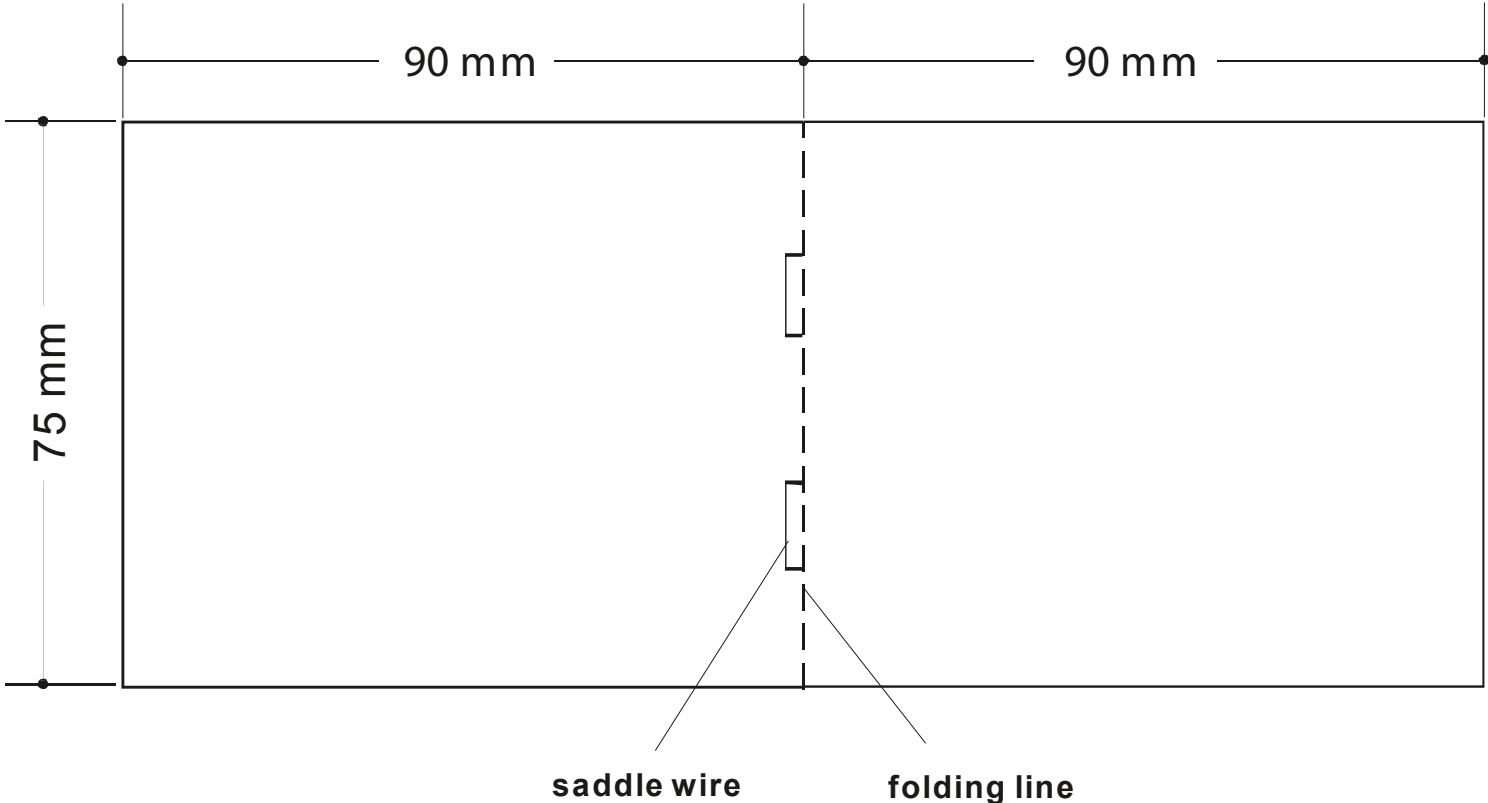


Bluetooth Chest Strap Heart Rate Sensor : Instruction Manual

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Paper: Wood free paper
Paper weight: 100 gsm

Prepared by:	Date:
Checked by:	Date:
Approved by:	Date:



*Bluetooth Chest Strap
Heart Rate Sensor*

*Instruction
Manual*

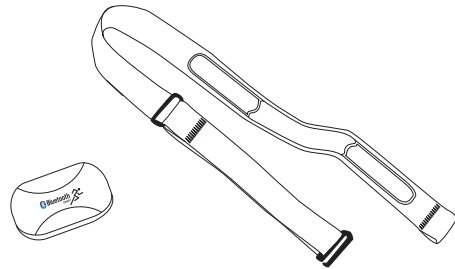
OF021

Back Cover

Front Cover

A. Introduction:

A-01



Thank you for purchasing this Bluetooth Chest Belt Heart Rate Sensor.

This product enables training in a group without interference from other heart rate sensors.

A. Introduction:

A-02

WARNING!

Make sure that fully understand the functions and limitations of this product before using it.

Consult a doctor or trainer for setting the zone prior to undergo a serious Cardio-fitness training.

This product is an supplementary device for heart rate measurement, and it is NOT a substitute for getting the heart rate reading from a doctor.

If the heart rate condition is in doubt, consult your doctor.

Avoid exposing the product to the extreme conditions.

Avoid rough uses or severe impacts to the product.

A. Introduction:

A-03

FCC Compliance Statement (For US)

- 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 undesirable operation.

- **WARNING: Changes or modifications to this watch not expressly approved by the party responsible for compliance could void the user's right 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 radiates radio frequency energy. If it is not installed and used in accordance with the instructions, it 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 recommended to reduce the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation space between the watch and the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

A. Introduction:

A-04

CARE

MAINTENANCE

This heart rate sensor is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. It is advisable to use the unit and the chest strap in conformity with the following instructions:

Connector: Detach the connector from the strap after every use and dry it with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturising soaps as they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Dry and store the strap and the connector separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor wet in non-breathing material, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate sensor to direct sunlight for extended periods.

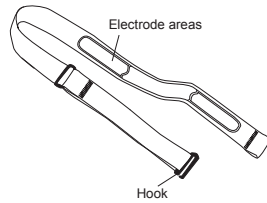
Remove the battery from the battery case when the unit or the chest strap WILL NOT be used for a long time.

A. Introduction:

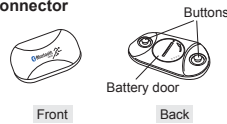
A-05

Naming of the parts:

1 Chest Strap



2 Connector



This product includes 2 parts:

Chest Strap: To be tied around the body

Connector: To send the heart rate signal to the receiving device.

Electrode areas: To detect heart rate.

Hook: To fix the strap on user's chest

Buttons: To attach the connector to the strap

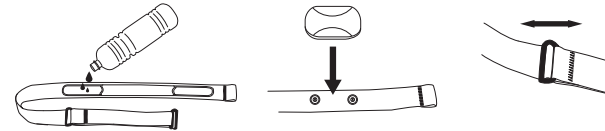
Battery door: To cover the battery compartment

B. Setting Up:

B-01

Wear the Heart Rate Sensor:

- 1 Moisten the electrode areas of the strap.
- 2 Attach the connector to the strap.
- 3 Adjust the strap length to fit tightly but comfortably.



- 4 Tie the strap around your chest just below the chest muscles, and attach the hook to the other end of the strap.
- 5 Check that the moist electrode areas are firmly against your skin and that the logo of the connector is in a central and upright position.



NOTE: Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will reduce the transmitter battery life.

B. Setting Up:

B-02

Getting Started:

The heart rate sensor is compatible with Bluetooth® smart and Bluetooth® smart ready devices. It may require a separate application to view heart rate data on the receiving device, such as a watch or a mobile phone.

Pair the heart rate sensor with the receiving device when using it for the first time.

Keep the receiving device in front of you to ensure sufficient transmission range from the heart rate sensor to your device, such as in a front pocket or fixed on a belt.

DO NOT wear the receiving device on your back, such as in a back pocket or backpack.

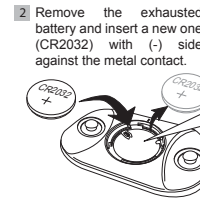
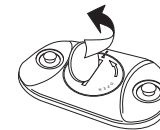
B. Setting Up:

B-03

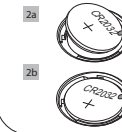
Batteries:

All connectors have user changeable batteries. To change the battery yourself, follow the instructions below, and see the markings on the connector.

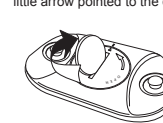
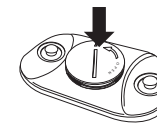
- 1 Turn the cover counter-clockwise with a coin gently until it pops out.
- 2 Remove the exhausted battery and insert a new one (CR2032) with (-) side against the metal contact.



Make sure the battery is placed under the golden slot.



- 3 Press the cover back into the connector.
- 4 Turn the cover clockwise with the coin again until the little arrow pointed to the dot.



NOTE: Keep batteries away from children. If swallowed, contact a doctor immediately.

CAUTION: Risk of explosion if battery is replaced by an incorrect type.

Operating temperature : -10°C to +50°C

*** CAUTION

Battery Safety Information

- Exhausted batteries are to be removed
- Do not dispose of product or batteries in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

This product is compliant with Directives 1999/5/EC.