The SZ999 water resistant chest belt is equipped with the latest low energy Bluetooth 4.0 Sports System to achieve reliable transmission linkage with other devices that is with the logo

## **WEARING THE CHEST BELT**

#### Chest belt

The chest belt counts your heartbeat and transmits this data to the watch.

- 1. Align the heart rate detector unit with the snap buttons on the belt strap. Secure by snapping into place.
- 2. Unfasten the belt strap.
- 3. Wet the conductive pads on the underside of the chest belt with a few drops of water or conductive gel to ensure solid contact.
- 4. Position the heart rate detector unit below your chest, while making sure logo is the right way up. Wrap the strap around your chest and fasten into place.

To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



#### **TIPS**

- The position of the chest belt affects its performance.
- · Avoid areas with dense chest hair.
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

## TRANSMISSION SIGNAL

The SZ999 chest belt can be paired with your watch or sports accessory to provide heart rate readings. Locate your chest belt with the device as close as you can to help achieve pairing. The heart rate chest belt has a maximum transmission range of about 100 centimeters (40 inches).

To search for heart rate signal, refer to watch instructions.

**NOTE** While pairing, make sure to stay away from other devices and move the device to pair close to the watch.

**NOTE** For SZ999 chest belt, pairing is only considered successful when the heart rate signal (such as an icon ) is found on the screen of your device.

# **TROUBLESHOOTING**

In the event that you experience a weak signal or your signal is disrupted by interference in the environment, follow the instructions below to identify and resolve the situation.

- 1. The signal is weak the device may only show "0":
  - Shorten the distance between the heart rate chest belt and device.
  - Re-adjust the position of the heart rate chest belt.
  - Check the conductive pads are moist enough to ensure solid contact.
  - Check the batteries. If they are low or exhausted, the transmission range may be shortened.

- Force a signal search on the device.
- 2. The gym equipment does not seem to work with your chest belt.
  - Most gym equipment is compatible with analog transmission. This chest belt does not transmit an analog signal, it only uses the low energy Bluetooth 4.0 technology.
- 3. Signal is jammed or there is interference from another person's heart rate monitor:
  - There is too much interference in the environment for your heart rate monitor to function. Move to an area where the watch can register your heart rate reading and/or force another signal search.

**WARNING** Signal interference in the environment can be caused by electromagnetic disturbances. These may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones or when you walk through electric security gates. Under interference, the heart rate reading may become unstable and inaccurate.

### **REPLACE BATTERY**

Please replace battery promptly as it may affect the accuracy of the readings.



### To replace the chest belt battery:

- 1. Detach the heart rate detector unit from the belt strap.
- 2. Use a coin to open the battery compartment lid by turning it anticlockwise to open.
- 3. Remove the old battery and insert a new CR2032, 3V lithium battery. Make sure to place the battery in the compartment following the polarity +/-.
- 4. Secure the lid by turning the coin clockwise.

**IMPORTANT** Remember to set the profiles after every battery replacement or reset.

# **CARE INSTRUCTIONS**

The belt strap can be hand washed. Remember to detach the heart rate detector unit!

- Do not wrap the detector unit in a wet towel nor with other wet materials.
- Do not place or wash the heart rate detector unit under running water, instead clean it with a
  wet cloth.
- Properly dry the detector unit immediately after use.
- Do not store the chest belt in a hot (about 50°C) and humid (about 90%) environment.
- Do not place the conductive rubber face down on a metal table or surface.
- Do not bleach, dry clean, tumble dry or iron the belt strap.

## **WATER RESISTANCE**

The SZ999 is water-resistant up to 10 meters (32.8 feet). Not recommended to use for swimming.

	*		Č.	
RAIN SPLASHES ETC	SHOWERING (WARM / COOL WATER	SWIMMING /	SHALLOW DIVING / SURFING / WATER	SNORKELING / DEEP WATER DIVING
	ONLY)		SPORTS	

10M / 32.8 FT	OK	NO	NO	NO	NO

**NOTE** Ensure the battery compartment is secured and intact before exposing to excessive water.

# **SPECIFICATIONS**

Heart rate detector dimension	66.1 x 38 x12.5 mm		
(L x W x H)	(2.6 x 1.5 x 0.49 inches)		
Power	1 x CR2032 3V lithium battery		
Operating temperature	5°C to 40°C (41°F to 104°F)		
Storage temperature	-20°C to 60°C (-4°F to 140°F)		

#### **PRECAUTIONS**

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use luke warm water and mild soap to clean the watch and chest belt thoroughly after each training session. Never use the products in hot water or store them when wet.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity.
  Never expose the product to direct sunlight for extended periods. Such treatment may result
  in malfunction. Do not tamper with the internal components. Doing so will terminate the
  product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular
  internal testing and cleaning of your device. Have your watch serviced by an approved
  service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

**NOTE** The technical specifications for this product and the contents of the user manual are subject to change without notice.

#### **ABOUT OREGON SCIENTIFIC**

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

For any enquiry, please contact our Customer Services at info@oregonscientific.com.











#### **FCC / IC STATEMENT**

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.

**WARNING** Changes or modifications not expressly approved by the party responsible for compliance could void the user's 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 connected.

Consult the dealer or an experienced radio / TV technician for help.

#### DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at www.oregonscientific.com for all enquiries.

We

Name: Oregon Scientific, Inc.

Address: 19861 SW 95th Ave., Tualatin,

Oregon 97062 USA

Telephone No.: 1-800-853-8883

declare that the product Product No.: SZ999

Product Name: Bluetooth Chest belt
Manufacturer: IDT Technology Limited
Address: Block C, 9/F, Kaiser Estate,

Phase 1,41 Man Yue St., Hung Hom, Kowloon,

Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.