ARMOUR 39

A39MIDT Strap & Module
User Manual

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WHAT IS Armour39™?

YOUR PERFORMANCE.
YOUR WILLPOWER™.
DISCOVERED.

Armour39™ is the sports performance monitoring system engineered to empower athletes. The system captures and displays critical information athletes need to discover their true potential.

Armour39™ is the first system that detects and responds to every move athletes make – any direction, any motion, any position. So every athlete–regardless of sport or workout activity–has precise information about their performance. Athletes can measure, track, and analyze what matters most–in the moment and over time–to improve. **Armour39™** measures heart rate, calorie burn, real-time intensity and **WILLpower™**, Under Armour®'s unique measure that reflects overall workout difficulty in a single score.

HOW DOES Armour39™ WORK?

The **Armour39™** chest strap, made from the same comfortable, moisture-wicking material that Under Armour® is famous for, collects athletes' information and transfers it to the **Armour39™** module in the strap. The module automatically transmits this information in real-time to a Bluetooth® Smart display device, the **Armour39™** mobile app or the **Armour39™** watch.

The **Armour39™** module is the first sensor designed to store information, allowing athletes to work out with or without the display device.

WHAT DOES Armour39™ MEASURE?

With **Armour39™**, athletes of all sports can measure, track, and analyze the data that matters most. **Armour39™** measures heart rate, calorie burn, real-time intensity and **WILLpower™**, Under Armour®'s unique measure that reflects overall workout difficulty in a single score.

HEART RATE   A highly responsive, precise measurement of heart beats per minute.

CALORIES   An advanced algorithm that captures calories burned with a high degree of accuracy. It takes into account nuances like changes in heart rate and body position that impact how hard your body is working.

INTENSITY   This real-time measurement captures how hard an athlete is working by measuring current heart rate as a percentage of the athlete's max heart rate. It's proof of how hard you're working relative to your peak ability.
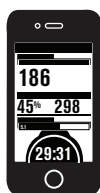
WILLPOWER™ The true measure of an athlete, it is a single score that reflects overall workout difficulty on a scale of 0.0-10.0. This innovative measure combines a range of dynamic inputs including workout duration, body position, user profile, and key heart rate measures like ventilatory threshold and recovery into a proprietary algorithm. With **WILLpower™**, athletes can—for the first time—objectively measure a hard day versus a light day, to ensure they are training effectively to meet their goals.

IMPORTANT: Armour39™ is optimized by completion of the **Armour39™** Assessment workout. The Assessment captures an athlete's baseline data and informs all other **Armour39™** measures, customizing the system specifically to the athlete. A user should perform the Assessment regularly, about once a month, to ensure the system takes into account an athlete's current specifications.

SYSTEM REQUIREMENTS

The **Armour39™** Module is a Bluetooth® Smart device that is currently compatible with iOS Bluetooth® Smart Ready mobile devices and the **Armour39™** Bluetooth® Smart Watch.

To use the **Armour39™** Module and **Armour39™** Chest Strap you will need at least ONE of the following:

Armour39™

Mobile App

Armour39™

Watch

NOTE: The **Armour39**™ Module can only connect to the **Armour39**™ Watch and **Armour39**™ Mobile App indepently. (i.e. You cannot use both the **Armour39**™ Watch and **Armour39**™ Mobile App as a display during a workout.)

IN THE BOX

Your **Armour39™** watch package should include the following items:

- 1X A39M01 **Armour39™** Module

- 1X A39M01 **Armour39™** Chest Strap

- 1X CR2032 3V Battery (pre-installed in the **Armour39™** Module)

- 1X Under Armour® Warranty Card

- 1X User Manual

NOTE: Armour39™ is an application-based system. As such any or all software updates that affect the use of the Armour39™ Module may not be reflected in this printed manual. For more information or to access the latest manual for your Armour39™ Module and current software compatibility, please visit http://www.armour39.com/module.

1] **Using the Armour39™ Chest Strap & Module.**
Your **Armour39™** Chest Strap and Module must be used in conjunction with either the **Armour39™** Mobile App or the **Armour39™** Watch.

NOTE: The Armour39™ App can be downloaded from the app store onto your mobile device.

2] **Wear your Armour39™ chest strap.**
See page 17 for details on how to properly wear your **Armour39™** chest strap.

3] **Insert your Armour39™ Module.**
See page 18 for details on how to properly insert your **Armour39™** Module into your **Armour39™** Chest Strap.

4] **Moisten Armour39™ Chest Strap sensor pads.**
It is **highly recommended** that you moisten your chest strap

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sensor pads with a few drops of water or saliva to create a strong connection with the sensor pads. This will ensure the accuracy of your data.

5A] Pair the Armour39™ Module with the Armour39™ Mobile App. Launch the **Armour39™** Mobile App on your phone. Follow the set-up instructions to create your profile and pair your **Armour39™** Module for the first time.

NOTE: If you have already completed initial set-up on the Armour39™ App, a new Armour39™ Module can be paired from the workout or assessment sections of the Armour39™ App.

5B] Pair the Armour39™ Module with the Armour39™ Watch. Navigate to DEVICE SET-UP on the watch. Complete this mode to pair your module with your watch.

NOTE: More detailed instructions on pairing your Armour39™ Watch with your Armour39™ Module can be found in your Armour39™ Watch User Manual.

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ARMOUR39™ CHEST STRAP INFORMATION

The **Armour39™** Chest Strap delivers biometric data to the **Armour39™** Module.

Below several key components are highlighted that comprise the **Armour39™** Chest Strap:
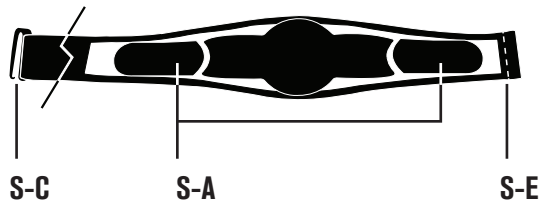
- **Chest Strap Sensor Pads (S-A)**
  The **Armour39™** Chest Strap has two electrodes located on the back of the **Armour39™** Chest Strap. The chest strap sensor pads are designed to detect the biometric signals of the body.

- **Receptacle (S-B)**
  Located on the front of the **Armour39™** Chest Strap, is a black receptacle. The receptacle is where the **Armour39™** Module snaps in place on the **Armour39™** Chest Strap.

- **"J" Hook (S-C) and Triglide Adjuster (S-D)**
  The **Armour39™** Chest Strap is secured using a "J" Hook that slides into a loop (S-E), located on the opposite side of the **Armour39™** Chest Strap. The Triglide Adjuster is used to adjust the size of the **Armour39™** Chest Strap.

Armour39™ Chest Strap - Front View

S-B   S-D

Armour39™ Chest Strap - Back View

S-C   S-A   S-E

ARMOUR39™ MODULE INFORMATION

The **Armour39™** Module houses electronic components that store and transmit important biometric information.

The **Armour39™** Module is capable of storing information in the following ways:

- **Internal Storage**
  The **Armour39™** Module provides internal storage for future download to a Bluetooth® Smart iOS mobile device.

- **Live Transmit via Bluetooth® Low Energy**
  The **Armour39™** Module provides live transmit via Bluetooth® Low Energy (2.4 GHz) to a Bluetooth® Smart iOS mobile device.

- **Live Transmit via Blue Robbin**
  The **Armour39™** Module provides live transmit via Blue Robbin to a Blue Robbin receiving device operating at 915 MHz.

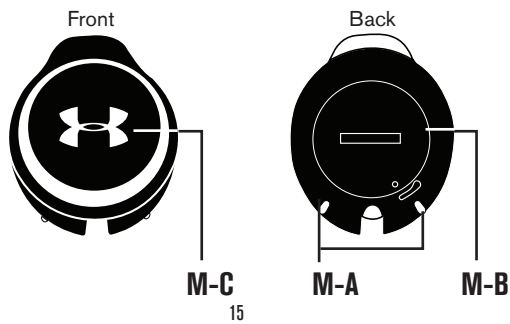Below several key components are highlighted that comprise the **Armour39™** Module:

- **Connector Pins (M-A)**
  The connector pins provide a connection between the electronics of the **Armour39™** Chest Strap and

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the **Armour39™** Module.

- **Battery Compartment (M-B)**
  The battery compartment on the **Armour39™** Module is located on the back of the module. (See page 24 for more details on changing the battery.

- **LED Light (M-C)**
  The **Armour39™** Module is equipped with a LED housed in the Under Armour® logo located on the front of the **Armour39™** Module. The LED displays colors and pulsing patterns that indicate whether the **Armour39™** Module is connected, on, or syncing data. (See page 20 for additional details.)

Armour39™ Module - Front & Back View

Front   Back

M-C   M-A   M-B

USE OF ARMOUR39™ CHEST STRAP & MODULE

The **Armour39™** Chest Strap and **Armour39™** Module MUST be worn in the following circumstances:

- **Pairing**
  The **Armour39™** Chest Strap & **Armour39™** Module must be worn when trying to pair for the first time with either the **Armour39™** Watch or the **Armour39™** Mobile App.

- **Connecting**
  The **Armour39™** Chest Strap & **Armour39™** Module must be worn when trying to connect with either the **Armour39™** Watch or the **Armour39™** Mobile App. Connecting occurs when starting a workout or the Assessment.

- **Workout**
  The **Armour39™** Chest Strap & **Armour39™** Module must be worn during workouts or while completing the Assessment.

  NOTE: No biometric data can be collected from either the **Armour39™** Watch or the **Armour39™** Mobile App if the **Armour39™** Chest Strap & **Armour39™** Module are not being worn correctly and securely.

IMPORTANT: It is imperative that the **Armour39™** Module and **Armour39™** Chest Strap are worn correctly. The strap MUST be worn under your shirt (or bra) to ensure direct skin contact. The polyurethane sensor pads must be completely and firmly against your skin, unobstructed by fabric.

WEARING ARMOUR39™ CHEST STRAP
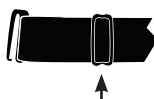
Putting the **Armour39™** Chest Strap On:

1] Armour39™ Chest Strap orientation.
Verify that the **Armour39™** Chest Strap is "right side up" by checking that the "**Armour39™"** text has proper orientation of the text and that the "J" Hook (S-C) is on the right side of your body.

2] Fasten Armour39™ Strap onto chest.
Place strap around your chest with the receptacle centered on the body. Slide the "J" Hook through the loop to secure the **Armour39™** Chest Strap.

3] Tighten Armour39™ Strap.
Use the Triglide adjuster to tighten the strap to fit securely.

NOTE: It is important that the **Armour39™** Strap fit snug around the body, establishing firm contact with the body.

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INSERTING ARMOUR39™ MODULE

Inserting the **Armour39™** Module into the **Armour39™** Chest Strap:

1] Armour39™ Module orientation.
Verify that the **Armour39™** Module is "right side up" by checking that tab is on the top of the **Armour39™** Module and the two metal connector pins are at the bottom of the **Armour39™** Module.

2] Insert Armour39™ Module into the receptacle.
Place **Armour39™** module into the receptacle, located on the **Armour39™** Chest Strap, by aligning the two metal connector pins with the two small openings on the bottom of the receptacle. Place these pins into the openings, and press firmly on the top of the **Armour39™** Module until it snaps into place.

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3] Moisten Armour39™ Chest Strap sensor pads.
It is **highly recommended** that you moisten your chest strap pads with a few drops of water or saliva to create a strong connection with the sensor pads. This will ensure the accuracy of your data.

ARMOUR39™ MODULE: LED PULSING & COLORS

There are seven unique LED patterns that indicate the status of the **Armour39™** Module.

Pulsing **BLUE** to Solid **BLUE**	Initial Connection with Bluetooth® Low Energy
GREEN Flash	Initial Connection with Blue Robbin
BLUE Pulse Heart Rate	**ON** with Bluetooth® Low Energy
BLUE Pulse Heart Rate Simulation with intermittent **GREEN** Flash	**ON** with Bluetooth® Low Energy & Blue Robbin
RED Pulse Heart Rate Simulation	**ON** with no Radio Connection
Flashing **BLUE**	**ON** and Uploading

STORAGE

To ensure that your **Armour39™** Module and **Armour39™** Chest Strap operates correctly and safely, adhere to the following storage guidelines:

- Remove the **Armour39™** Module from the **Armour39™** Chest Strap receptacle prior to storing. This will increase your battery life.
- Be careful not to fold and store the **Armour39™** Chest Strap in a way that will crease the chest strap sensor pads.
- DO NOT expose either the **Armour39™** Chest Strap or **Armour39™** Module to extreme temperatures. (-20°C to 49°C (-4°F to 120°F)).

NOTE: Keeping the **Armour39™** Module in the **Armour39™** Chest Strap will increase the likelihood that the **Armour39™** Module will become active during movement and will therefore greatly decrease the battery life. Removing the **Armour39™** Module from the Chest Strap will maximize the battery life of the **Armour39™** Module.

CARING FOR THE ARMOUR39™ CHEST STRAP

Cleaning:
- Clean the **Armour39™** Chest Strap by hand-washing with warm water and mild soap. Be careful not to put soap directly in the receptacle or on the metal connection pads.
- Allow the **Armour39™** Chest Strap to dry completely before storing.
- Avoid machine washing and machine drying the **Armour39™** Chest Strap.

Additional Care Instructions:
- DO NOT store the **Armour39™** Chest Strap in extreme temperatures. (-20°C to 49°C (-4°F to 120°F)).
- DO NOT bleach, dry clean, tumble dry, or iron the **Armour39™** Chest Strap.
- DO NOT use abrasive or corrosive cleaning agents on the **Armour39™** Chest Strap.

IMPORTANT: NEVER expose the **Armour39**™ Module directly to water. Always remove the **Armour39**™ Module before washing the **Armour39**™ Chest Strap.

CARING FOR THE ARMOUR39™ MODULE

Cleaning:
- The **Armour39™** Module should not require regular cleaning maintenance.
- If necessary, clean the **Armour39™** Module by hand using a damp cloth. NEVER submerge the **Armour39™** Module directly to water.

Additional Care Instructions:
- Ensure that the **Armour39™** Module is dry after each use.
- Normal perspiration should not effect the functionality of the **Armour39™** Module.
- DO NOT wrap the **Armour39™** Module in a wet towel or with other wet materials.
- DO NOT store the **Armour39™** Module or **Armour39™** Chest Strap in a hot (above 120ºF) environment.
- DO NOT use abrasive or corrosive cleaning agents to clean the **Armour39™** Module.

IMPORTANT: NEVER expose the **Armour39**™ Module directly to water. Always remove the **Armour39**™ Module before washing the **Armour39**™ Chest Strap.

REPLACING THE BATTERY

If the power on your **Armour39™** Module is low, a low battery icon will appear on the **Armour39™** Watch or **Armour39™** Mobile App once a workout has been started. For optimal performance, replace your battery as described below:

Replace **Armour39™** Module Battery:

1] Using a coin, open the black battery compartment door, located on the back of the **Armour39™** Module, by turning it counterclockwise.

2] Remove the old battery and insert a new CR2032 3V battery.

3] Secure the lid by aligning the dot on the battery compartment door with the alignment mark on the **Armour39™** housing. Use a coin to turn the battery compartment door clockwise, locking the door into place.

NOTE: If your battery is low, you may not be able to connect with the Armour39™ Mobile App or Armour39™ Watch until you have replaced the Armour39™ Module battery.

WATER RESISTANCE

NEVER expose the **Armour39™** Module directly to water. Do not swim in the **Armour39™** Module or place it in a washing machine. Note that doing so will void the warranty.

The **Armour39™** Chest Strap can be hand-washed and submerged in water. It is critical that the **Armour39™** Module is removed from the Chest Strap when washing and that the **Armour39™** Module NEVER be exposed directly to water.

NOTE: When Armour39™ Module is snapped into the receptacle, normal perspiration will not damage the Armour39™ Module or Armour39™ Chest Strap.

SPECIFICATIONS

ARMOUR39™ CHEST STRAP	
Body	76% Nylon, 24% Spandex
Sensor Pads	Urethane-Based Electrodes
Receptacle	Polyurethane (TPU) and Polycarbonate (PU)
J-Hook and Triglide Slider	Soft-Touch Coated Steel

ARMOUR39™ MODULE	
Housing	Polyurethane (TPU) and Polycarbonate (PU)
Radios	915 MHz (North America), 868 MHz (EU), 2.4 GHz
Battery	CR2032 3V Battery

OPERATING ENVIRONMENT	
Operating Temperature	0°C to 49° C (32°F to 120°F)
Storage Temperature	-20°C to 60°C (-4°F to 140°F)

PRECAUTIONS

Battery Life:
- To maximize the battery life of your **Armour39™** Module, remove the **Armour39™** Module from the **Armour39™** Chest Strap when not in use.

Disposal:
- When disposing of your **Armour39™** Module, ensure it is collected separately for special treatment and not disposed in normal household waste.

Additional Safety & Servicing Precautions:
- This product is a precision instrument. Never attempt to take this device apart. Contact Under Armour® Customer Service if the **Armour39™** Module is not functioning properly.
- Do not touch any exposed electronic circuitry, there is danger of shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device.
- Due to printing limitations, the displays shown in this manual may differ slightly from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

IMPORTANT: The technical specifications for this product and the contents of the user manual are subject to change without notice. Features and accessories will not be available in all countries.

ARMOUR39™ FILE TRANSFER/ BLUETOOTH®

Armour39™ Module with Armour39™ Watch:

While collecting biometric data, the **Armour39™** Module must be in Bluetooth® range of your **Armour39™** Watch at all times to ensure a seamless experience and accurate data.

Armour39™ Module with Armour39™ App:

While collecting biometric data, the **Armour39™** Module will transmit data to the **Armour39™** Mobile App in real-time when you are in Bluetooth® range.

If the **Armour39™** Module is NOT in Bluetooth range, the **Armour39™** Module will store information that can transmit to the **Armour39™** Mobile App once the **Armour39™** Mobile App and the **Armour39™** Module are in range of each other.

NOTE: You must continue to wear the Armour39™ Chest Strap and Armour39™ Module until the Armour39™ Module is back in Bluetooth® Range with the Armour39™ Mobile App in order to successfully transmit information from the Armour39™ Module to the Armour39™ Mobile App.
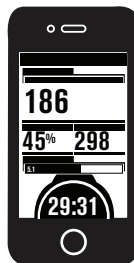
If you take off your Armour39™ Chest Strap and Armour39™ Module before ending your workout session and fully transmitting data back to the Armour39™ Mobile App, you may loose your workout data.

MOBILE APP BASICS

The **Armour39™** Mobile App provides an enhanced display of the biometric data that has been collected by your **Armour39™** Chest Strap and **Armour39™** Module.

Downloading the **Armour39™** App is recommended prior to beginning use of the **Armour39™** Chest Strap and **Armour39™** Module.

After downloading the **Armour39™** App, follow directions presented on the **Armour39™** Mobile App to get started.

ARMOUR39™ WATCH BASICS

The **Armour39™** Watch provides an alternative to the **Armour39™** Mobile App to display the biometric data that has been collected by your **Armour39™** Chest Strap and **Armour39™** Module.

To use the **Armour39™** Watch as a display, follow the DEVICE SET-UP Instructions located in the **Armour39™** Watch User Manual.

IMPORTANT: The **Armour39™** Chest Strap and **Armour39™** Module will not collect data until it is paired with a display device.

ABOUT UNDER ARMOUR®

Visit our website www.underarmour.com to learn more about **Armour39™** or other Under Armour® products.

For additional inquiries, please contact Under Armour® Customer Service at 1-888-727-6687.

LIMITED WARRANTY

Limited Warranty

Under Armour, Inc., its subsidiaries and affiliates ("UA") warrants to the original purchaser that its Armour39 athletic performance monitor ("Product") shall be free from defects in workmanship and materials under normal use for a period of one (1) year from the date of original purchase. This limited warranty excludes defects or damages resulting from normal wear (including the need to replace the battery), improper care, exposure to water (including swimming pools and washing machines), unauthorized repairs, alterations or modifications, accidents or any other causes which are not defects in workmanship and materials. Exposure to water (including swimming pools and washing machines) will void this warranty.

The sole and exclusive liability of UA under this warranty or otherwise, shall be limited to the repair or replacement of the Product at no cost to the original purchaser or the issuance of a refund at UA's sole discretion.

Warranty Claims

Any Product believed to be defective as covered by this warranty may not be returned without contacting UA Customer Service at 1-888-727-6687. UA will inform the original purchaser where to ship the Product for examination. All returned Products must be accompanied by the original sales receipt which is required proof of purchase for warranty processing.

In the event such examination reveals a defect covered by this warranty; UA will, at its sole discretion, repair or replace the Product, and return it or its replacement to the original purchaser, with charges only for shipping, or issue a refund in the amount of the original purchase price as set forth on

the original sales receipt.

GENERAL LIMITATIONS OF WARRANTY

EXCEPT AS SET FORTH HEREIN, UA MAKES NO WARRANTIES, EXPRESSED OR IMPLIED, AND BUYER
ACKNOWLEDGES THAT NO REPRESENTATIONS, WARRANTIES, PROMISES OR STATEMENTS HAVE
BEEN MADE BY UA, WITH RESPECT TO THIS PRODUCT, OR ANY PART OR PORTION THEREOF. IMPLIED
WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE,
ARE LIMITED TO ONE (1) YEAR FROM THE DATE OF ORIGINAL PURCHASE. UA SHALL NOT, IN ANY
EVENT, BE LIABLE FOR ANY INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES SUFFERED BY
PURCHASER OR ANYONE CLAIMING BY, THROUGH OR UNDER PURCHASER, AS A RESULT OF THE
CONDITION OF THIS PRODUCT, OR ANY PART OR PORTION THEREOF, AND THERE ARE NO ORAL OR
WRITTEN UNDERTAKINGS OR AGREEMENTS OF ANY TYPE PROVIDED BY UA EXCEPT AS EXPRESSLY
SET FORTH HEREIN. SOME STATES AND COUNTRIES DO NOT ALLOW LIMITATIONS ON HOW LONG
AN IMPLIED WARRANTY LASTS OR PROHIBIT THE EXCLUSION OR LIMITATION OF INDIRECT,
CONSEQUENTIAL OR INCIDENTAL DAMAGES, SO THE ABOVE LIMITATION AND EXCLUSIONS MAY NOT
APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE
ADDITIONAL RIGHTS, WHICH VARY FROM STATE TO STATE OR BY COUNTRY.

FCC/IC- 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.

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 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.
- Once that may cause undesired operation.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
Cet appareil s'accorde avec Industrie Canada licence-exempte RSS standard.
(1) cet appareil ne peut pas causer l'intervention, et (2) cet appareil doit
accepter de l'intervention, y compris l'intervention qui peut causer l'opération
non désirée de.
This Class [B] digital apparatus complies with Canadian ICES-003.
Cet appareil numérique de la classe B est conforme à la norme
NMB-003 du Canada.