



# *HRM H6M User Manual*

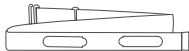
Bluetooth 4.0 & ANT+ Technology Dual Mode Heart Rate Sensor

Version No.: V2.0

Thank you for purchasing the CooSpo HRM H6M heart rate sensor ("H6M"). H6M supports both Bluetooth 4.0 and ANT+ technology, real-time monitoring heart rate, and data is transmitted wirelessly to your phone or sports watch. With CooSpo Fitness APP, records and stores your every movement heart rate.

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

## Device Overview



Chest Strap X1



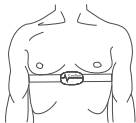
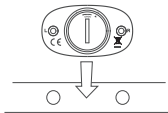
Heart Rate Connector X1  
(Installed CR2032)



User Manual X1

### 1. Wear the heart rate sensor

1. Moisten the electrode areas of the chest strap;
2. Attach the connector to the chest strap, marked 'L' towards left;
3. Adjust the strap length to fit tightly but comfortably. Check that the moist electrode areas are firmly against your skin and that the CooSpo logo of the connector is in a central and upright position.



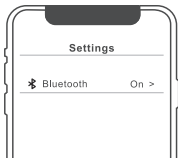
## 2. Connect to the APP

- 1 Turn on Bluetooth: Settings--Toggle Bluetooth to ON position;

\* Don't look for device or try to pair on this page, just turn on Bluetooth and go to the APP.

- 2 Compatible with varied App  
Wahoo Fitness / Sports Tracher / Endomondo / Polar Beat / Running / UA Run / Zwift / Nike+ Run Club

When using Nike+ Run Club, refer to the steps of displaying heart rate data in APP running settings.



## 3. About connecting to the ANT+ watch

- 1 Refer to the "Wear the heart rate sensor" wear heart rate sensor correctly;
- 2 Find and add H6M in the ANT+ device list;

- According to the tips of the watch to start training, and real-time view of your heart rate in the display.

\*Both ANT+ and Bluetooth capabilities allow for a wireless connection to both smartphones and GPS devices at the same time or separately.

#### **4. Caring for your H6M**

H6M is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor.

##### **Heart rate connector**

Detach the connector from the strap after every use and dry the connector with a soft towel. Do not use cleaning chemicals.

##### **Chest strap**

Rinse the strap under running water after every use and hang to dry. Cleaning of strap in a washing machine or dryer is strongly prohibited.

\* Never use cleaning chemicals.

(Cleaning chemicals may cause chest fast aging, shorten service life).

\* Do not stretch the strap or bend the electrode areas sharply.

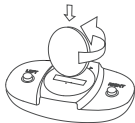
\* Do not store the heart rate sensor wet in non-breathing material, to prevent snap oxidation. Dry and store the strap and the connector.

## 5. Batteries

H6M uses the CR2032 battery, which has been installed in the heart rate connector. The battery life is 300 hours.

### Battery replacement

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



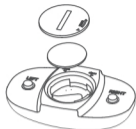
Remove the battery, and the battery according to the location of the regulations to dispose of the battery correctly.



Replace the battery positive (+) side up. Use a coin to twist the battery door back into place.



To avoid danger, batteries should be kept away from the children's area.



## Specification

Weight	15 g	Battery Life	300 Hours
Heart Rate Range	30~240 BPM	Water Proof	/
Wireless Transmission	Bluetooth 4.0 & ANT+	Size	60 X 33.8 X 12.2 mm
Transmission Distance	Bluetooth 4.0: 10 m ANT+: 6 m	Strap Adjustable	L: 65~95 cm

\* All technology will be subject to actual, final interpretation belongs to the CooSpo Company.

## Suitable model

iOS 7.0 system version above, iPhone 4s or later.

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

## Disclaimer

- The product it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Our company makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Our company shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.



## 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.