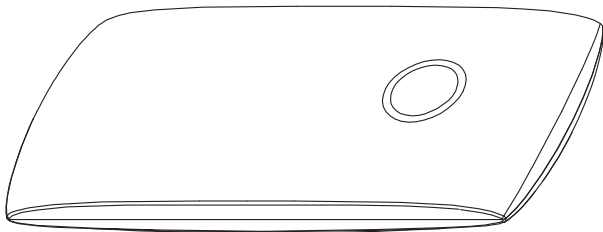# USER MANUAL

BLE & ANT

Heart Rate Monitor

English V0.7

Product Introduction

Thank you for purchasing this product, this is a heart rate monitor with wireless Bluetooth and ANT+ functions, it can transmit heart rate data to your receiving device and sports health App in real time via Bluetooth or ANT+, so that you can manage your exercise more scientifically. And the IP67 waterproof can effectively prevent sweat from the device during exercise. This manual can guide you how to use the product, please keep it for reference.

(Notice: This product is for sport purposes only and it is not meant to replace any medical devices.)

Basic Parameters

Connectivity: BLE(25 meters), ANT+(10 meters)
Battery Life: Last 50 hours after being fully charged
LED: Display different colors in different heart rate zones
Heart Rate Alarm: Audible alarm(off by default)
Data Storage: 13 hours(one value every 2 seconds)
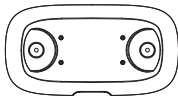Dimension: 59.5x27x10.4mm
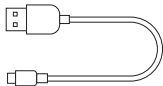Host weight: 12g
Waterproof: IP67
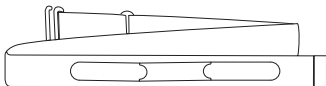Operating Temperature: 5℃~40℃

Product Accessories

Main Device x1

Charging Base x1

TYPE-C Cable x1
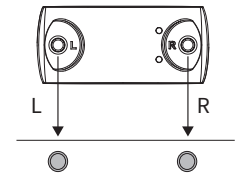
Chest Strap x1

User Manual x1

How to use

Wearing

1. Moisten the electrode areas of the chest strap.

2. Attach the connector to the chest strap, pay attention to distinguish the left and right.

3. Adjust the strap length to fit tightly but comfortably, make sure that the moist electrode areas are firmly against your skin, pay attention to distinguish the left and right position(L towards left, R towards right). (As the figure show)
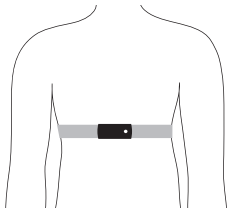
Heart Rate Zone LED Color
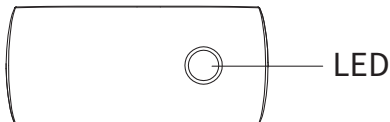
Once the heart rate monitor is worn correctly, it will be automatically turned on and the LED will flashes white (Heart rate alarm function is turned on: When the device is turned on, it will not beep. Heart rate alarm function is turned off: When the device is turned on, it will beep). When the heart rate is detected, the LED will display different colors according to the heart rate zones, as the table shown below:

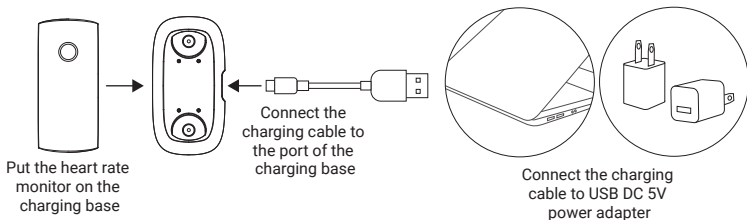| Zone	Color	Zone(Default)
Zone 1	White	Below 60%MHR
Zone 2	Blue	61%~70% MHR
Zone 3	Green	71%~80% MHR
Zone 4	Orange	81% ~ 90% MHR
Zone 5	Red	Above 91% MHR

* Max Heart Rate Value(MHR)=180bpm(Default)

Heart Rate Alarm

When the heart rate is higher than the alarm value, the device will beep. By default, the alarm mode is turned off and can be turned on through the App settings.

Charging

1.For the first time using the device, it may need to be charged before it can be turned on.

2.Please use DC 5V power adapter to charge the device.

3.The LED shows red during charging, shows green after fully charged.

Connect the charging cable to the port of the charging base

Put the heart rate monitor on the charging base

Connect the charging cable to USB DC 5V power adapter

Compatible with multiple Apps

MooFit / Endomondo / Sports Tracker / Runtastic / Wahoo Fitness

Applicable Models:

IOS7.0 or above, iPhone 4s and above models

Android 4.3 and above, with Bluetooth 4.0

Responsibility 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.advance.

FCC Statement

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.