

actxa®

Spark+

Activity Tracker With  
Advanced Fitness  
& Sleep Tracking

◀ Series 2 ▶

Model No: AX-H210-00

User Guide

# 01 › Introducing The Actxa Spark+

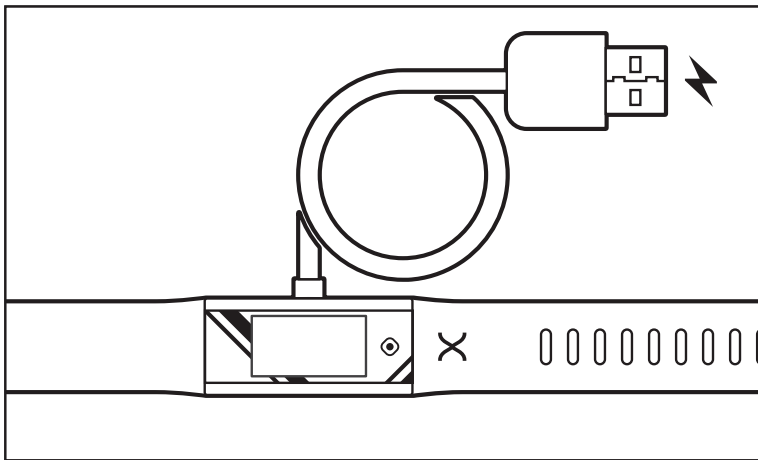
The Actxa Spark+ is an all-day activity tracker with continuous heart rate monitoring and heart rate zone indication markers. It measures VO2 Max and Fitness Age and also tracks your sleep using advanced SleepTrack™ algorithm.



## 02 › Turning On

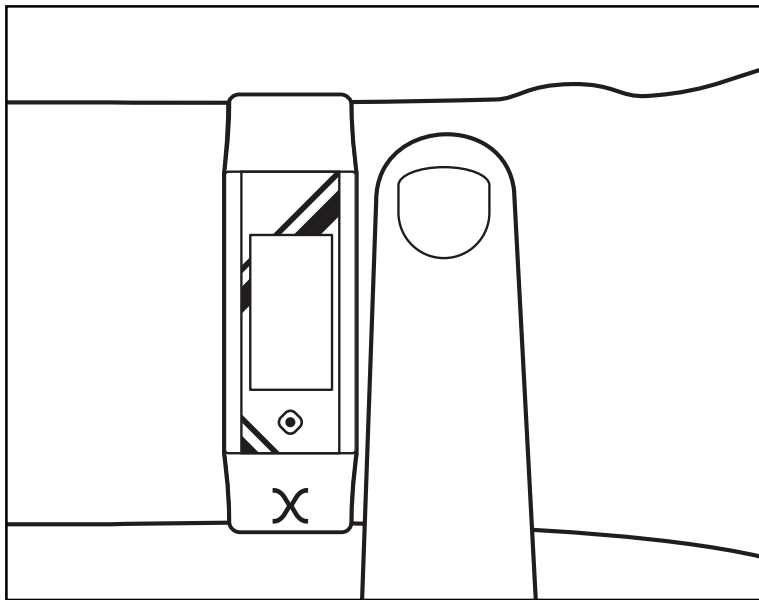
All new Actxa Spark+ activity trackers are pre-packaged on hibernation mode for battery conservation purposes. On your first use, place the Actxa Spark+ on the magnetic charging cable, before switching on the power either from an adapter or standard USB port.

Please allow a minimum of two-hours charge up before attempting to pair the Actxa Spark+ to your smartphone.



## 03 › Optimum Fit

For the best heart rate tracking results, position the Actxa Spark+ approximately one finger-width away from your wrist bone, and ensure the buckle is secured for a tight, but breathable fit.





## 04 › Set Up With The Actxa App

Download the Actxa App to set up your personal account and to activate the Actxa Spark+ activity tracker. The Actxa App can be installed from the App Store or Google Play.



## 05 › Syncing On The Actxa App

Launch the Actxa App and follow the on-screen instructions to activate your Actxa Spark+ activity tracker and pair the device with your smartphone. Once successfully paired, you will be able to sync all daily activity statistics from the tracker to the Actxa App.

# Daily Use

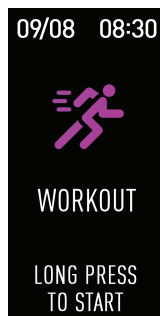
A gentle tap on the touch button located below the screen will activate the display. Continue tapping to toggle between the various screens to view different activity information. Alternatively, simply raise your wrist to activate the display automatically.



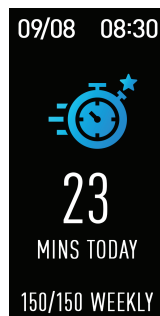
Home Screen



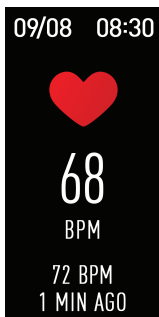
Activity



Workout



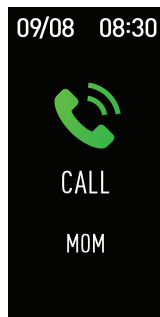
Intensity Minutes



Real-Time  
HR Monitoring



Move Alert



Call/Message  
Alert



Silent Alarm

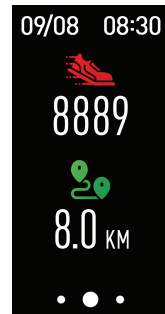
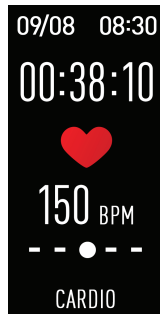
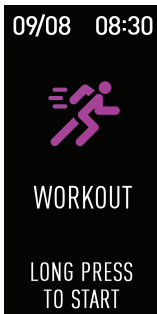
# Workout

To turn on Workout mode, tap and hold the touch button at the workout screen to enter the workout submenu. Tap to select the workout activity. Tap and hold again to start the workout.

To end the workout, tap and hold the touch button again for 3 seconds. Your workout summary will be displayed.

To record on a workout session with connected GPS, start the workout using the Actxa App.

**Note:** The Spark+ activity tracker is able to monitor your Intensity Minutes automatically throughout the day.

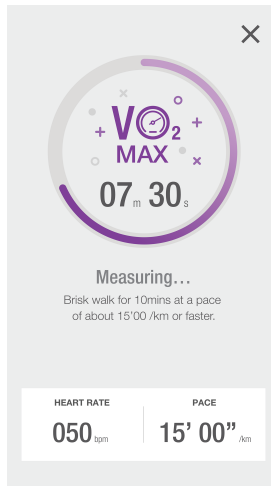


# VO2 Max & Fitness Age Test

Find out your VO2 Max fitness level and Fitness Age by using the VO2 Max feature. Find an outdoor venue where you can brisk walk continuously without stopping or interruption.

Launch Actxa App and select VO2 Max measurement on dashboard or device page. Follow the guidance provided by the app to complete the VO2 Max measurement.

**Note:** This feature requires connected GPS. You may also get a VO2 Max reading during an Outdoor Walk/Run workout if it meets the VO2 Max measurement criteria.



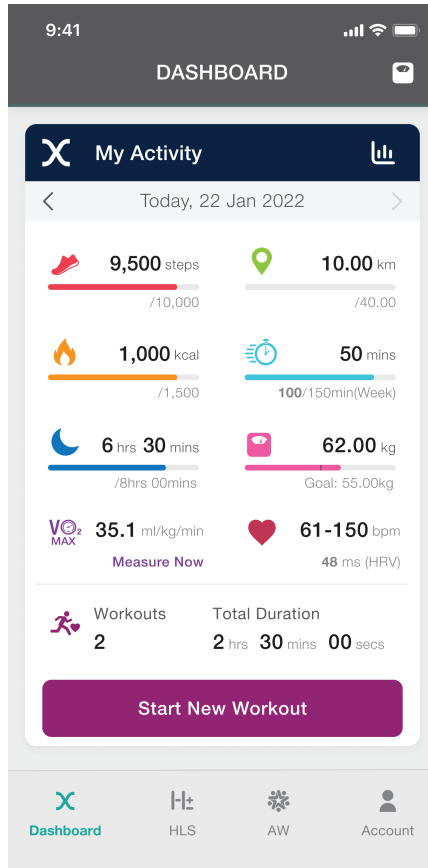
# No VO2 Max Reading?

If you cannot get a VO2 Max and Fitness Age reading, try these tips:

- Brisk walk with a natural but consistent stride. You do not need to deliberately take longer or shorter strides.
- Swing your arms naturally.
- Walk continuously on flat ground.
- Wear the Spark+ correctly (see Optimum Fit section).

# Your Activity In A Flash

Sync your daily stats with Actxa App and view your activity in a flash on the Dashboard.



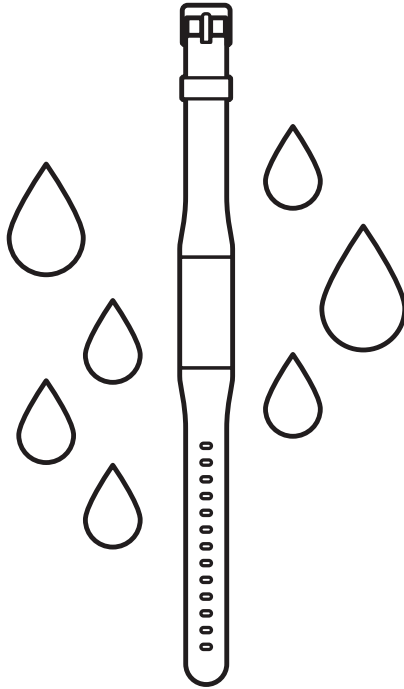
# Understanding Your Heart Rate Readings

<b>Relax ›</b>	Below 50% of your maximum heart rate
<b>Warm Up ›</b>	Between 50% to 63.9% of your maximum heart rate
<b>Fat Burn ›</b>	Between 64% to 69.9% of your maximum heart rate
<b>Cardio ›</b>	Between 70% to 79.9% of your maximum heart rate
<b>Intense ›</b>	Between 80% to 89.9% of your maximum heart rate
<b>Max ›</b>	Greater than 90% of your maximum heart rate

To find out your maximum heart rate, the number can be estimated using the common formula of deducting your current age from 220. For example, a 30 year-old will have an estimated maximum heart rate of 190 (220 - 30). For more information on HR zones, go to [www.actxa.com/spark-plus-2](http://www.actxa.com/spark-plus-2).

# Water Resistant

The device is rated IP67. It is designed to be dust, sweat, and water proof. It is not suitable for prolonged underwater activities. Please remove the device when engaging in underwater sports or entering a steam/sauna room.

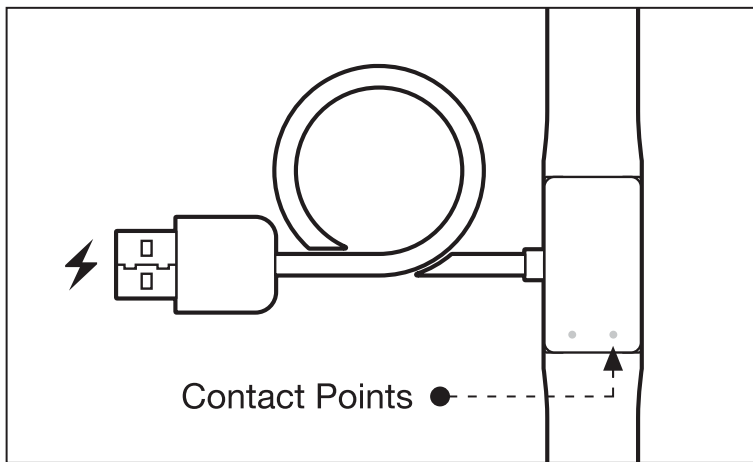




# Charging

The battery indicator is displayed on the home screen. Charge the Actxa Spark+ whenever there's only 1 remaining bar of power. To charge, place the Actxa Spark+ on the magnetic charging cable, before switching on the power either from an adapter or standard USB port for at least two hours.

**Important Note:** Do turn off the power source once it has fully charged to keep the battery in optimal working condition.



# Do Not Disturb (DND) Mode

**Note:** Alarms that you have set and enabled using the Actxa App are not affected by the DND mode.

When DND mode is turned on, the following features are disabled:

Raise-wrist display | All notifications | Move alerts

## Manually Turning On DND Mode

- Tap and hold the touch button at the main screen for 3 seconds.
- Tap again to confirm.
- The DND icon will be displayed for 6 seconds before the screen is turned off.



# Do Not Disturb (DND) Mode

## Manually Turning Off DND Mode

- Tap and hold the touch button for 3 seconds.
- Tap again to confirm.



## Auto DND Mode

When the tracker detects that you have fallen asleep, DND mode will be automatically turned on.

The tracker will automatically exit DND mode approximately 30 minutes after it has detected that you have gotten out of bed.

You can override and manually turn off Auto DND mode by following the steps in "**Manually Turning Off DND Mode**" above.

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# Limited Product Warranty

The Actxa Spark+ (The 'Product') is guaranteed against manufacturer's defects for a period of 1 year from the date of purchase. This warranty only covers defects in material and workmanship.

Actxa will inspect the product to ascertain the nature of defect(s). Actxa will repair the product at no charge, using new or refurbished replacement parts, or replace the product with a new or refurbished product. Where a replacement product is supplied, this shall be guaranteed for the balance of the original warranty period. Any models that are no longer available shall be replaced by a model of a value and with such features as Actxa considers appropriate in the given circumstance.

The warranty does not cover normal wear and tear, excessive abuse, or misuse and damage arising from failure to follow instructions relating to the Product's use.

This Limited Warranty does not cover the services provided by Actxa Pte Ltd or any 3rd party service provider rendered to owners of the Product. All warranty claims must be accompanied by a valid sales receipt and this warranty booklet.

# Ready To Begin

Congratulations! You are now ready to begin using your Actxa Spark+.

For support enquiries, check out [www.actxa.com/support](http://www.actxa.com/support), or contact our customer service team at [support@actxa.com](mailto:support@actxa.com).



**Brand Name: Actxa**  
**Product Name: Actxa Spark+**  
**Model Name: AX-H210-00**  
**Input: 5.0V --- 500mA**  
**Powered by 3.7V Li-ion battery**



**Manufacturer Name: Actxa Pte Ltd**  
**Manufacturer Address:**  
**Actxa Pte Ltd**  
**10 Eunos Road 8, 13-08**  
**Singapore Post Centre**  
**Singapore 408600**

**Complies with IDA Standards DA107472**

**[www.actxa.com](http://www.actxa.com)**

**P/N › AX-H210-00-300**

