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ACT101M/19
ACT101M/17
ACT101M/97



Quick Start Guide

- A** Setup
- B** Enjoy
- C** Review

PHILIPS

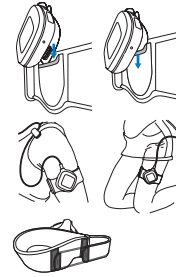


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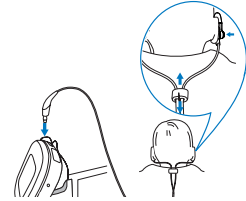


ACT101M/17_19_97_EN
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What's in the box



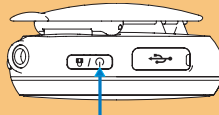
- Mount the arm/thigh band, if necessary.




- Connect the headphones. Adjust the cord for close fit.

A₁ Setup

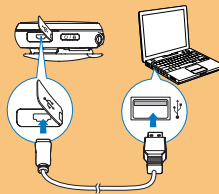
Turn on/ off Activa



- Press and hold  until the device is turned on or off.

Install software

On your PC, install the supplied software **Philips Songbird** and add-ons. **Philips Songbird** helps you collect and manage workout data and music.



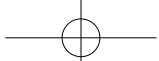
A₂

- 1 Connect Activa to the PC.
- 2 On the PC, find Activa under **[My Computer]** or **[Computer]**.
- 3 Double click setup.exe to start installation.
- 4 Follow the screen instructions.

Set up your Activa

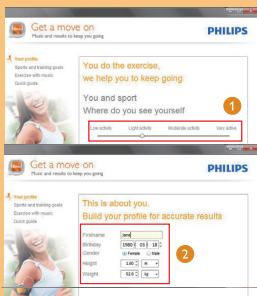
By setting up your Activa, you can select a preferred trainer; and load music for TempoMusic to match music with your pace automatically.

- 1 On the PC, launch **Philips Songbird** by double clicking the icon on the PC desktop.
- 2 Connect Activa to the PC.
- 3 On **Philips Songbird**, set up your Activa as prompted (e.g. follow ①, ②, ③, ④, ⑤):

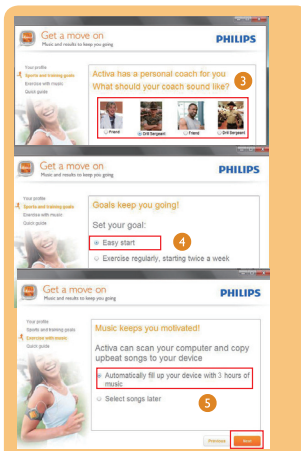


A₃

- 1 Select your current level of activity; 2 Fill in your personal information; 3 select your preferred trainer;
- 4 Set a long-term goal;
- 5 Choose whether to fill Activa with music (up to 3 hours) from the PC.



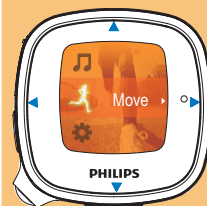
A₄



- 4 Remove Activa from the PC safely after the transfer is complete.
↳ Now, you are ready for workout.

B₁ Enjoy

Record the workout



- 1 On Activa, go to
- 2 Select the desired sports.
- 3 Set a goal for this exercise:
To skip the step of goal setting, select **[Open ended]**.
• Select **[Calories]** or **[Time]**;
• Press **▲▼**, or press and hold **▲▼** to select a value;
• Press **▶** to confirm.

B₂

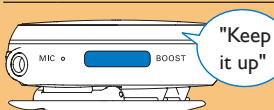
- 4 Select **[TempoMusic]** to listen to music that matches your pace automatically.
- 5 To start recording:
 - Wear Activa properly in the position as displayed on the screen;
 - Press **▶** to start warm-up;
 - Press **▶** again to start workout.

During workout



B₃

- ▲▼ Press repeatedly to display the calories burnt, time used, and distance covered;
- ▶ Press repeatedly to skip songs if you listen to music (or, to switch to the next preset radio station if you listen to radio);
- Press and hold to switch between music and radio.
- ◀ Press to pause/resume/stop workout recording.



- Press **BOOST** to listen to a voice report on the workout progress.
- Press and hold **BOOST** to start the boost song that you filled in Activa.

C Review

You can review the workout result on Activa or on a PC for more details.

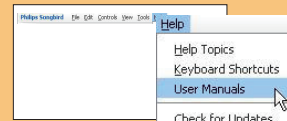
On Activa

- Go to > **[Review]**.

On a PC

- 1 Launch **Philips Songbird** on the PC.
- 2 Connect Activa to the PC
↳ The workout data on Activa is automatically transferred to the PC.
- 3 On **Philips Songbird**, click **[Workouts]**.

For more information on Activa features and tips, check the User Manual. Launch Philips Songbird on the PC, and read under Help->User Manuals.



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