

## HEART2feel free/X SOFT BELT

The chest strap must be positioned around your chest. when correctly placed, it sends heart rate information to the watch. Located on the wrist, the watch displays the heart rate and provides various extra information (target zone, intensity of exercises) to manage and optimize your fitness and training. The soft belt will be connected with to clips at the sensor case. The rubber areas have to be placed on the skin (see photo below)

## USING THE

### HEART2feel free/X SOFT BELT

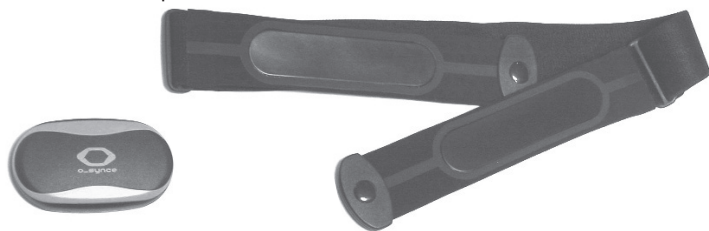
The Heart2feel free sensor is using an analog RF communication, so no need for any pairing. You can use it like described in the manual of the matching product (MIXfree & MACRO free)

The Heart2feel X sensor has to be paired like described in the manual for MIXpro & MACRO X – settings - pairing

- 1\_ Connect the soft belt with the sensor on one side. Push one bottom of the heart rate sensor on the strap.
- 2\_ Wet both sensors on the back (rubber area) of the heart rate monitor to create a strong connection between your chest and the transmitter (for extremely dry skin use some special gel)
- 3\_ Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

**NOTE:** The o-synce logo should be right-side up.

- 4\_ Bring the o-synce product you want to use within range (3 m) of the heart rate monitor.
- 5\_ follow the instruction in user guide to connect and pair!



**NOTE:** If or heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5–10 minutes. If the problem persists, you may have to pair the sensors.

Reapply moisture to the sensors. Use water, saliva, or electrode gel. Clean the sensors. Dirt and sweat residue on the sensor can interfere with heart rate signals.

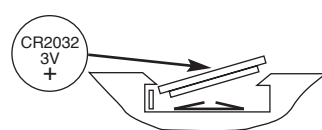
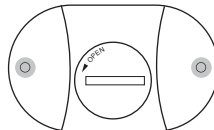
Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.

**NOTE:** In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature. Accuracy may be degraded by poor sensor contact, electrical interference and receiver distance from transmitter. Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.

**NOTE:** Stay 10 m away from other ANT sensors while pairing. Bring the o-synce product within range (3 m) of the heart rate monitor while pairing. If the problem persists, replace the battery.

## TO REPLACE THE BATTERY

- 1\_ Locate the circular battery cover on the back of the sensor.
- 2\_ Use a coin to twist the cover counter-clockwise until it is loose enough to remove.



# HEART2feel



- 3\_ Remove the cover and replace the battery with the positive side facing up.

**NOTE:** Be careful not to damage or lose the o-ring gasket on the cover.

- 4\_ Use a coin to twist the cover back into place.

## SWITCHING OFF THE SENSOR

After 3 minutes of inactivity, all sensors automatically power off to conserve the battery.

For more information about optional accessories, go to [www.o-synce.com](http://www.o-synce.com). You can also contact your o-synce dealer to purchase accessories.

## TECHNICAL FEATURES

**Physical size:** 65 x 38 x 11 mm

**Weight:** 25 g

**Water Resistance:** 10 m

**Transmission range:**  
Approximately 3 m (9.8 ft)

**Battery:**  
User-replaceable CR2032 (3 volts)

**Battery Life:**  
Approximately 3 years (1 hour per day)

**FCC ID: O4GHRM1G**

**IC: 7666A-HRM1G**

**MADE IN CHINA**

**This device complies with part 15 of the FCC Rules.**

**Operation is subject to the following 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.**

NOTES:

THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER 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 corrected.
- Consult the dealer or experienced radio / TV technician for help.