

**NDH 200  
USER MANUAL**

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

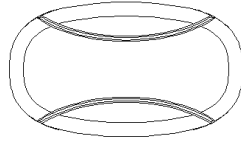
**IMPORTANT** This product is for sport purposes only and it is not meant to replace any medical advice.

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.

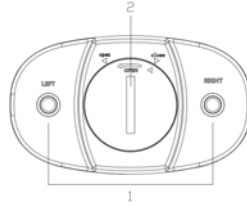
## DEVICE OVERVIEW:

### A. Heart rate Transmitter

#### a. Front View



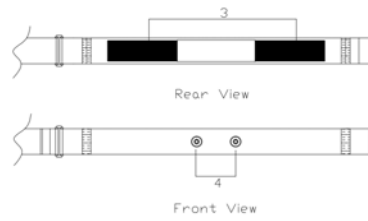
#### b. Rear View



1. Left & Right wearing directions

2. Battery Door

**B. Heart 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.

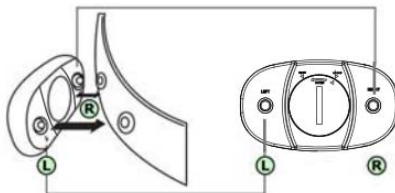


b. Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt fits snugly below your (chest)



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.

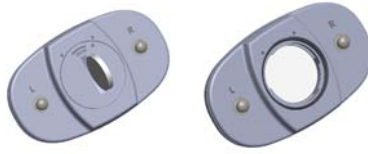
d. Ironing, bleaching or heating is prohibited.

**BATTERIES**

The transmitter use 1pc CR2032 3V battery. The battery already installed. The battery typically last

one year. We highly recommend that you contact the retailer or our customer service department if you need to replace them.

**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 non-rechargeable and rechargeable battery disposal at communal collection centers.

2. Batteries are extremely dangerous when swallowed! Therefore, keep batteries and small articles away from children. If a battery has been swallowed seek immediate medical advice.

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

### **SUPPORTED DEVICE**

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

- ✧ iPhone 4S / iPhone 5
- ✧ The New iPad / iPad 4 / iPad mini
- ✧ iPod Touch 5
- ✧ Smart phone with ANT+ function

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

- ✧ Endomondo
- ✧ Strava
- ✧ Sports Tracker

✧ MapMyRide

✧ Runtastic

✧ Fitcare

\* 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.