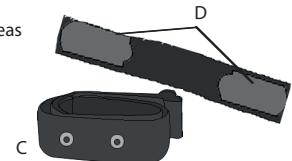


BLE HEART RATE MONITOR USER'S GUIDE

Heart Rate Monitor Components

A. Heart Rate Monitor Sensor
B. Battery Cover
C. Chest Strap
D. Electrode Areas



Technical Specifications

Wireless: Bluetooth Smart
Battery: CR2032
Battery life: 5 Years
Waterproof: IPX7

Operating Temperature: -10°C~50°C (14°F~122°F)
Transmission Range: ~10m (33ft)
Chest strap: 70-120cm (27.5"-47.2")
Weight: 15g / 0.53oz (with battery)

Chest Strap Maintenance

- Do not twist the strap or bend the electrode areas sharply.
- Do not soak, iron, machine wash, dry clean or bleach the chest strap.
- Never use alcohol or any abrasive material, clean the chest strap with mild soap.
- Detach the Heart Rate Monitor and rinse the chest strap under running water after each use and dry it with a soft towel.



How to wear the Heart Rate monitor

1. Snap the Heart Rate Monitor onto the chest strap.
2. Wrap the strap around your chest and clasp the strap ends together.
3. The device should be centered and just under your breasts. Adjust the strap so that it is fastened to your body.
4. Pair the HRM with a device that can receive Bluetooth Smart wireless data such as your smartphone or tablet.
*If your HRM is not reading data properly, remove the chest strap, moisten the electrodes with some water, and try again.
5. After each use, detach the monitor from the strap and gently hand wash the chest strap with warm water and mild dish or hand soap. Dry the strap with a towel and store the strap and monitor separately for maximum battery life.

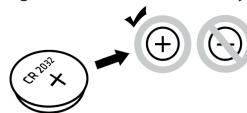


Caution • People wearing a pacemaker or other implanted electronic device should only use this device after consulting their doctors.

- Do not expose the Heart Rate Monitor to direct sunlight for extended periods.
- Store the heart rate monitor and strap separately in a dry, cool place.

Changing Batteries

- Locate the battery cover on the back of your HRM sensor.
- Use a coin to twist the cover counter-clockwise in the direction where the open arrow is pointing.
- Replace the 2032 coin cell battery, anode on top.
- Make sure the O-ring is still in place and undamaged. Seal the case by using a coin to twist the battery cover clockwise to close.



*For proper disposal of old battery, please contact your local waste-handling group

Stay active, stay healthy with BLE Heart Rate Monitor.