

QUICK START GUIDE



Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CLASS B DIGITAL DEVICE NOTICE
This Class B digital apparatus complies with Canadian ICES-003, RSS-Gén and RSS-210. Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gén et CNR-210 du Canada.

EUROPEAN REGULATIONS AND CONFORMITY
Spree Wearables declares this Spree device is in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our website at www.spreewearables.com.

If there are electrostatic disturbances in the environment, the device may malfunction or display an error. In this case, reset the device or relocate to an area without such disturbances.

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to your local recycling service.

This crossed out wheeled bin marking shows that Spree Wearables products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators.

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, including interference that may cause undesired operation of the device.



You are now a proud owner of this unique device on your way to increase your training efficiency and convert your effort into real results.

1. PREPARE FOR FIRST USE

Prior to using Spree for the first time be sure to fully charge the Spree Performance Optimization Device (POD). Insert the provided USB cable into the USB port on the Spree POD. Plug the other end into a computer or standard USB charging power supply (not provided) and charge until the red light on the back of the POD flashes. This indicates that the POD is fully charged. Download the Spree App from iTunes or Google Play. If you have previously downloaded Spree App, DELETE this app first from your phone and download and install the newest version.

2. PLACE SPREE ON YOUR HEAD

Insert the POD into the SmartCap, with logo facing inside the opening. Make sure the sweatband of the SmartCap is tight around your head and is not shifting, while you move around. Tighten or loosen the band using the velcro on the back of the SmartCap.

3. OPEN THE SPREE APP

Once the application is opened the first time, it will prompt you to enter your personal information. This data is necessary for the calculations of your zones and calorie burn. To adjust the settings later on, locate the small grey button (just above "Activity") in the upper left corner of the application screen. Select Settings. Once done, click the gray box in the upper left corner and select "Workout."

4. CONNECT TO YOUR SPREE

From the Workout screen tap the DEVICE button in the lower right. You should see your Spree unit in the list. Choose the Spree and tap the "Save" button. If your Spree does not appear on the list, move it or shake it slightly. Spree is motion activated and when not in

motion for a prolonged period of time, it goes to sleep to save the battery.

5. SELECT YOUR ACTIVITY

To choose your activity, tap the ACTIVITY button from the workout screen. Choose the appropriate workout for your chosen activity. Note that as app updates occur, the number of activities will increase.

6. SELECT YOUR "MARK"

To establish your choice of workout intensity, tap the MARK field. This allows you to set the workout intensity based on your personal goals. Note that each of these choices sets your heart rate zone based upon your personal data settings mentioned earlier.

7. SET GOALS

The goal of your workout may be distance, time, average speed, or calories, or any combination of these. For instance, one's goal may be to run for 30 minutes and travel 3 miles. Simply use the rollers to set those attributes and the Spree App will help you track them. You don't have to set any goals if you don't want to.

8. BEGIN WORKOUT

After you set up your device, you can start your activity. Tap on BEGIN WORKOUT bar at the bottom of the main screen and you are ready to go.

QUICK CHECKS BEFORE YOU REALLY BEGIN

Note the status bar at the top center of the screen. There are three icons indicating the quality of the heart rate signal, the connection to the Spree via Bluetooth™ and the battery status of the Spree. First ensure that the Bluetooth™ icon is lit blue. If it is not, try moving the Spree to wake it up. Next, check the heart rate signal. It is crucial that you spend a moment making sure your heart rate signal is of sufficient quality for the workout. When the heart rate is acquired, the

heart will have a red outline. As the signal improves, the heart will fill from bottom to top. Try to get the heart to fill at least 1/3 full before beginning your workout. Make small adjustments in the headband position on your forehead and wait for 3 – 5 seconds to see the results of the adjustment. If adjustments left and right do not work, try moving the Spree up towards your hair line. Also make sure that no hair is under the Spree. Make sure your battery is at least half full before you start a new workout.

The MARK screen will appear after you get the workout started. This screen provides an overview of your workout and your goals in the form of two arcs. The top arc is your body temperature while the bottom is your heart rate. Your goal is to keep both midrange and yellow. Be sure to warm up slowly. It will most likely show blue at first to indicate that you are not warmed up enough so you need to do light exercises to get to the yellow zone so you can start to push harder. When exercising in cool conditions, the temperature will stay in the blue area.

From the Mark Screen, if you swipe the screen to the left, you get a DETAILS screen that shows the numerical values for your biometric activity as well as your goals. Each tile can be tapped and it will toggle between the current, target and average values for that tile detail.

If you swipe to the left again, you get a map of where you are and where you have traveled (if you are outside).

To keep your phone screen from going to sleep, press the small grey circle next to the Spree logo on top of the app. It will turn blue. This indicates your screen will not go to a sleep mode.

FCC RULES
Compliance Statement (Part 15.19)
The enclosed hardware device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference that may cause undesired operation.

FCC ID: SR6-SPD101
IC: 10933A-SPD101
CHANGES (PART 15.21)
Warnings or modifications not expressly approved by Spree Wearables could void the user's authority to operate the equipment. Manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment.

COMPLIANCE STATEMENT (PART 15.105(B))
This equipment has been tested and found to comply with the limits for 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

INDUSTRY CANADA (IC) REGULATORY INFORMATION
This device complies with Industry Canada technical specifications. Operation is subject to the following two conditions: (1) this device may not cause interference, including interference that may cause undesired operation of the device.



9. PUSH YOURSELF TO YOUR GOAL

Once you are warmed up you can start pushing yourself to your target zone. As your heart rate and temperature rises, your arcs will turn from blue to yellow. When both arcs are in the right zones, the Spree logo will appear yellow in the middle of the screen. This indicates that you are in the proper workout zone for the chosen activity.

10. COOL DOWN

Before you stop your workout, you should cool down and stretch in order to ensure that your muscles properly recover. Your Spree app will show your body temperature and heart rate declining on the MARK screen.

11. ENDING THE WORKOUT

When your workout is completed, click the PAUSE WORKOUT button on the bottom. Choose FINISHED, and the workout will be completed.

12. REVIEW YOUR RESULTS

You can take your Spree off now and see how you did during your activity. Tap on the small menu box at the top left of the screen and choose History. Each workout you have completed is listed and can be reviewed for location and other metrics.

13. CLEAN YOUR SPREE

Remove the POD from the SmartCap and wipe it with a soft mildly soapy cloth. (Caution! Do not rinse the POD or submerge in water. Do not wipe the pod with alcohol or any alcohol-based cleaners). The SmartCap itself (without the POD) can be hand washed using warm water with a soap or mild detergent and left to air-dry. Do not place the SmartCap into the dryer to prevent misshaping the bill.

14. CHARGE SPREE

Remove the Spree POD from the SmartCap and insert the provided USB cable into the USB port on the Spree. Plug the other end into a computer or standard USB charging power supply (not supplied).

TERMS OF SERVICE (EULA)

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User represents and warrants that (i) he/she is not located in a country that is subject to a U.S. Government embargo, or that has been designated by the U.S. Government as a "terrorist supporting" country; and (ii) he/she is not listed on any U.S. Government list of prohibited or restricted parties.

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CONTACT.

Any questions, complaints or claims with respect to the Software and/or this EULA should be directed to.

SPREE WEARABLES, INC.

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Dallas, TX 75251

Email: support@spreewearables.com
www.spreewearables.com/support

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OWN RISK.

User agrees and acknowledges that the Software has not been evaluated by or certified by the FCC or the FDA. The Software is not designed to provide any medical or diagnostic information. It is not a medical device. The GPS or mapping function in the Software must not be used for primary navigation. The

RECOMMENDATION/SUGGESTIONS.

Any suggestions, recommendations, feedback or ideas submitted to Spree Wearables (the "Submissions") in any manner become the property of Spree Wearables without compensation to the User. Spree Wearables is not obligated to respond to or even review any Submissions, nor is it bound to keep such Submissions confidential, and may distribute them in any way it deems appropriate. Nevertheless, Spree Wearables welcomes product feedback and such feedback can be provided through the "Feedback" link in the Software or through support.spreewearables.com. Such product feedback will immediately be the property of Spree Wearables and Spree Wearables will not be restricted in its use in any way.

LIMITED WARRANTY

Spree Wearables warrants this product to be free from defects in material and workmanship, under normal use for one year from the date of the original purchase. Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper packing, lightning, power surges or unauthorized tampering, alteration or modification are not covered. Spree Wearables will, at its discretion, repair or replace with a comparable product, at no charge to the customer for parts or labor, so long as customer is responsible for the shipping costs. Products may be new, refurbished or reconditioned and are warranted for the unexpired period of the original purchase, or 60 days from return, whichever is greater. Any products replaced become the property of Spree Wearables.

Software must not be used in any safety or life application where the reliability, accuracy, and completeness of the Software and/or the associated data could in any way influence personal injury or death. The Software is not to be used or configured while driving or operating machinery of any kind, or while under the influence of alcohol, drugs or other substances that could impair User's judgment.

MAINTENANCE AND SUPPORT.

For Software support, User may contact www.spreewearables.com or follow the Support link located in the App.

USE OF DATA.

By using the Software, User agrees that Spree Wearables may collect and use technical and usage data including information about your device, your use of the product and the Software, the operating system of your device and other such related information for the purpose of providing software updates, upgrades and other product improvements. User acknowledges and agrees that all such data shall be the property of Spree Wearables, for Spree Wearables's use without restrictions, except that such use shall in no way personally identify the User.

TERM.

User may terminate this EULA at anytime by destroying all copies of the Software and related documentation. EULA will also terminate automatically if User fails to comply with any term or condition in this EULA.

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To obtain warranty service, contact Spree Wearables for shipping instructions and RMA numbers. Return your device, shipping prepaid along with the original sales receipt (keep a copy for your records), with the RMA number on the outside of the package and mail to Spree Wearables.

This Important Product Information Guide contains safety and handling, regulatory and warranty information for the Spree device.

USER WARNINGS

SPREE IS NOT A MEDICAL DEVICE NOR DOES IT CLAIM TO DIAGNOSE ANY CONDITION, IT IS FOR RECREATIONAL USE ONLY. IT IS DESIGNED TO PROVIDE INFORMATION ABOUT A PERSON'S FOREHEAD TEMPERATURE, HEART RATE, AND MOTION IN ORDER TO PROVIDE INFORMATION FOR THE INDIVIDUAL'S OWN USE. SPREE MUST BE FITTED AND WORN ACCORDING TO THE INFORMATION PROVIDED WITH THE UNIT IN ORDER FOR SPREE TO OPERATE PROPERLY. ALL SPREE MONITORING FUNCTIONS MAY NOT WORK OR WORK ACCURATELY ON EVERY PERSON. IF AN ALERT IS TRIGGERED

FROM THE SMART PHONE APPLICATION, IT IS RECOMMENDED THAT THE WORKOUT BE TERMINATED AND THE PERSON SEEKS QUALIFIED MEDICAL ATTENTION. NEVER START A WORKOUT ROUTINE WITHOUT FIRST CONSULTING YOUR DOCTOR OR QUALIFIED MEDICAL PROFESSIONAL TO ENSURE THAT YOU ARE HEALTHY ENOUGH TO PARTICIPATE IN THE DESIRED ACTIVITY. ALSO CONSULT YOUR PHYSICIAN BEFORE USING SPREE OR ANY OTHER HEART RATE MONITORING PRODUCT IF YOU HAVE A PACEMAKER OR OTHER IMPLANTED ELECTRONIC DEVICE. IF YOU USE THIS DEVICE WITH THE APP, ALWAYS BE AWARE OF YOUR SURROUNDINGS AND DO NOT FIXATE ON THE SCREEN. SET USER INPUTS BEFORE YOU START EXERCISING SO THAT YOU CAN CONCENTRATE ON YOUR ACTIVITY AND AVOID ACCIDENTS. DO NOT LEAVE THE DEVICE EXPOSED TO EXCESSIVE HEAT OR COLD AND DO NOT SUBMERGE THE POD UNDER WATER.

