

# Combo Heart Rate Strap

Bluetooth® Smart & 5 kHz Transmission

USER MANUAL

Your Combo Heart Rate Strap offers a comfortable fit and wireless connectivity to receiving devices like cardio equipment and smartphones.

The Bluetooth® Smart transmission technology connects with smartphones and other Bluetooth Smart Ready (Bluetooth 4.0) devices. Your heart rate will be transmitted directly from the strap to the phone when the Combo HR Strap is worn.

The Combo HR Strap also transmits heart rate data using the standard 5 kHz signal that is compatible with most cardio equipment. The 5 kHz heart rate signal is also transmitted when the strap is worn.

# Combo HR Strap Components

1. The **electrode sensors** read your heart rate signal.
2. The heart rate **transmitter** sends your heart rate signal to the receiving device.

## Combo Heart Rate Strap

FRONT



BACK



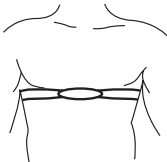
# ***Wearing Your Combo HR Strap***

1. Moisten the electrode sensors with water.

BACK



2. Unhook and secure the strap around your chest just below your chest muscles.



3. Adjust the strap for a snug yet comfortable fit.



4. Make sure the electrode sensors are firmly against your skin and the logo on the transmitter is facing out and upright.

FRONT (logo facing out and upright)



## *Pairing Your Combo HR Strap*

Your Combo HR Strap will work with compatible watches and cardio equipment using 5 kHz transmission. No pairing is required for 5 kHz transmissions.




Your Combo HR Strap is also compatible with Bluetooth Smart Ready (Bluetooth 4.0) receiving devices such as a smartphone with a Bluetooth Smart compatible app installed.

If using a receiving device such as a smartphone, you will need to pair it with your Combo HR Strap upon first use. Please refer to your app or phone manual for instructions on how to operate its Bluetooth capabilities.

## Care & Maintenance

**Transmitter**: After each use, remove the transmitter from the strap and towel dry. Clean with mild soap and water whenever needed. Do not use alcohol or abrasive material to clean.

**Strap**: After each use, rinse with water and hang dry. Clean with mild soap and water whenever needed. Do not iron or dry clean the strap.

-  Do not bend the electrode sensors sharply.
-  Do not use a washing machine or dryer to clean your transmitter or strap.
-  Do not store when the electrode sensors are wet. If wet, the Combo HR Strap can be activated and lead to shorter battery life.

## ***Replacing the Battery***

Your Combo HR Strap uses one (1) standard lithium battery: **CR2032**

1. On the back side of the transmitter, insert a coin into the slot of the battery cover and turn counterclockwise to open.
2. Insert a new battery with the positive (+) side facing up against the battery cover. Make sure the rubber seal ring is in place to ensure water resistance.
3. Relace the battery cover and use the coin to turn it clockwise to close.



## *Water Resistant*

Your Combo HR Strap is water resistant. However, heart rate readings will not be read if submerged in water (e.g., swimming).

## *Specifications*

**Water resistance:** 1 ATM

**Operating temperature:** 23°F - 122°F  
(-5°C - 50°C)

**Radio frequency:** 2.4 GHz BLE/Bluetooth smart protocol

**Wireless compatibility:** 5 kHz transmission;  
Bluetooth Smart Ready (Bluetooth 4.0)  
smartphones

## ***Compliance***

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.

This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

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

IC: This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe Best conforme à la norme NMB-003 du Canada.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

#### DECLARATION DE CONFORMITE D'INDUSTRIE CANADA

Ce périphérique a été testé et reconnu conforme aux limites spécifiées dans RSS-210.

Son utilisation est soumise aux deux conditions suivantes:

- (1) il ne doit pas provoquer d'interférences gênantes et
- (2) il doit tolérer les interférences reçues, notamment celles susceptibles d'en perturber le fonctionnement.

