



FILActive  
38-980

User  
MANUAL  
FM-726.1

www.fila.com/watch

## 1 Design of the Watch

Thank you for purchasing this watch.  
Please read this manual thoroughly before using the watch!



### LIGHT Button [L]

- Press to turn ON the EL backlight for about 3 seconds.
- At Home Time Mode, Hold to enter Night Mode. (Press once to exit)
- Hold to change fields in Workout Mode.

### Mode Button [M]

- Press to select among the functional displays.
- Hold to enter the setting mode.
- Hold to fast exit to function modes when you are several levels down the menu.
- Press to exit setting or go back one level up the menu.
- Hold to change fields in Workout Mode.

### Start/Stop Button [S/S]

- Press to move forward.
- Press to increase watch data.
- Press to Start / Stop Workout / Chronograph.

### VIEW Button [V]

- Press to enter sub-modes or workout view.
- Press to make selection / confirmation.
- Hold to change fields in Workout Mode.

### Lap/Reset Button [L/R]

- Press to move backward.
- Press to decrease watch data.
- Press to take laps in the Workout Mode.
- Hold to clear the workout data.

## 2 Specifications

### GPS

- 5 fully customized profiles (Running, Cycling, Hiking, User-1, User-2) for fast workout setup
- 2 configurable workout views (screens) for each profile
- 3 programmable fields for each view
- Auto Lap (lap taken by distance)
- 99 laps per workout

### Interval Workout Features

- Total 4 programmable interval steps
- Intensity level of each step can be selected among 6 levels
- Each step time can be pre-set
- Repetition pre-settable
- Visual and audio alerts during step advance
- Result can be saved and reviewed at History

### Hardware Features

- Super compact, small size and light weight
- Ergonomic body and strap design for comfortable wearing
- BLE (Bluetooth) chest strap
- EL backlight
- Rechargeable lithium polymer battery
- Bluetooth communications with iOS and Android phones

### Other Features

- Programmable heart rate zone with high / low limit alerts

## 3 Install the [App]

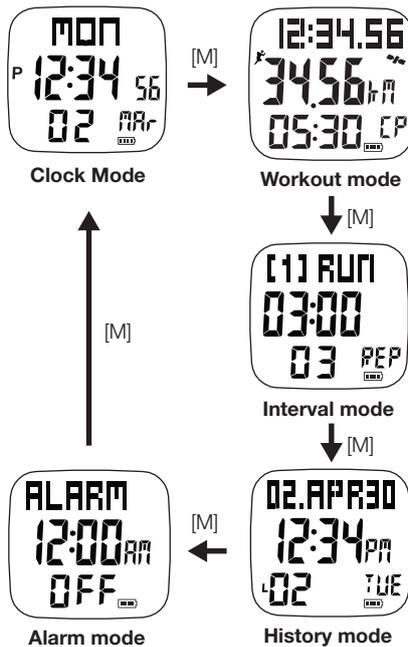
To fully utilize the Watch, you need to use with the [App]; FilaGPS. Please visit our website for app information: www.fila.com/watch, or download directly from the App Store or Google Play.



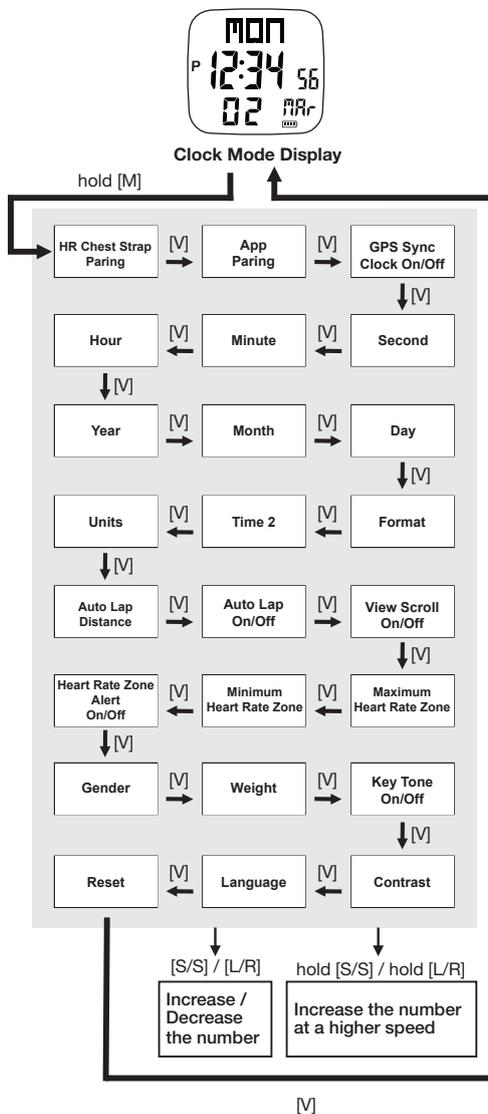
TO START: Please set up all info requested in the app SETTINGS. Incorrect or missing information can result in inaccurate workout activity recordings.

The Main Unit can store up to 30 days of data, however, we suggest that you sync your data to the FilaGPS app at least once a week.

## 4 Major Function Modes



## 5 Setting Modes



### General Setting

- Press and Hold [M] button for 3 seconds to enter settings mode.
- Press the [S/S] or [L/R] buttons to adjust the value (Increase or Decrease) of the flashing setting. Hold [S/S] or [L/R] buttons to adjust the value faster.
- Press [V] to confirm the value and move to the next setting.

### Function Setting

- GPS Clock Sync (ON/OFF) : Enable the watch to use GPS to set the time automatically. The current time will not change until the next time the watch is connected to the GPS satellites. If the setting is OFF, the next screens will ask you to set the time and date (Seconds, Minutes, Hour, Year, Month and Day).
- DST (ON/OFF): Turn ON this feature if daylight saving time is start. (Only when GPS Clock sync is set ON)
- 12/24 Hour Format: Select between 12 or 24 hour format.
- Dual Time: Set the second time zone.
- Unit: Select the preferred unit between Metric (MET)/ Imperial (IMP).
- Auto Lap - Distance and ON/OFF: Allows you to automatically record a new lap at a preset distance.
- Scroll (ON/OFF): Auto scroll between two preset screen in workout mode. See chapter 6 to set the display data.
- Maximum and Minimum Heart Rate Zone
- Heart Rate Zone Alert On/OFF
- Gender (M/F)
- Weight
- Keytone (ON/OFF): Button "beep" sound
- Contrast (1-16): Change the screen brightness

**NOTE:** When the setting is completed, Press and Hold [M] to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

## 6 Workout Mode



### How to start the Workout Mode

- Press [M] in the Clock mode to enter the Workout mode.
- Press [S/S] to Start/Stop the Workout. Heart Rate and GPS is turned ON automatically at start.

### Mark Laps

- Press [L/R] to take Laps. The maximum number of laps for a single workout session is 99.

### Reset Workout / Navigation

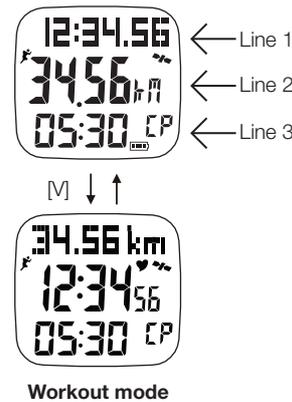
- When workout has been stopped, hold [L/R] until you see the SAVED popup message to reset workout. This clears the current session of workout data and prepares you to start another new workout. Workout data are recorded and stored in the memory at reset.
- See chapter 10 to check your workout history.

### How to change the Workout view

- Press [V] to select among the 2 preset displays. These 2 displays will be shown in sequence when the Scroll function has been turned ON. Each display stays for about 3 seconds.
- See chapter 5 to turn Scroll ON/OFF.

**NOTE:** See next chapter to select the Workout profiles, customize the data display and review the workout history. NO key-stroke has been activated for 1 minute.

## 7 Workout Mode- Workout Profile



### How to select Workout Profile

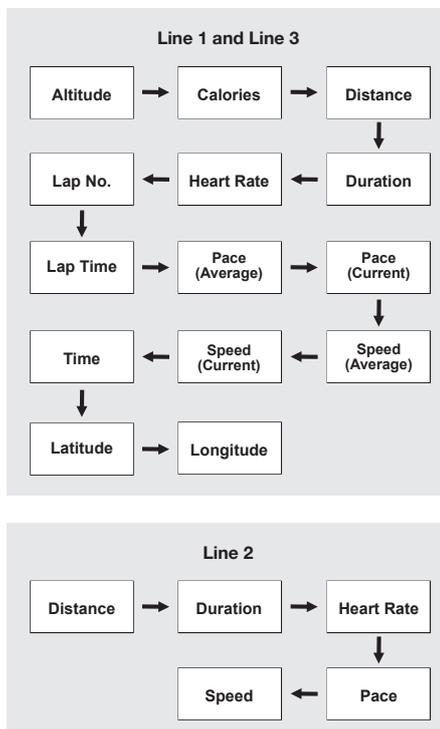
- Hold [L/R] to view 5 workout profile.
- When the desire workout profile appear on screen, release the [L/R] to confirm and select the profile.

### How to customize the Workout view data

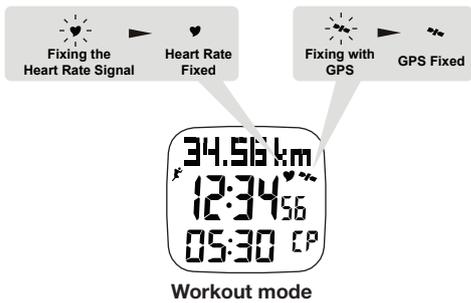
- Hold [L] to select the Line 1 profile, release the [L] to confirm.
- Hold [V] to select the Line 2 profile, release the [V] to confirm.
- Hold [M] to select the Line 3 profile, release the [M] to confirm.

### How to reset and save the Workout data

- Hold [L/R] to save and reset when workout mode stop.
- The screen show "Saved!"



## 8 Workout Mode - GPS & Heart Rate Monitor



### GPS Status indicator

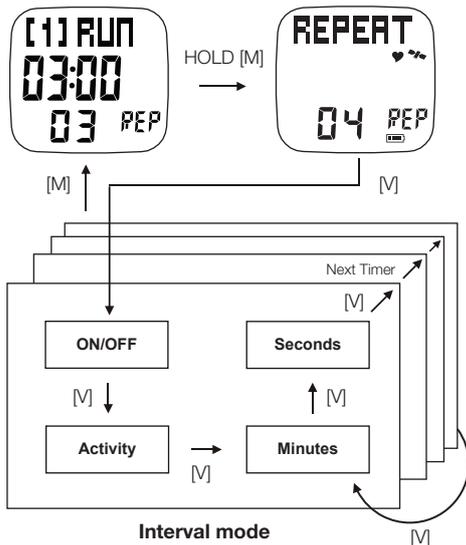
- When GPS is collecting satellite information, an "Satellite" icon is flashing at the top right for most of the workout views.
- If the GPS has a 2D/3D location located, a fixed "Satellite" icon will be shown.
- If the GPS loses contact with satellites and cannot fix its position, no "Satellite" icon will be appeared.

### Heart Rate indicator

- When the watch are searching the heart rate signal from the heart rate chest strap, a "Heart Rate" icon is flashing at the top right.
- If the Heart Rate signal are received, a fixed "Heart Rate" icon will be shown.
- If the heart rate signal is loses contact with heart rate chest strap and cannot fix ,no "Heart Rate" icon will be appeared.

## 9 Interval Mode - Timer

Each timer in the series can be set to a predetermined length of time, turned ON or OFF, and assigned an activity - RUN, JOG, WALK, REST, FAST, MED, or SLOW. A total of 4 timers can be set in the series, and then automatically repeated.



### How to select Workout Profile

- PRESS & HOLD [M] button for 3 seconds to enter the Timer Settings Mode.
- PRESS [S/S] or [L/R] buttons (increase/decrease) to adjust the number of times you want the series of timers to repeat. PRESS [M] to confirm.
- PRESS the [S/S] or [L/R] buttons to turn the 1st timer ON or OFF, select the activity label, adjust the minutes, and finally adjust the seconds. PRESS [M] to confirm the value after each one.
- Repeat the above steps for all 4 additional timer options. Timers that are turned ON will run in the series. Timers turned OFF will be ignored. After adjusting all the Timers you will exit out of the Timer settings menu. To exit the settings menu early, PRESS & HOLD [M].

### Using the Timer

- PRESS [S/S] button to start or stop counting.
- PRESS [L/R] button to reset timers to 0 after counting has stopped.
- PRESS [M] button to view the different timers.

## 10 History Mode



### Viewing History

- Press [S/S] to select one of the saved workouts.
- Press [M] button to view Time/Lap, Distance/Duration, Average Speed/ Calories, Average Pace/Calories, Maximum HR/ Average HR) and saved LAPS. Press [S/S] button to change the LAP shown.

## 11 Alarm Mode



### Setting the Alarm

- Press & Hold [M] button for 3 seconds to enter the Alarm setting Mode.
- Press [S/S] or [L/R] to adjust the hour and then the minutes.
- Press [M] to confirm for each value.

### Using the Alarm

- Press [S/S] button to turn the Alarm ON or OFF.

## 12 Charge the Battery



The watch has a built-in rechargeable battery. It is IMPORTANT to charge the watch for at least 3 hours before using. The battery can be fully charged/discharged 500 times.

With a fully charged battery (depending on GPS and EL Backlight usage), the GPS battery will perform as follows:

- Without Active GPS: Up to 1 year
- With Active GPS: Up to 12 Hours

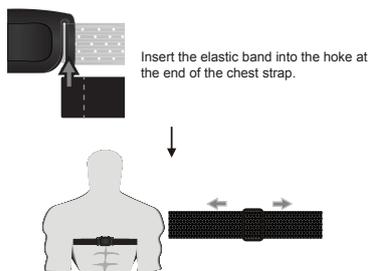
### NOTE

To prevent corrosion or damage, ensure that there is no contamination, sweat, moisture or dirt between the contacts of the charging cable and the back of the watch by gently wiping the back of the watch with a dry cloth.

### Connecting the Charging Cable & the Watch

- Align the 4 contacts at the back of the watch with the 4 prongs on the charging cable.
- Make sure that the clip is securely positioned.
- Plug the USB end of the cable into your computer or charging source.

## 13 Fasten the Chest Strap on one's chest



Center the Chest Strap against your chest as high under your breasts as comfortable. Adjust the Chest Strap with the elastic band comfortably and allow for normal breathing.

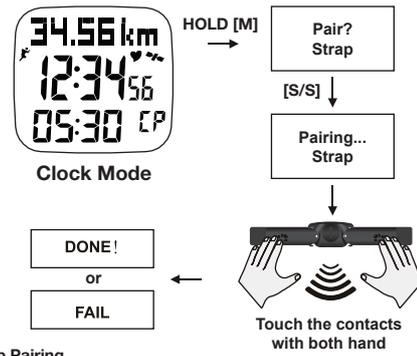
### NOTE

- Wetting the contacts with water or saliva can increase the conductivity.
- Make sure that the contacts are made firm contact with the user's skin during measurement.
- Clean the contacts occasionally by moist paper towel, and wipe it dry with dry paper to remove grease.
- Use the Chest Strap in a place within 3 meters from the Watch, otherwise the Watch CANNOT receive the data from the Chest Strap.

### WARNING

- DO NOT adjust the Chest Strap too tight, it may hinder the blood circulation and breathing.
- Avoid doing any awkward motion during measurement, it may create an inaccurate heart rate reading.

## 14 Heart Rate Monitor Function: Strap Pairing

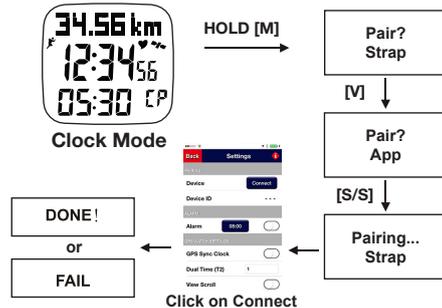


### Strap Pairing

Every Chest Strap (HRM) is assigned a unique ID when it was manufactured in the factory. The watch has to be paired up with it before use. This is to avoid interference with other users who are using the same equipment. Pairing has been done in the factory. Should you replace the HRM with a new one, you have to pair the new strap again.

To do the pairing, Hold [M] under Clock mode to enter Pair Strap. PRESS [S/S] to start pairing.

## 15 Pair the Watch to the [App]



APP: In the Settings menu, click on Connect > to open the PAIR screen.

WATCH: PRESS & HOLD the [M] button on the Watch to enter the MENU. Once the word PAIR APP appears in the display, QUICK PRESS the button again.

APP: At the same time, tap "PAIR" in the app screen to start the PAIR process.

WATCH: It may take a few moments to PAIR the device. The word SUCCESS will appear in the display and your device is ready!

For more details about the app, please refer to the FULL VERSION user manual, located on our website: [www.fila.com/watch](http://www.fila.com/watch)

## 16 Care and Maintenance

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

## 17 Precautions for Straps

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

## 18 Precautions for Water Resistance

All FILA watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
Level of resistance	Light spray perspiration, light rain, etc	Bathing, etc	Swimming, etc
3ATM (30 meters)	F		
5ATM (50 meters)	F	F	
10ATM (100 meters)	F	F	F

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.