

**Heart Rate Monitor  
USER MANUAL**

Thank you for using this product as your sports fitness product of choice. The product is a sensor type heart rate monitor that will track your real-time heart rate and send heart rate data to the Smart phone.

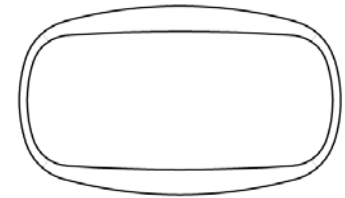
**IMPORTANT** This product is for sport purposes only and it is not meant to replace any medical advice.

This manual contains important safety and care information, and provides step by step instructions for using this product. Read it thoroughly, and keep the manual in a safe place in case you need to refer to it later.

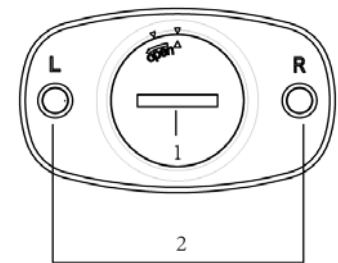
**DEVICE OVERVIEW:**

A. Heart rate Transmitter

a. Front View



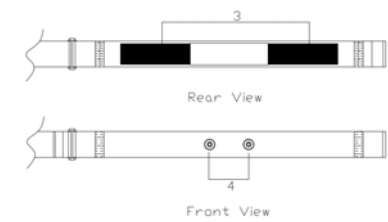
b. Back View



1. Battery Door

2. Left & Right wearing directions

**B. Heat rate chest strap**



3. Electrodes

4. Fastening buttons

C. Smart phone (Sold separately)

## **GETTING STARTED**

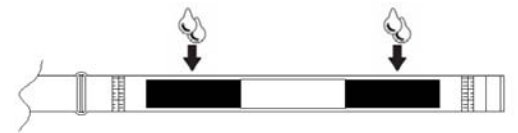
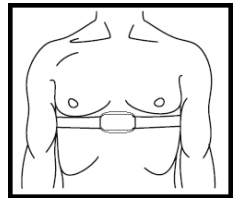
### **A. Unpacking the product**

In this box, you will find:

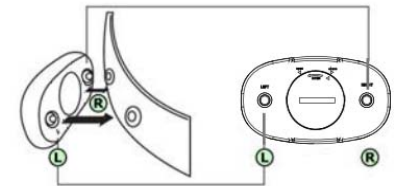
- a. Heart rate transmitter
- b. Adjustable elastic belt
- c. CR2032 battery – already installed
- d. User manual

**B. To wear chest strap**

- a. Wet the conductive pads on the rear of the chest belt with a few drops of water, Saliva or conductive gel to ensure solid contact.



- b. Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt fits snugly below your (chest) pectoral muscles.
- c. Attach the transmitter to the strap, marked 'L' towards left.





**WARNING** Inaccurate heart rate data will be detected if the device is worn in wrong directions.

**C.** To run software on smart phone, receive the heart rate data.

**WARNING**

a. Cleaning of transmitter and strap in a washing machine or dryer is strongly prohibited.

b. Before hand washing the device, detach the transmitter of Heart Rate Monitor where electrodes are located, This part is not washable.

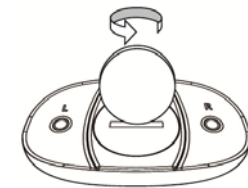
c. While washing the straps, make sure water is no higher than 30°C.

d. Ironing, bleaching or heating is prohibited.

## **BATTERIES**

The transmitter use CR2032 3V battery. The battery already installed. The battery typically last one year .

**A.** Using a coin, twist the battery door counter clockwise until it clicks out of place.



**B.** Remove the old battery and insert the new battery with the +side upwards.

**C.** Replace the battery door by twisting it clockwise until it is firmly in place.

### **IMPORTANT**

1. Non-rechargeable and rechargeable batteries must be disposed of properly. For this purpose, special containers are provided for battery disposal at communal collection centers.

2. Batteries are extremely dangerous when swallowed! Therefore, keep batteries and small articles away from children.

3. The batteries supplied must not be recharged, reactivated by any other means, dismantled, put into fire or short-circuited.

### **DATA TRANSMISSION**

ANT+&BLE Sports System is supported to achieve reliable data transmission by this HRM.

**For ANT+ System:**

#### **A. Pairing**

If the HRM is not paired with the ANT+ compatible receiver, it has to be activated and paired.

- Ensure that the HRM battery is not drained. Replace the battery if needed.
- Ensure there are no other ANT+ transmitting devices within 50 m range, other devices may affect pairing.

#### **B. Ready to use**

If your device is successfully paired, it's ready for use.

**For Bluetooth 4.0 LE System:**

**A.** This device is a Bluetooth Smart device, compatible and applicable with many IOS devices, including:

- ✧ iPhone 4S / 5 / 5S / 6 / 6 Plus
- ✧ The New iPad / iPad 4 / iPad mini
- ✧ iPod Touch 5
- ✧ SmartPhone with Android 4.3 or later  
(Like Samsung Galaxy S4 S5)

**B.** In addition, this device is also recommended to work with the following APPs:

- ◇ Endomondo
- ◇ Strava
- ◇ Sports Tracker
- ◇ MapMyRide
- ◇ Wahoo

\* All brand names and trademarks are properties of their respective owners.



**FCC Warning**

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.

NOTE 1: Any changes or modifications to this unit not expressly approved by the party responsible for

compliance could void the user's authority to operate the equipment.

**IC WARNING**

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired

operation of the device.

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.