable battery, or damages to the Runtastic Orbit.



### WARNING:



Contains small parts, which may be a choking hazard.  
Not suitable for children under age 3.

### DISPOSAL



#### Disposal of packaging

Dispose of the packaging sorted according to type. Dispose of cardboard with waste paper recycling and leave films with your recyclables collection point.

#### Disposal of waste equipment

(Applicable in the European Union and other European countries with established systems for separated collection of recyclables.)

Waste equipment must not be disposed of together with domestic waste!



This symbol indicates that disposing of this product together with domestic waste is prohibited under the directive on waste electrical and electronic equipment (2012/19/EU) and national laws. This product must be

left with a collection point specifically designated for this purpose. This can be carried out by returning the product on purchasing a similar product or leaving the product with an authorised collection point for recycling of waste electrical and electronic equipment. Due to potentially hazardous materials which are often contained in waste electrical and electronic equipment, incorrect handling of waste equipment may have adverse effects on the environment and human health. By disposing of this product correctly you also contribute to an effective usage of natural resources. Information on waste equipment collection points can be obtained at your local authorities, public bodies responsible for waste management, an authorised body responsible for the disposal of waste electrical and electronic equipment or your waste collection service.

Batteries must not be disposed of together with domestic waste!



As a consumer you are required by law to leave any batteries, regardless of whether they contain hazardous material\* or not, with a collection point in your community / your borough or return them to your retailer to be disposed of in an environmentally friendly manner.

\* marked with: Cd = Cadmium, Hg = Mercury, Pb = Lead

KRIPPL-WATCHES  
Warenhandels GmbH Maria-Theresia-  
Straße 41  
4600 Wels, Austria








## SPECIFICATIONS

### Waterproof

Runtastic Orbit is waterproof up to a depth of 300 ft/100 m.

Please refer to the table below to view the suitable activities and conditions under which the device may be used:

Rain, splash	Washing hands	Shower	Bathing, swimming	Diving with apparatus
				
Yes	Yes	Yes	Yes	No

Operating temperatures: -4°F to +140°F (-20°C to +60°C)

Storage temperatures: +14°F to +140°F (-10°C to +60°C)

## DECLARATION OF CONFORMITY

*R&TTE Directive 1999/5/EC, RoHS Directive 2011/65/EU:*



Short text on declaration of conformity: hereby, Krippel Watches declares, that the Runtastic Orbit (Art. No.: RUNOR1, Model: DP166) is in compliance with the basic requirements, and the remaining relevant conditions of the guidelines 1999/5/EC and 2011/65/EU. You can find the complete text of the declaration of conformity on our homepage:

[hardware.runtastic.com](http://hardware.runtastic.com)

## FCC COMPLIANCE STATEMENT (FOR US)

-This device complies with Part 15 of the FCC Rules. Operation is subject to the following: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

-NOTE: This equipment has been tested and found to comply with the limits of a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: changes or modifications to this unit not expressly approved by the party responsible for compliance could void user's authority to operate the equipment.

#### IC STATEMENT (FOR CANADA)

- This equipment is a portable device. The output power of this device is less than 20mW. The SAR test is not required.

- This device complies with Industry Canada licence - exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

- This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

#### WARRANTY

We provide a 24 month warranty for this product. The warranty period begins on the date of purchase (based on receipt, purchase voucher, etc.). During this period, you will receive a new or repaired product free of charge. The warranty does not include batteries, improper handling, dropping, shock or the like.

In case of a claim, you have the following possibilities:

- a) contact your point of sale
- b) write us an e-mail: [service@runtastic.com](mailto:service@runtastic.com)

*Please note: For organizational reasons, we cannot accept any unannounced packages not prepaid.*