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Introducing Fitbit Flex 2™

Fitbit Flex Wireless Activity and Sleep Tracker Wristband Review Fitbit Flex Product Manual English

Setting up your Fitbit Flex You can set up your Flex using a computer or the Fitbit apps for iOS, Android, or Windows.

Setting up your tracker on your mobile device The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems.

To get started: 1.!

Fitbit Flex User Manual

The Fitbit Flex is capable of setting up and syncing with select mobile devices that support Bluetooth 4.0 technology.

To see if your mobile device is compatible with

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To manually synchronize your Flex with your dashboard, click the Fitbit Connect icon located near the date and time on your computer and click Sync Now. Setting up your Flex with a mobile device You can set up and wirelessly sync your Flex using over 120 mobile devices that

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Page 30: Fitbit Flex General Info & Specifications Your Flex uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a vibration motor, which allows it to vibrate when alarms go off.

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Your Fitbit Flex 2 box includes: Tracker Charging cable Small & large wristbands Visit the fitbit.com store to find Flex 2 accessories in other styles and colors sold separately.

What ' s in this document We get you started quickly by creating a Fitbit account and ensuring your tracker can transfer the data it collects to your Fitbit dashboard.

Fitbit Flex 2 User Manual

Products. Fitness Wristbands and Clips. Fitbit Zip® Fitbit One® Fitbit Flex 2™ Fitbit Alta™ Heart Rate + Fitness Wristbands. Fitbit Alta HR™ New; Fitbit Charge 2™ Smart Fitness Watches. Fitbit Blaze™ Wi-Fi Smart Scale. Fitbit® Aria® FITBIT ACCESSORIES; Designer Collections

Fitbit Setup

Find your fit with Fitbit's family of fitness products that help you stay motivated and improve your health by tracking your activity, exercise, food, weight and sleep. By clicking or navigating this site, you agree to our use of cookies, including for analytics and to enable our partners to serve interest-based ads for our products and ...

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pages, Page: 1, Published: 2014-04-08 Issuu company logo
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Fitbit flex product manual english by Bernard Greene - Issuu
Page 22: Fitbit Flex General Info & Specifications Your Flex uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a vibration motor, which allows it to vibrate when alarms go off.

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SEE Fitbit FLEX 2 SPECS AND DETAILS *Your fully charged Fitbit Flex 2 has a battery life of up to five days. Note that battery life and charge cycles vary with use, settings and many other factors; actual results will vary. **Certain

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features like auto sleep tracking and SmartTrack may be disabled in the pendant.

Fitbit Flex 2™ Fitness Wristband

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Fitbit Flex General Info & Specifications Sensors and motors
The Fitbit Flex uses an accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a motor that allows it to vibrate. Page 30: Help

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In May 2013, Fitbit released the Fitbit Flex, the first Fitbit tracker worn on the wrist. It tracks movement 24 hours a day, including sleep patterns. It has a simple display of 5 LED lights that indicate the progress toward the goal number of steps walked in a day and vibrates to indicate when the goal has been reached.

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