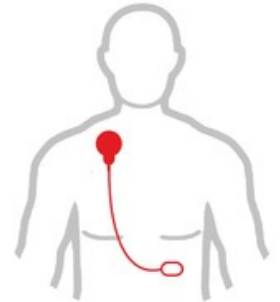


Firstbeat BODYGUARD 2 User Guide

Initiating a recording

1. Clean the skin carefully on electrode sites. Shave off excess body hair, if needed.
2. Snap the electrodes to the device.
3. Place the electrodes on the skin as pictured; make sure they are snugly attached to the skin.
 - The device end attaches to the right side of the body, just below the collar bone.
 - The cable end attaches to the left side of the body below the heart (on the rib cage).
4. The device turns on and starts measuring automatically. Ensure that the green led starts to flash.



If the green led does not start flashing, wait a couple of minutes to allow electrode contact to improve. If there is still no flashing, please contact product support.




Note! The monitor is not waterproof, so **it is not allowed to use it in the shower or during swimming.** Make sure that the cable is connected to the device during the measurement.

Interrupting and ending a recording

- You can interrupt the recording, for example when you take a shower, by simply de-attaching the monitor from your body. When re-attaching it, the recording will continue automatically.
- When you want to end the measurement, detach the monitor from your body and it will stop automatically.

Note! The electrodes are disposable and you should change them after a shower. You should also change the electrode if it becomes loose. The glue in the electrode (electrode paste) can irritate your skin. To avoid irritation, clean and dry the skin thoroughly after removing the electrodes.

Explanations for the signal lights (leds)





	During a measurement	Function
	Green led is flashing in sync with the heart rate.	Bodyguard is recording heartbeat data.
	Green and Yellow led are flashing simultaneously.	Bodyguard is recording, but the battery is low. Continue measuring, but unless you are close to the end of your measurement, get in touch with your contact person!
	Red led is flashing during the measurement.	Bodyguard's memory is full or the battery has died. Quit the measurement and get in touch with your contact person.

If you have problems with the Bodyguard, please contact Firstbeat Support.
Phone: +358 20 7631 664, Mon – Fri 09-16 (EET) / E-mail: support@firstbeat.fi

Explanations for the signal lights (leds)

Downloading data to the PC and recharging the Bodyguard

- ✓ For reasons of electrical safety, the USB cable must not be attached to a computer while the device is

	When Bodyguard is attached to the USB-port	Function
	Orange led flashes.	Battery is charging.
	Orange led is on.	Battery is full.
	Green led is on.	Bodyguard is in PC communication state.
	Green led flashes rapidly.	Data is being downloaded.

attached to a person.

- ✓ The Bodyguard's battery is charging when attached to the computer's USB port.
- ✓ To download measurement data, you need to have the Firstbeat Uploader program on your computer. Attach the device to the USB port and open the Uploader program. For more information, please contact Firstbeat Support.

Technical specifications

Weight: 24 g

Size: 47 mm x 63 mm x 10.6 mm

Battery: Li-Poly

Battery life: About 6 days

IP class: IP22

IP class during measurement (when the cable is attached): IP67

Measurement accuracy for heartbeat recording: 1ms (1000Hz)

Measurement accuracy for movement:

- Sampling frequency: 12.5Hz
- Resolution: 8bit
- G-Scale: 4G

Storage capacity: More than 20 days

Measurement temperature: +5 -+50 C degrees

Storage temperature: -20 -+60 C degrees