



Smart Shoe



[User's Manual](#)

Model No. AFM1737Q.0
Model No. AFW1737Q.0

Table of Contents

Important Precautions	1
Questions?	2
Getting Started	2
Install The Altra IQ App And Connect The Shoes	2
Use The Shoes	3
Maintenance And Troubleshooting	4
Recycling Information	4
Compliance Information	5
Limited Warranty	Back Page
Limited Warranty For Europe	Back Page

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Keep this product away from children under age 13 and pets at all times.
4. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
5. Do not use this product in a sauna or a steam room or while showering or swimming, do not submerge this product, and do not place this product in a washing machine or a clothes dryer.
6. Do not expose this product to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.
7. Do not use abrasive cleaners to clean this product.
8. Use this product only as described in this manual.

Questions?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE.**

For questions about the shoes or the Altra IQ™ app, please visit altrarunning.com/iq at any time, or call 888-851-9411, Mon.–Fri. 8 a.m.–8 p.m. MT (excluding holidays).

Getting Started

1. [Install the Altra IQ app on your iOS® or Android™ device and connect the shoes.](#)

Use the Altra IQ app to set up an iFit account, connect the shoes, customize settings for the shoes, and track information. See **INSTALL THE ALTRA IQ APP AND CONNECT THE SHOES** below.

2. [Learn how to use the shoes.](#)

Use the shoes to track and record your cadence, landing zone, impact rate, and contact time in the Altra IQ app. See **USE THE SHOES** on page 3.

Install The Altra IQ App And Connect The Shoes

[Install the Altra IQ app](#)

You can install the Altra IQ app on your **iOS device (iPhone® 4s and later)** or your **Android device (Android 5.0 and later)**.

On your iOS or Android device, open the App StoreSM or the Google PlayTM store, search for the free Altra IQ app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.**

[Connect the Shoes](#)

Open the Altra IQ app and follow the instructions to set up an iFit account and connect the shoes to the Altra IQ app on your device.

Use the settings menu in the Altra IQ app to customize the frequency of running tips and other settings (see **USE THE SHOES on page 3).**

Use The Shoes

Using The Shoes With The Altra IQ App

SETTING UP THE APP AND CONNECTING THE SHOES

The first time you open the Altra IQ App, the app will guide you through the setup process. Touch the blue arrow at the bottom of the screen to proceed to the next screen throughout the setup process. You will be prompted to create an iFit account or sign into an existing iFit account. You will also be asked for information about yourself, such as your weight and gender.

Once you enter the requested information, the app will provide instructions for connecting each shoe to the app. To activate the shoes' discovery mode, simply run in place or do jumping jacks while wearing the shoes until the app detects the shoes. (Note: You can also tap the shoes against each other if you are not wearing them.) When the app detects each shoe, you will have the option to either connect the shoe or cancel. If there are other pairs of Altra IQ shoes nearby, you may need to walk 50 feet (15 m) away from the other pairs of Altra IQ shoes to help distinguish which shoes are yours. If you hold your device near the shoes, the signal strength reading in the app should be 90% or higher.

The app will then tour you through the different types of information it will record about your run. The app can also provide personalized running tips based on your running data. To customize these tips and other settings, touch the gears icon at the bottom of the screen to access the settings mode. To access your workout history and more information about your product or your iFit account, touch the menu icon in the upper-left corner.

STARTING A WORKOUT

You can start a workout in the app by touching the Go button at the bottom of the screen. The app will remember your shoes from the setup process, but it will prompt you to connect each shoe to ensure that they are both working. **IMPORTANT: Make sure that BLUETOOTH is enabled on your device, that the app is running on your device, and that both shoes are connected to the app before you begin your workout. You must keep your device with you during your workout to track your workout information.**

Note: The Altra IQ app tracks distance via GPS on your device. If you run a workout on a treadmill, the app will not be able to record your distance.

Maintenance And Troubleshooting

Each time you run a workout, the Altra IQ app will notify you if a firmware update is available for your shoes. If a firmware update is available, a notification will appear at the bottom of the screen. Tap the notification to run the firmware update.

If you wish to clean the shoes, wipe them with a damp cloth and a few drops of mild liquid soap. **Do not place the shoes in a washing machine or a clothes dryer.** Allow the shoes to dry thoroughly before you use them again.

Each shoe contains a replaceable long-life CR 2032 coin cell battery. If the batteries need to be replaced, replacement batteries can be found at most electronics stores. To replace the battery in each shoe, first locate the battery cover beneath the insole of the shoe, and use a coin to remove the battery cover. Next, **note the orientation of the original battery, and insert a new battery in the same orientation.** Then, use the coin to reattach the battery cover.

Recycling Information

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve standards of environmental protection. For information about safe and correct disposal methods, please contact your local city office or waste disposal office, or the establishment where you purchased this product.



Compliance Information

United States Compliance Information

FCC Statement. This 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 received, including interference that may cause undesired operation.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

Canada Compliance Information

IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-003.

Limited Warranty

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Electronics are warranted for 400 miles or one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some regions do not allow the exclusion or limitation of incidental or consequential damages.

Limited Warranty For Europe

The warranty terms above may not apply to you. To receive information about your warranty, see page 2 and contact customer support.

Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some regions do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from region to region.

For claims, see the customer service information listed on page 2.

ICON Health & Fitness, Inc.
1500 S. 1000 W.
Logan, UT 84321-9813, USA

IFIT and ALTRA are registered trademarks of ICON Health & Fitness, Inc. App Store and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google Inc. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.