










J-STYLE Heart Rate Monitor



SUMMARY

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Thank you for purchasing the J-STYLE Bluetooth® *smart* Heart Rate Monitor !
This manual will help you get started with your friends.

Heart Rate Monitor monitors your sleep quality.
It tracks every slight movement during your sleep and shows program on the app.

Also, it has alarm functions. It gives you a gentle hum to start the day fresh and reminds you to do exercise at interval time.

The tracker is operated by means of touch screen display. The display shows the date and time. By tapping the screen, you can navigate to the next section.

Along with the mobile app is the perfect way to stay active!

INTRODUCTION

Heart Rate Monitor measures your heart rate any time.

Heart rate is expressed as the number of beats per minute on the display. Also ECG (electrocardiogram) is displayed on the app. In this case, the Heart Rate Monitor helps you control your health.

Heart Rate Monitor tracks your activities everyday.

It records your every step and movement during the whole day and shows the distance you have traveled!

This is the J-STYLE Bluetooth® *smart* Heart Rate Monitor:

1. Display
2. Touch area
3. USB Cable
4. Buckle



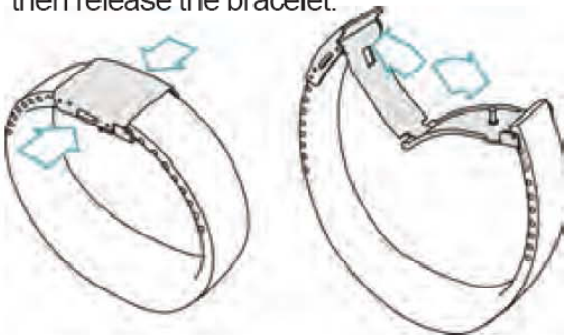
How to get started

1. To start to use the Heart Rate Monitor, you need to first fully charge the device with your computer by using the USB adapter.
2. To save the battery, the Heart Rate Monitor is set into hibernation mode when it is out the factory. Before first use, please long press screen for 10 seconds to activate the device. The progress bar will change from empty to full to indicate full activation as below:



④

4. To make the bracelet fit your wrist, please adjust the size of the bracelet following below steps:
 - (1) Open the buckle by pressing the side buttons of the buckle.
 - (2) Make the buckle on both sides. Take the buckle, then release the bracelet.



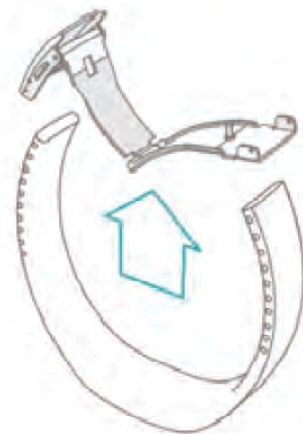
⑥

3. To better use the Heart Rate Monitor, you will need your smartphone to download the application. Our app is available on Google Play and Apple APP Store.



⑤

- (3) Detach the buckle of the bracelet.



⑦

(4) Measure the circumference of your wrist with a tape measure.

In order to ensure that the OLED display remains in the middle, it is important to shorten the wristband from both sides. Count the number that must be shortened and divide it by two. At both ends the same length should be cut off. Cut a straight line in the groove and between the holes for the pin and then cut the tape carefully.



⑧

Display

Your J-STYLE Bluetooth[®] smart Heart Rate Monitor has a touch screen. You can use the display by tapping the sensors that take place around the display.

Browse the displays by tapping repeatedly:



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(5) Put on the belt and see if it fits.

You may want to adjust the length by moving one of the pins from the buckle to the outer hole of the pin until the strap fits perfectly. If necessary, you can shorten again, with one block of the band.

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Heart rate measurement

1. Wear the bracelet on your wrist and touch the screen to turn it on. Screen will turn off if 8 seconds no operation.
To measure your heart rate, please make sure the display is on or in any page.
2. The moment you are pressing with two fingers on the aluminum on the sides of the touch screen, the tracker starts with a measurement of the heart rate.

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See the picture below where you need to press.



Wearing your heart rate monitor and pressing the touch panel, please hold the ends until there appear four hearts. Then follows the indicator measuring the heart rate.



Important!

For the best possible perception you need to have a warm and creamy skin. You have the best indicator if you take the pulse of the Activity Tracker and the sensor at the tip of your finger. Or make sure the tracker conversely, is firmly pressed against the wrist.

Sleep measurement

For measuring your sleep quality, enter the sleep mode on the device in this way:

In the activity mode, long press the screen for 2 seconds till the sleep mark shows. Then short touch the screen to enter the sleep mode.

If no operation within 2 seconds, the device stays at the activity mode.





Likewise, in the sleep mode, long press the screen for 2 seconds till the people mark shows, then short touch the screen to enter the activity mode.

If no operation within 2 seconds, the device stays at the sleep mode.



Wake up alarm (Default is all alarm off) Total five alarms can be set on the app, and you can set from Monday to Sunday. It will wake you up with slightly vibration.

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2. Select your Hear Rate Monitor in the searching list



App Settings
Open the App and Select the Settings tab.

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Mobile application

With the mobile app you can analyze your data and activity tracking, and synchronize your data wirelessly from your Heart Rate Monitor to the App.

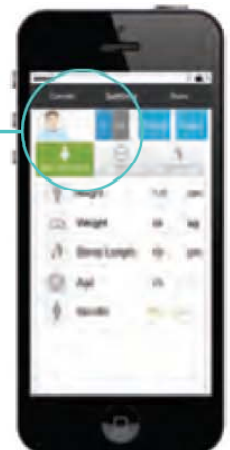
J-STYLE Bluetooth[®]smart Heart Rate Monitor is Compatible with mobile devices that support Bluetooth 4.0 technology.



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3. Enter your personal information.



Once connected set your personal information and press save.

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4. Set Date and time.

Press 'Equipment' to set device name and time. (Changing device name will require it to restart).



Battery Charge

- The empty battery mark will display when the battery low or runs out.
- The whole charging process will normally take 1 or 2 hours.
- A full charged tracker should last for approximately 4-5 days.

Note: Please charge the battery at least once a month to prolong battery life even not use the activity tracker for a long time.

5. Enter your daily goal "go set your daily goal."
6. Go back to the homepage and press Start and you are ready to go!

To connect your Heart Rate Monitor to your app in the future, press the Link button. To sync data, press the Sync button once linked.



Specification

Product Name: J-STYLE Bluetooth[®]smart Heart Rate Monitor
Size: Main body:47*25*11.5mm
Wristband:216*18mm
Weight: 50g
Battery: rechargeable lithium polymer battery
Display: 0.91" OLED
Data Memory: 30 days
Walking distance: Max 999.99km
Calories burned: Max 9999.9kcal
Activity time: 99h59min.

Supported iOS Devices (OS 7.0 and above) –

iPhone 4S
iPhone 5, 5s, 5C
iPod Touch (5th Generation)
iPad 3, iPad 4, iPad Air
iPad Mini

Supported Android Devices (OS 4.3 and above) –

Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active
Samsung Galaxy Note II, III, 10.1
Nexus 4 and 5
Nexus 7 (2013)

Note: Please ensure that your Android OS is version 4.3 or above and iOS Version is 7.0 or above and the device has Bluetooth 4.0

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Tips:

1. Download the application named J-STYLE pro from the Apple App Store or Google Play and install into your smart phone.
2. Ensure Bluetooth is enabled on your smart phone
3. Start using the mobile app with your Heart Rate Monitor



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APP operation:

1. Open the app and press Setting button at the top right

To search “J-STYLE PRO” in App store or Google Play.



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FCC Information and Copyright

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.

15.19 Labelling requirements.

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.

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

FCC RF warning statement: the device has been evaluated to meet general RF exposure requirement , The device can be used in portable exposure condition without restriction.