



This Heart Rate Strap (CS012) enables to track heart rate and calories burned to the compatible display devices or Apps via ANT+ / Bluetooth Smart (Bluetooth 4.0) dual mode wireless technology.

本產品 (CS012) 採用 ANT+ / Bluetooth Smart 無線傳輸雙技術，能支援各種 ANT+ 或藍牙 4.0 裝置和搭配運動 App，監測您的運動心率和卡路里消耗量。

本产品 (CS012) 采用 ANT+ / Bluetooth Smart 无线传输双技术，能支援各种 ANT+ 或蓝牙 4.0 装置和搭配运动 App，监测您的运动心率和卡路里消耗量。

- 1 heart rate sensor  
感測器  
感測器
- 2 strap  
感應織帶  
感应织带
- 3 electrode area  
感應區域  
感应区域

## Compatible App / 兼容 App / 兼容 App



A separate application is required to view heart rate data on the receiving device. It is recommended to use the list Apps but it is also possible to use other applications that support ANT+ and Bluetooth 4.0.

當使用行動裝置查看心跳數據時會需要 App 應用程式，建議您安裝左列的運動 App，或其他可支援 ANT+ 和藍牙 4.0 的應用程式。

当使用行动装置查看心跳数据时会需要 App 应用程序，建议您安装左方的运动 App，或其他可支援 ANT+ 和蓝牙 4.0 的应用程式。

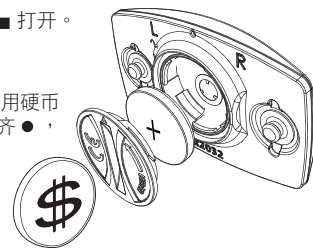
- Compatible Apps: **ALA COACH+**  
**Samsung S Health**
- Please visit our website to get more information.

## Replace Battery / 安裝電池 / 安装电池

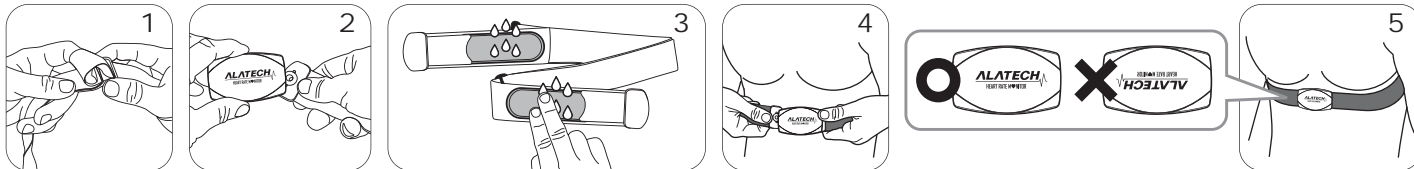
- Step 1: Use a coin to twist it counter-clockwise to .
- Step 2: Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
- Step 3: Place the battery cover () points to ). Use a coin to twist the cover clockwise to close () points to .

- 步驟 1: 以硬幣逆時針旋轉電池蓋至 打開。
- 步驟 2: 將電池以正極朝上裝入。(電池型號: CR2032)
- 步驟 3: 蓋上電池蓋 ( 指向 處)，用硬幣以順時針方向旋緊背蓋至 對齊 ，確實鎖緊背蓋。

- 步骤 1: 以硬币逆时针旋转电池盖至 打开。
- 步骤 2: 将电池以正极朝上装入。(电池型号: CR2032)
- 步骤 3: 盖上电池盖 ( 指向 处)，用硬币以顺时针方向旋紧背盖至 对齐 ，确认锁紧背盖。



## Wear the Heart Rate Strap / 配戴方式 / 配戴方式



1. Adjust the strap length to a suitable personal length and snug enough to stay in place during your workout.
2. Snap sensor into one side of strap.
3. Wet **both** electrode areas on the back of the strap (refer to figure 3).
4. Wrap the strap around your chest, just below your chest and snap other end into place.
5. Make sure the logo is in upright position when you are wearing the strap.

1. 適度調整鬆緊帶長度，使胸帶可舒適地緊貼皮膚，即使運動也不會鬆脫滑動。
2. 先將感測器的一端與感應織帶尾端扣合 (請確認扣緊)。
3. 以水充分沾濕感應織帶背面 **兩側** 感應區域。
4. 將胸帶圍在胸部 (胸肌) 下緣，並扣上另一端。
5. 請確認佩戴方向正確 (Logo 必須在胸前和置正，以免無法正確感測)。

1. 适度调整松紧带长度，使胸带可舒适地紧贴皮肤，即使运动也不会松脱滑动。
2. 先将感测器的一端与感应织带尾端扣合 (请确认扣紧)。
3. 以水充分沾湿感应织带背面 **两侧** 感应区域。
4. 将胸带围在胸部 (胸肌) 下缘，并扣上另一端。
5. 请确认佩戴方向正确 (Logo 必须在胸前和置正，以免无法正确感测)。

## Pair with Receiving Device / 與行動裝置配對 / 与行动装置配对

### 1 Preparing

This product supports any receiving device via ANT+ / Bluetooth 4.0 dual mode wireless technology. When using this product for the first time, you need to pair the heart rate sensor with your receiving device. Please make sure your device meets the following system requirements before pairing and use.

- iOS 5.0 or later.
- Android 4.3 or later.
- Built-in ANT+ / Bluetooth 4.0 low power wireless connectivity.

### 1 準備

本產品透過 ANT+ / Bluetooth Smart 雙技術可支援任何顯示裝置。第一次使用需先將本產與您的裝置進行配對。配對之前，請先確認您的裝置是否符合以下系統需求。

- iOS 5.0 以上
- Android 4.3 以上
- 內建 ANT+ / 藍牙 4.0 低功耗無線傳輸技術

### 1 准备

本产品透过 ANT+ / Bluetooth Smart 双技术可支援任何显示装置。第一次使用需先将本产与您的装置进行配对。配对之前，请先确认您的装置是否符合以下系统需求。

- iOS 5.0 以上
- Android 4.3 以上
- 内建 ANT+ / 蓝牙 4.0 低功耗无线传输技术

### 2 Setting

If you would like to use the wireless bluetooth connection, please turn on your device's **Bluetooth** before pairing and each use.

If you would like to use the wireless **ANT+** connection, see the App's instructions.

### 2 設定

若您想以藍牙無線連接本產品，在配對和每次使用前，請先開啟裝置上的 **Bluetooth** 系統。

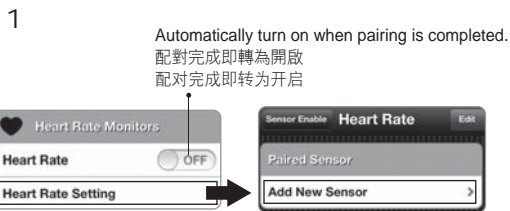
若您想以 **ANT+** 無線連接本產品，請參閱 App 開發商的應用程式來操作。

### 2 设定

若您想以蓝牙无线连接本产品，在配对和每次使用前，请先开启装置上的 **Bluetooth** 系统。

若您想以 **ANT+** 无线连接本产品，请参阅 App 开发者的应用程序来操作。

### 3 Pairing



Below introducing you how to pair with your device via **Bluetooth** within **ALA COACH+** App:

- Step 1: Open your **ALA COACH+** App and go to **Setting** > **My Sensors** > **Heart Rate Monitors** > **Heart Rate Setting** > **Add New Sensor**.
- Step 2: Wear on your CS012 or refer to the figure 2 and use your thumbs to press and hold the two metal buttons on the back of the sensor until App search the sensor.
- Step 3: The App will find the sensor and show it in the lower of the screen. Please touch to complete pairing and do not release your thumbs.
- Step 4: You can re-name for Heart Rate Strap when the screen displays "OK".

**i** Make sure your sensor is within 10 centimeters of your device/smartphone and there are no other **Bluetooth** sensors in the same range of 20 meters while the App is trying to pair with your sensor.

### 3 配對

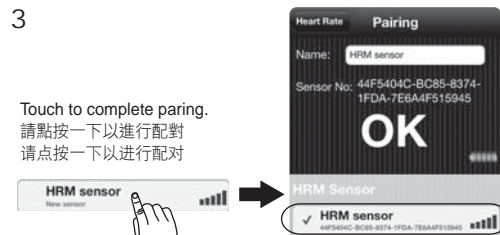


以下介紹如何通過藍牙連接在**ALA COACH+**上進行配對：  
步驟1：開啟**ALA COACH+**設定>感測器>心率監測器>心率感測器設定>新增感測器。

- 步驟2：請參照「配戴方式」先將胸帶戴在胸部，或以大拇指按住感測器背面兩側金屬鈕(配對期間雙手請勿放開)，直到App搜尋到感測器。
- 步驟3：如確認螢幕下方所搜尋到的感測器無誤，請點按一下以進行配對，此時，大拇指仍需持續按住兩側金屬鈕。
- 步驟4：當螢幕顯示**OK**表示配對完成。此時，您可為感測器重新命名。

**i** 配對時，感測器與您的裝置或手機需相距10cm內，且遠離其它藍牙感測器20m以上。

### 3 配对



Touch to complete pairing.  
請點按一下以進行配對  
請點按一下以進行配對

以下介紹如何通過藍牙連接在**ALA COACH+**上進行配對：  
步驟1：开启**ALA COACH+**設定>感測器>心率監測器>心率感測器設定>新增感測器。

- 步驟2：請參照「配戴方式」先將胸帶戴在胸部，或以大拇指按住感測器背面兩側金屬鈕(配對期間雙手請勿放開)，直到App搜尋到感測器。
- 步驟3：如確認螢幕下方所搜尋到的感測器無誤，請點按一下以進行配對，此時，大拇指仍需持續按住兩側金屬鈕。
- 步驟4：當螢幕顯示**OK**表示配對完成。此時，您可為感測器重新命名。

**i** 配對時，感測器與您的裝置或手機需相距10cm內，且遠離其它藍牙感測器20m以上。

## Trouble Shooting / 疑難排除 / 疑難排除

### Why can't I connect the CS012 in App?

- When you are using **Bluetooth** connection, please make sure the **Bluetooth** Setting in your device and CS012 Sensor in your ALA COACH+ App have been turned on. Check if **Bluetooth** signals are stable (rendering all white rather than translucent) which is showed on the upper right corner of your smartphone.
- Make sure the App you downloaded is compatible with **ANT+** or **Bluetooth 4.0** devices.
- Before each use, make sure that the **both** sides electrode areas of Heart Rate Strap are well moistened, and you wear it as instructed.
- Keep the transmission distance between CS012 and your device/smartphone is within 2 meters.
- Check the battery. If exhausted, please replace the battery.

### 為何我的 App 不能與 CS012 感測器連線?

- 當您通過藍牙連接時，請檢查您手機上的 **Bluetooth** 系統和 App 裡的感測器是否開啟。並檢查手機右上角的藍牙訊號是否接收不穩定(呈現半透明狀而非全白)，如是，請重新與感測器進行配對。
- 若不是用 **ALA COACH+**，請確認您的運動 App 是否支援 **ANT+** 或 **Bluetooth 4.0**。
- 每次使用請以清水充分沾濕感應織帶兩側感應區後再配戴，以便感應心跳。
- 請檢查手機或裝置與您配戴的胸帶是否有在 2 公尺的傳輸距離範圍內。
- 請檢查感測器是否有電，若沒電，請更換電池。

### 为何我的 App 不能与 CS012 感测器连线?

- 当您通过蓝牙连接时，请检查您手机上的 **Bluetooth** 系统和 App 里的感测器是否开启。并检查手机右上角的蓝牙讯号是否接收不穩定(呈现半透明狀而非全白)，如是，请重新与感测器进行配对。
- 若不是用 **ALA COACH+**，请确认您的运动 App 是否支援 **ANT+** 或 **Bluetooth 4.0**。
- 每次使用请用清水充分沾湿感应织带两侧感应区后再配戴，以便感应心跳。
- 请检查手机或装置与您配戴的胸带是否有在 2 公尺的传输距离范围内。
- 请检查感测器是否有电，若没电，请更换电池。

### Care and Maintenance Instructions:

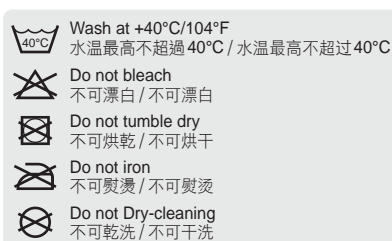
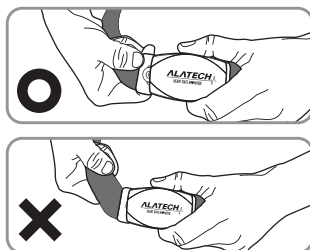
- Please store the strap and the heart rate sensor separately when not in use. Refer to attached figure and hold the plastic part to detach the strap from the sensor, don't pull the strap directly otherwise it could be damaged.
- Keep both in a cool and dry place. Store the strap lying flat or hanging loosely and do not fold from electrode areas of the strap for extended periods.
- After every use, please detach the heart rate sensor from the strap and dry the heart rate sensor with a soft towel.
- The strap should be rinsed under running water or washed in the washing machine within a laundry pouch. Please clean the strap gently and carefully. Use of detergents with optical brightening agents, moisturizing soaps or fabric softener is not recommended. Do not soak, iron, dry clean or bleach the strap. Also do not twist and stretch the strap or bend the electrode areas sharply.
- Dry the strap with a soft towel after every wash and then hang to dry in a cool place. Do not expose the strap to direct sunlight.
- The method of cleaning is determined by the symbols printed on the strap.

### 如何維護與清潔?

- 不使用時，請將感測器與感應織帶拆開。拆下時，參照附圖以一手握住織帶頭部扭開，不可直接拉扯織帶。
- 儲放時，保持感應織帶平整和乾燥，織帶感應區域請勿折損，以延長壽命。
- 建議每次使用完畢可沖洗織帶。清洗前，請務必拆下感測器，才可將織帶沖水或清洗。感測器須請以毛巾擦乾，不可以洗。
- 清洗方式建議手洗，或將感應織帶先裝入洗衣袋再放進洗衣機清洗，請勿添加增艷劑、肥皂和衣物柔軟精，並禁止浸泡、熨燙、乾洗、漂白和扭擰的動作。
- 洗後請以毛巾將感應織帶上的水份吸乾再放置陰涼處晾乾，勿曝曬在陽光下。
- 有關洗標圖案及其所代表意義請參閱胸帶上的布標。

### 如何维护与清洁?

- 不使用時，請將感測器與感應織帶分開。拆下時，參照附圖以一手握住織帶頭部扭開，不可直接拉扯織帶。
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- 有關洗標圖案及其所代表意義請參閱胸帶上的布標。



Please download the latest version at:



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## **Federal Communications Commission (FCC) Statement**

15.21

Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

15.105(b)

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.

### **FCC Labelling requirements**

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.

### **FCC RF Radiation Exposure Statement:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## NCC Warning

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。