SCOSCHE® RHYTHM
RTHM17/RTHM19

PERFORMANCE HEART RATE MONITOR AND BIOMETRIC SENSOR

USER MANUAL

!!WARNING!!
This is not a medical device and is intended for training and recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

NOTICE
RHYTHM Heart Rate Monitors are waterproof to IEC Standard 60529 IP67. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit.

PRELIMINARY

Care Instructions
- To ensure accurate readings, clean the sensor lens with a soft cloth.
- Use a soft cloth with ONLY mild hand soap and cool water to wipe down the armband, sensors and plastic housing.
- Use a cotton swab and ONLY rubbing alcohol to clean the charging contacts.
- Do not use any abrasive chemicals to clean the **RHYTHM** Armband, sensors or plastic housing. This will cause permanent damage.

About PerformTek

PerformTek sensor technology continuously measures more real-time biometric and physiological data than any other fitness monitor with a high degree of accuracy and consistency, and uses that data to give people meaningful health and fitness assessments. It seamlessly integrates into audio earbuds and other wearable devices, such as armbands and wristbands, and connects with smartphone apps people are already using while exercising. PerformTek Precision Biometrics is a licensable sensor technology that allows you to capture accurate data such as heart rate, distance, speed, cadence, calories burned and VO2 max (aerobic fitness level).

PerformTek and the PerformTek design are registered trademarks of Valencell, Inc. and may not be used for any purpose without the express prior written consent of Valencell, Inc.

STOP IMPORTANT!
DO NOT RETURN PRODUCT TO THE RETAILER
IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS
CALL US *TOLL FREE*: 1-800-621-3695 X3
HOURS MON-FRI *8AM-5:30PM (PST)*   SATURDAY *8AM-2PM (PST)*

GETTING STARTED

MULTIFUNCTION BUTTON (MFB)*
Press once - on/off/play/pause
Twice - next track
Three times - previous track
Press & hold 3 seconds - turn off

FRONT VIEW

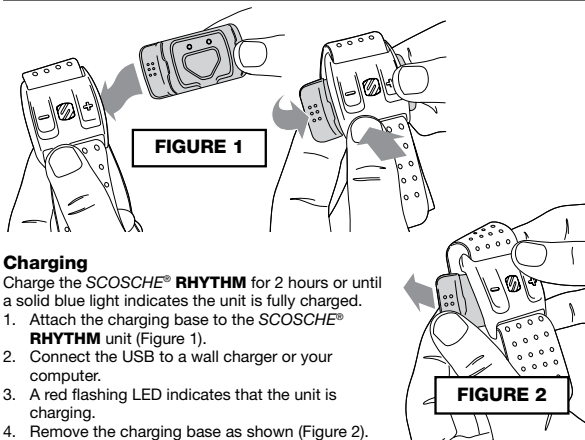**VOL - (lower volume)** ———— **VOL + (raise volume)**

REAR VIEW

HEART RATE SENSOR

CHARGING TERMINALS

USB

ARMBAND

CHARGING BASE

*Music controls only supported by **RHYTHM Smart**
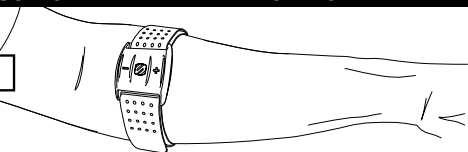
FIGURE 1

Charging
Charge the *SCOSCHE®* **RHYTHM** for 2 hours or until a solid blue light indicates the unit is fully charged.
1. Attach the charging base to the *SCOSCHE®* **RHYTHM** unit (Figure 1).
2. Connect the USB to a wall charger or your computer.
3. A red flashing LED indicates that the unit is charging.
4. Remove the charging base as shown (Figure 2).

FIGURE 2

USING THE ARMBAND MONITOR

FIGURE 3

Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation (Figure 3).

Initial Setup with *Bluetooth* Smart Fitness Apps
1. Set *Bluetooth* on the device to ON.
2. Find the Sensor Settings menu in the *Bluetooth* Smart Fitness App.
3. Connect the **RHYTHM** armband by turning it on.

Initial Setup with *Bluetooth* Smart devices
(Sports Watches & Fitness Equipment)
1. From the device settings menu select "Add HR sensor"
2. Connect the **RHYTHM** armband by turning it on.

Initial Setup with ANT+ devices (Sports Watches & Fitness Equipment)
Only supported in the RHYTHM Plus armband: Turn on the armband and move within range of your display device.

Note: Heart Rate Monitoring will work with most *Bluetooth* Smart Fitness Apps. Music Controls and Workout Recording are only supported in the **RHYTHM Smart** armband and will only work with Apps which have integrated the *Scosche* **BLE SDK** (available at *www.scosche.com*). For a list of the latest Apps that have integrated the *Scosche* **BLE SDK** please visit *www.scosche.com*.

LED Indicators (*Bluetooth* Smart Mode)
1. Alternating RED/BLUE – the armband is waiting for a connection.
   a. If no connection the armband will power down after 60 seconds.
   b. If a connection is established and then lost the armband will power down after 5 minutes if the connection is not reestablished.
   c. **Only supported in the RHYTHM Plus armband:** Armband will only power down if removed from the forearm for more than one minute
2. Three (3) BLUE blinks – the armband has connected successfully.
3. Slow PURPLE blink – you are in your HR zone, or no HR zone has been selected, but the monitor is running.
4. Slow BLUE blink – you are below your HR zone.
5. Slow RED – you are above your HR zone.
6. Alternating 3 slow RED and 3 slow BLUE – recorded workout is syncing with the Fitness App.
7. The LEDs will freeze while the recorded workout is being deleted from the armband. Normal LED operation will resume once deletion is complete.

LED Indicators (ANT+ Mode)
1. Slow PURPLE blink – The HR monitor is on and normal operation.

Recording a Workout

1. **To record a workout on the armband using the *Scosche* RHYTHM App:**
   a. Connect the **RHYTHM Smart** armband to the **RHYTHM** App by launching the App and turning the armband on.
   b. Configure your workout and press Start. Feel free to leave your phone behind and let the armband record your HR, Step Rate, Speed, Distance, and Calories.
      i. All workouts must be STARTED from the App.
      ii. Pause and Resume are only supported in the App.
   c. When you are finished, STOP the workout. (5 ways to stop a workout)
      i. Press Stop from the **RHYTHM** App.
      ii. Turn the armband off.
      iii. Reach the 4-hour time limit.
      iv. Attach the charger.
      v. If the battery runs down during your workout, it will be recorded up to the time of battery depletion.
   d. To sync your recorded workout simply open the **RHYTHM** App and connect the armband.
2. For other Fitness Apps please review the App-specific instructions for recording.

LIMITED WARRANTY

Scosche Industries Inc. warrants this product to be free from defects in material and workmanship for a period of 1 year from purchase. This Scosche product is sold with the understanding that the purchaser has independently determined the suitability of this product. This warranty is offered to the original purchaser of the product only. This warranty does not cover the product if physically damaged, subject to negligence or misuse, abuse, alteration, accident, or an act of GOD. This warranty does not apply to product which has water or physically damaged by accident or which has been misused, disassembled or altered.

The original dated sales slip or proof of purchase will establish warranty eligibility. If the product should prove defective within the warranty period, return the product with proof of purchase to Scosche Industries Inc. Scosche, at its option, will replace or repair the product free of charge and return the product postage paid.

In no event shall Scosche Industries, Inc. be responsible for claims beyond the replacement value of the defective product, or in any way be liable or responsible for consequential or incidental damages. No empress warranties and no implied warranties, whether for fitness or any particular use or otherwise, except as set forth above (which is made expressly in lieu of all other warranties) shall apply to products sold by Scosche. Scosche Industries cannot be held responsible for discrepancies/inconsistencies that may occur due to automotive manufacturing changes or option.