

WELCOME

Visit www.FINISinc.com/registration to register your device. When registration is complete, you will be enrolled in the warranty and replacement program. Proof of purchase required.

Visit www.FINISinc.com/element-cardio-band to download the multilingual Instruction Manual for detailed information.

• • www.FINISinc.com/Element-cardio-band
Element

Veuillez consulter le site www.FINISinc.com/Element-cardio-band et télécharger le mode d'emploi multilingue du Element pour de plus amples informations

Gehen Sie zum Herunterladen der mehrsprachigen Gebrauchsanweisungen und detaillierten Informationen von Element auf www.FINISinc.com/Element-cardio-band

HEBREW TEXT

Visit www.FINISinc.com/Element-cardio-band per scaricare il manuale multilingue d'istruzioni Element

詳細な情報はたものウェブサイト (www.FINISinc.com/Element-cardio-band) にて毎言語のElement・インストールアクション・マニュアルをダウンロードしてください。

Visite www.FINISinc.com/Element-cardio-band para baixar o Manual de Instruções multilingue de Element

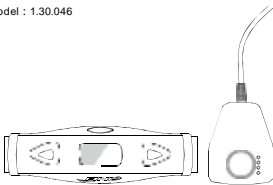
Можете или сам www.FINISinc.com/Element-cardio-band u cúa-anwe-u-cwpyyuyuDuo

Para más información, visite www.FINISinc.com/Element-cardio-band para descargar el Manual de Instrucciones Element - plurilingue

Important: For all technical issues, please contact FINIS.
www.FINISinc.com/support
USA 800.388.7404
EU: +35929368636

INCLUDED

Element Cardio Band
USB Magnetic Dock
model : 1.30.046

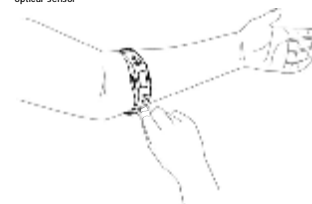


SPECIFICATIONS

Samsung Galaxy 3+ /Honeycomb+
iPhone 4+ /iOS 7+
mobile platforms Android® and Apple®
Google Play®
Apple App Store®
Will only be mobile/android/apple compatible -
talk to developers
Pentium® III 500 Mhz or higher recommended
Windows XP® (service pack 1 or higher) or
Windows Vista® Windows 7®
Windows 8®
Mac® OS X or higher
250 MB available hard drive space
128 MB RAM (256 recommended)

HOW TO WEAR

- The Element is designed to be worn on forearm, just below elbow
- With palm facing up, slide over hand and place on inside of forearm, just below elbow
- The button should be closest to hand and FINIS logo closest to elbow
- Adjust sliders on the elastic band for desired fit
- Ensure the optical sensor has direct contact with skin, as environmental light can interfere with accuracy and detection of optical sensor



CHARGING

Charge your unit fully before first use. Device will turn off automatically when battery is depleted

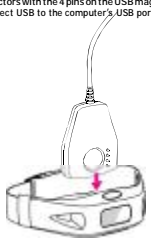
- The blinking battery icon indicates charging
- Takes 1 hour to charge from low to full
- The full battery icon indicates a full charge



CONNECTING

Use USB magnetic dock for charging and updating firmware

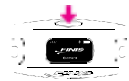
1. Align connectors with the 4 pins on the USB magnetic dock
2. Directly connect USB to the computer's USB port



POWER ON/OFF

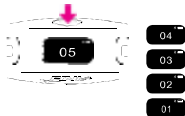
A. To POWER ON: Press and hold button for 3 seconds

- a. Home Screen will display the FINIS Element Logo



B. To POWER OFF: Press and hold button for 3 seconds

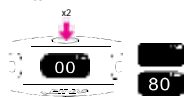
- a. 5-second countdown indicates that the device is turning off



START/STOP HEART RATE DATA TRACKING

A. To Start Tracking: double press button

- a. "00" will flash while device is looking for heart rate
- b. Single press button to toggle between heart rate and time of day



B. To STOP Tracking: Double press button

- a. Device will read "HR OFF" to indicate that the device is no longer tracking heart rate data



PAIRING

Establishing a connection between Bluetooth-enabled FINIS devices and the FINIS Live™ App

A. Locate MAC Address on the Element

- a. Ensure that the device is POWERED OFF
- b. Press and hold button for 3 seconds until FINIS logo appears
- c. Quick Release
- d. Press and hold button 4 more seconds until MAC Address appears



DOWNLOAD THE FINIS LIVE APP

A. Samsung Galaxy 3+ /Honeycomb+ , iPhone 4+ /IOS 7+

B. Apple App Store® and Google Play

- a. Please note: Previous Streamline account-holders can use existing login information



FCC Statement

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.

The user is not responsible for any changes or modifications not approved by the party responsible for compliance. Such modifications could void the user's warranty or void the user's responsibility for compliance.

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 particular installations. 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.

C. Statement:

This device complies with Industry Canada's (revised RSS standard). Operation is subject to the following conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation.

Le présent appareil est conforme aux normes RSS (standard révisé) de l'Industrie Canada. L'utilisateur doit accepter les deux conditions suivantes: (1) Cet appareil ne doit pas causer d'interférence et (2) Cet appareil doit accepter toute interférence, y compris l'interférence qui peut causer un fonctionnement indésirable.

element cardio band
waterproof heart rate monitor

QUICKSTART GUIDE