OB001 OPTICAL
HEART RATE ARMBAND

Quick Start Guide

FEATURES

Dual mode technology
Compatible with sport watch /Cycling computer /fitness equipment and smart device with Bluetooth 4.0, ANT+; also work with most Bluetooth Smart Fitness Apps.
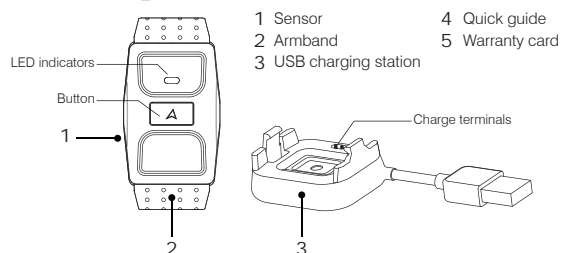
Storage function
The built-in memory can independently record and store heart rate data and SPM(Steps per minutes); no need to bring the smartphone or wear the watch when exercising. After exercising, the user can synchronize the data to Ala Connect through Bluetooth to review the training overview.

Lightweight and comfortable
The sensor and armband are less than 20 grams; can be worn on the forearm or upper arm.

IN THE BOX

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3 USB charging station
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5 Warranty card

LED indicators
Button
Charge terminals

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HOW TO CHARGE

Please charge the sensor for the first use and when the battery is low (Green flashing LED). Please make sure the charging station and charge terminals at sensor back are clean and dry before charging to prevent any poor connection.

1 Put the sensor back facing down to align the charge contacts with the charge terminals; refer to Fig. A.

2 Lock the sensor on the side close to the USB cable on charging station and then lock on the other side; refer to Fig. B.

3 Connect the USB to a wall charger or your computer.

4 The green indicator will continuously flash when charging. The light will be constantly ON when the charge is completed.

5 Take out the sensor from the charging station by sliding up or down; refer to Fig. C.

Charging contacts
Charging terminals
Lock on first
Lock on
LED Indicators
Slide up
Slide down

A
B
C
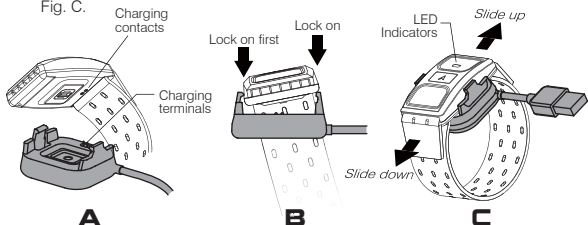
APP USE AND SENSOR PAIRING

1 Scan QR Code or search for Ala Connect on Apple Store or Google Play and download.

2 Long press the sensor to activate (long press until the red indicator is ON).

3 Open Ala Connect and add device according the instructions. User's age will be written into the sensor automatically after the device is successfully added.

4 Wear the sensor and go out for exercise.

5 After the exercise, open Bluetooth and Ala Connect on your mobile device to synchronize your training data wirelessly.

6 The uploaded training data will be stored in the cloud. Log in cloud.alatech.com.tw to check your activity report and results.
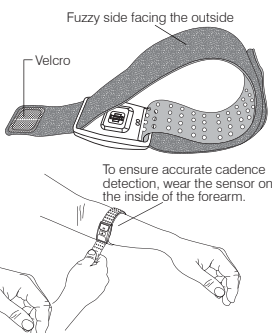

System requirements of APP installation:
• Support iOS 9 or above
• Support Android 4.4 or above
• Built-in Bluetooth™ 4.0 or above

* Also compatible with other apps, such as Strava and Wahoo fitness.

HOW TO WEAR

1 Slide both ends of the armband through the buckles at both ends of the sensor.

2 Wear the sensor on the inside of forearm or upper arm. Please do not wear on the wrist and avoid any tattoo and hair.

3 Adjust the tightness to make sure the sensor fits the arm.

Fuzzy side facing the outside
Velcro

To ensure accurate cadence detection, wear the sensor on the inside of the forearm.

HOW TO CLEAN

- To ensure accurate readings, clean the sensor lens with a soft and dry cloth.
- It is recommended to wash the armband with warm water (under 40℃). DO NOT use the brightener, soap or softener. DO NOT soak, iron, dry clean, bleach and twist.

BLUETOOTH AND LED INDICATORS

The sensor only comes with one button; the operation of different uses is described as follows:

Charge	Button operation	Green	Red	Blue
Charging		🔆 Flash		
Fully charged		⬛ Constant ON Note 3		
Activate				
Power on	Long press		⬛ light up	
Standby			⬛ Constant ON Note 3	
Low battery Note 1			🔆 Flash	
When used as an independent training device				
Start recording	Short press		🔆 Blinking Note 4	
Stop recording	Short press		⬛ Constant ON Note 3	
Bluetooth connection				
Pairing				⬛ Constant ON Note 3
Synchronizing data Note 2				🔆 Flash
When used as an accessory for heart rate monitor and paired with compatible devices				
Heart rate detected				⬛ Constant ON Note 3
Heart rate not detected				🔆 Flash Note 4

⚠ Notes

1. When the sensor is recording or connecting to Bluetooth, low battery light will not be ON.
2. The user can upload the recorded data to Ala Connect through Bluetooth communication.
3. When LED is constant ON, the sensor will turn off automatically if there is no operation or connection over 3 minutes.
4. Blue /Red LED flash frequency varies according to user's heartbeat in the heart rate zone at that time:

Heart Rate Zone*		Training intensity % (%MHR)	LED Flash frequency	Training functions
Z1	Warm Up	~60%	Low speed	Facilitate warm-up and energy recovery
Z2	Easy	60-75%	Intermediate speed	Improve metabolism
Z3	Aerobic			Enhance aerobic fitness
Z4	Threshold	75%~	High speed	Increase speed and lactate threshold; Only suitable for short-distance pace, cannot maintain for a long time
Z5	Maximum			

* The sensor will define your heart rate zone according to the age and maximum heart rate (%MHR) input in Ala Connect

SPECIFICATIONS

- Model: OB001
- Dimension: L 48×W 31.5×D 12.5mm
- Armband: L 380×W 25mm
- Weight: 13g (armband excluded)
- Memory capacity: Up to 30 hours training
- Operating temperature: -10~60℃ (-14~140℉)
- Charge temperature: 10~45℃ (50~113℉)
- Wireless transmission interface: Bluetooth 4.0/ANT＋
- Wireless transmission frequency: 2.402~2.480 GHz
- Battery: rechargeable lithium battery
- Input voltage: 5V
- Run time: 40 consecutive hours (max.)

FCC

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 causes 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 doing 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 Caution

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

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. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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