

HRM-BLE-300 Manual HR-08

BLE smart & ANT+ Combo Heart Rate Chest Belt

ACCESSORIES & ATTACHMENT

@ @ Heart Rate Transmitter

@ @ Textile Elastic Strap

@ @ Battery Cover

@ @ O-ring

@ @ CR2032 3V Lithium Battery

WEARING THE HEART RATE CHEST BELT :

Step 1. Slightly moisten electrode area with some water on the textile strap.(If necessary)

Step 2. Attach the Bluetooth smart transmitter to the textile strap 2 connection buttons. **The right metal button should on the right side, and left to left side of the body.**

Step 3. Adjust strap length and wrap around chest. Insert clasp to loop end. Make sure strap is fastened on your body properly.

Step 4. Make sure the electrodes are pressed firmly against your skin. The sensor should be centered on your chest in the upright position. Led light should be on the top side.

Step 5. You can check the transmission success by red led flash light, it 'll continue flashing 5 minutes when detect active pulse. After this period, it'll enter power saving condition-no flash.

Step 6.. NFC function: The smartphone can start the relevant tracking application or connect to the website just by touching the transmitter.

NOTICE:

1. Use water, ECG gel to other conductive liquids to moisten the conductive rubber skin contact.
 2. Do not use Vaseline or Oils which may insulate the Transmitter making it unable to detect the heart rate signals.
 3. To save the power, if you don't want to detect heart rate, pls make sure to take off the chest belt.
 4. NFC transmission distance is about 20mm(transmission condition will vary, depend on each smartphone design and style of phone bags)
-

TRANSMITTER BATTERY INSTALLMENT

Install a CR2032 battery as back side illustrated.

Step 1. Place O-ring **or check if O-ring already in the interval of battery cover.**

Step 2. Slide the battery (CR2032) in the battery compartment.

Step 3. Put on the battery cover and turn right to close it with a coin (turn left to open it).

Slide the CR2032 battery at an angle as below illustrated and make sure during battery installation that the battery is first pressed against the side contact (positive electrode) and then pressed into the battery compartment. Place the battery rubber pad(O-ring) ensures water proof protection of the battery compartment.

IMPORTANT:

Make sure to close the battery cover very tightly to prevent sweat and moisture from spoiling the battery composition.

WEAR THE BLE smart & ANT+ COMBO HEART RATE CHEST BELT

This heart rate chest belt has a soft textile strap with adjustable buckle design,. Pls adjust to proper length to get the effective heart rate detection.

*Before wearing the chest belt , you can check the transmission success by pressing the electrode area with your fingers. If the red led light flash, means it's in good working condition.

TURN ON HEART RATE TRANSMITTER

Bluetooth smart :

The BLE smart & ANT+ COMBO Heart Rate Transmitter is compatible with iPhone 4s and 5, iPod Touch (5th generation), iPad (3rd and 4th generation) and Android 4.3 or above smartphones. It is also compatible with some sport watches with BLE smart support such as Polar loop, etc.

Please follow the following steps to wirelessly connect to your smartphones.

Step 1. Go to Device Settings->General->Bluetooth.

Step 2. Turn On Bluetooth. Don't look for this transmitter to pair. The Bluetooth smart device will pair directly with an application.

Step 3. Pick a compatible fitness application from the "app store" and download it to the phone. Select a fitness application. For example, Wahoo

fitness, Endomondo, Runtastic, Strava, RunKeeper, Cyclemeter, 321Run, Ble Heart Rate Monitor etc.

Step 4. Pair the Bluetooth Heart Rate Transmitter with the fitness application in the application settings.

***Note:** some applications with ANT+ connection doesn't mean can be used except the smartphones with built-in ANT+ accessories. If want to know whether your phone equipped with it, pls check the phone specification.

ANT+ :

The BLE smart & ANT+ COMBO Heart Rate Transmitter is compatible with most ANT+ sport watches, cycle meters, and other ANT+ wireless devices. For example, Garmin FR60, Garmin Edge 500, Garmin vivofit watch etc.

Step 1. Go to Device Settings->Turn on ANT+

Step 2. Pairing your heart rate transmitter with the devices.

Step 3. When you see the heart rate value means connection success.

MAINTENANCE OF TEXTILE ELASTIC STRAP

The textile strap can be washed in delicate machine wash at +40°C/104°F with most common laundry detergents. Use of detergents with optical brightening agents, detergents with bleaching agents, soap or fabric softener is not recommend. Use of a laundry pouch is recommended. Machine washing has less variation than hand washing and for this reason the machine washing is recommended instead of hand-washing.

*The strap does not resist soaking , dry –cleaning or bleaching.

*The strap should be dry flat, hang dry or drip dry.

NOTICE:

1. Wet strap should not be stretch unnecessarily. Strap does not tumble drying and should not be wring dry. Ironing and pressing with heat are forbidden.
2. Detach the connector from the strap and rinse the strap under running water after every use.
3. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will reduce the transmitter battery life.
4. To keep the product best performance, please wipe out the sweat on metal buttons with clear water to avoid rusty, causing bad transmission.

Care symbols are presented as



TROUBLE SHOOTING:

No Heart Rate or “ZERO” Display

* -Re-wear it as instructed.

-Stay away from power lines or other electromagnetic sources.

-Moisten the electrode sensing area of the textile strap.

*- If there's no heart rate value display or led light always on, not in flash condition, pls take out the battery and wait for about 1minute then re-install the battery.

-If appear wrong heart rate value,please check the cleanness of metal buttons on transmitter.

-Avoid using the device outside of the following temperature Range 0°C ~ 50°C (32°F~122°F),slow or black display may occur.

TECHNICAL SPECIFICATIONS

Strap Length:88 cm (fit for chest : 70-120cm/ 27.5"-47.2")

Battery Lifetime (approx) :1000 hours (2.5 yrs with 1 hr/day usage)

Battery : CR2032 X 1pc (included)

Transmission Range : <10 meter (33ft)

Waterproof : IPX 7

Operating temperature : 0°C ~ 50°C (32°F~122°F)

Weight : 48g (transmitter + textile strap+battery)

*Works with iPhone 4s & iPhone 5, new iPad (3/4th Generation) & Android 4.3 or above with Bluetooth smart support smartphones. Also works with ANT+ sport watches, cycle meters, and other ANT+ wireless devices.

Recommend apps: Runmeter, Runkeeper, Runtastic, Endomondo, Wahoo Fitness, Strava, Cyclemeter, 321Run, BLE Heart Rate Monitor and so on.

*Battery lifetime calculation is based on normal transmitting power consumption in a lab, not include non-connecting condition.

FCC INFORMATION

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.

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.

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

RF exposure warning ·

The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment.

The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.