ARMBAND HEART RATE MONITOR
USER MANUAL

CL830

Thank you for purchasing our BLE heart rate armband, this product transmits the real-time heart rate data through Bluetooth to heart rate receiving device, sports and health App, helping you to manage your exercise intensity scientifically. This user manual will help you to use the product better, please keep it for reference.

!!WARNING!!
This is not a medical device and is intended for training and recreational use only. Consult a physician prior to determine appropriate heart rate zones.

NOTICE

Our armband heart monitor is waterproof to IEC Standard 60529 IP67. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit.

A. Unpacking the product In this box, you will find:
   a. Heart rate monitor armband
   b. charging cable
   d. User manual

Basic Parameters
   Product size: 50*30*10 mm
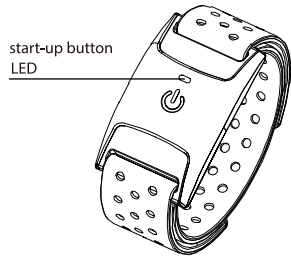   Weight: 13g (device without strap or accessories)
   Water resistance: IP67
   Working temperature: -10°C to +50°C/14°F to 122°F
   Transmission: BLE

Using the Armband Monitor
Turn-on: Press the start-up button, the purple led will blink slowly to indicate heart rate work properly, otherwise purple led will blink quickly. If pair with smart device successfully, the blue led will blink slowly.
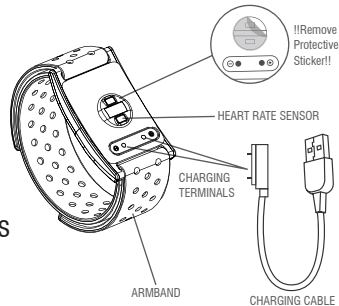
start-up button
LED

Turn-off: Press button and hold 2 secs, the red led will be on, then flash 3 times to enter shutdown mode.

Charging:

Charge the Armband Heart Rate Monitor for 1.5 hours or until a solid green light indicates the unit is fully charged.

a. If the red LED is on whenever starting up or during of operation, it indicates the battery is on low level and need to charge.

!!Remove Protective Sticker!!

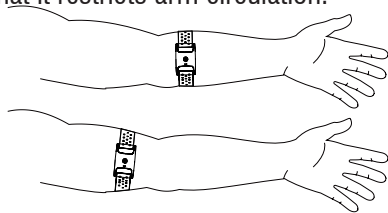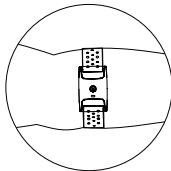HEART RATE SENSOR

CHARGING TERMINALS

ARMBAND

CHARGING CABLE

b. The LED light will flash red and green alternately while charging. After full charge the LED will show green continuously;

Alert:
1. The unit will alert in vibration once heart rate change 8 times in 1 sec if the heart rate range is 120~150.
2. The unit will alert in vibration once heart rate change 5 times in 1 sec if the heart rate range is 150-180.
3. The unit will alert in vibration once heart rate change 3 times in 1 sec if heart rate is more than 180.

Wearing:
Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation.

Initial Setup with Bluetooth Smart Fitness Apps

1. Set Bluetooth on the device to ON.
2. Find the Sensor Settings menu in the Bluetooth Smart Fitness App.
3. Connect the device armband by turning it on.

Initial Setup with Bluetooth Smart devices (Sports Watches, Fitness Equipment & GYM Team Training System.)

1. From the device settings menu select "Add HR sensor"
2. Connect the device armband by turning it on.

Note: Heart rate monitoring will work with most Bluetooth Smart Fitness Apps. Pedometer with other function are only supported in the Chileaf APP and will also work with Apps which have integrated the SDK.

Compatible Apps
Wahoo Fitness, Polar Beat, Strava, Zwift, Runtastic Pro, Nike+ Run Club

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.

CE and FCC statement

Hereby, Chileaf, declares that Armband heart rate monitor(CL830) is in compliance with the essential requirements and other relevant provisions of Directive RED 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available.

Notices

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or Modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits of 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Waste electrical products should not be disposed of with household waste.