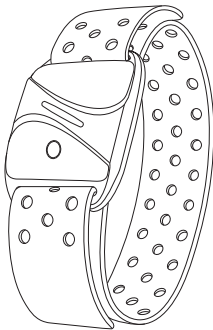


# USER MANUAL

## ANT+ & BLE Heart rate Armband



English Version v1.2

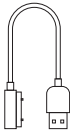
# 1. Product Introduction

Thank you for purchasing our ANT+ & BLE heart rate armband, this product is one of the heart rate monitors of our company, which transmits the real-time heart rate data through BLE or ANT+ to heart rate receiving device, sports and health App, helping you to manage your exercise intensity scientifically. This user manual will help you to use the product better, please keep it for reference.(This product is for sport purposes only and it is not meant to replace any medical advice).

## 2. Product Accessories



Heart rate  
monitor/armband



charging cable



user manual

### 3. Basic Parameters

**Product size:** 46.5\*36\*14.5mm

**Weight:** 20g

**Power:** 90mAh Rechargeable lithium battery

**Battery life:** 16 hours for continuous heart rate monitoring

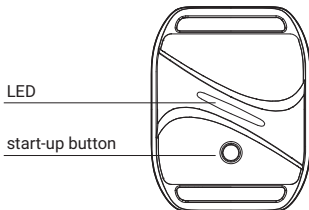
**Working temperature:** 0°C~40°C

**Transmission:** ANT+, BLE

### 4. Function and Operation

**Turn-on:** Press the start-up button, the LED light will flash blue quickly until the heart rate was found.

**Turn-off:** Hold the start-up button, The LED will flash red light and vibrates , then enters the shutdown state.



## Heart Rate Indicating :

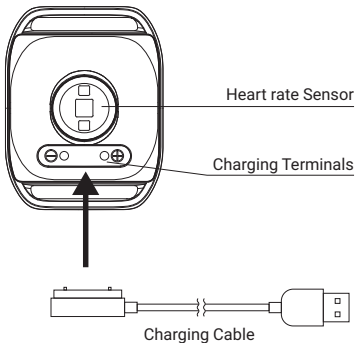
\*Max Heart Rate (MHR) = 180 (default)

Zone	Color	Range (Default)
Zone 1	Blue	Below 60% MHR
Zone 2	Green	61%~70% MHR
Zone 3	Yellow	71%~80% MHR
Zone 4	Purple	81% ~ 90% MHR
Zone 5	Red	above 91% MHR

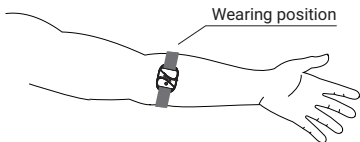
**Heart rate alarm:** if the heart rate exceeds the maximum value, the sensor will vibrate 3 times continuously

## Power:

- a. Low Power Alert: LED flashes red and green alternately, and vibrates once.
- b. Charging: LED flashes green and will stay on with green when fully charged.



**Wearing:** Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation.



## **Initial Setup with BLE Smart Fitness Apps**

1. Set BLE on the device to ON.
2. Find the Sensor Settings menu in the BLE Smart Fitness App.
3. Connect the this device armband by turning it on.

## **Initial Setup with BLE Smart devices**

(Sports Watches ,Fitness Equipment & GYM Team Training System.)

1. From the device settings menu select "Add HR sensor"
2. Connect the this device armband by turning it on.

## **Compatible Apps**

Endomondo, Wahoo, Runtastic, UA Run, Zwift ...

## 5. Applicable models



iOS8.0 system version above, iPhone 5s or later.



Any BLE 4.0 enabled Android device with  
Android 4.3 or later.

## 6. Disclaimer

- The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.
- We shall not bare any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

## **FCC Satatement :**

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 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

Changes or modifications not expressly approved by the party responsible for compliance could

void the user's authority to operate the equipment.

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.