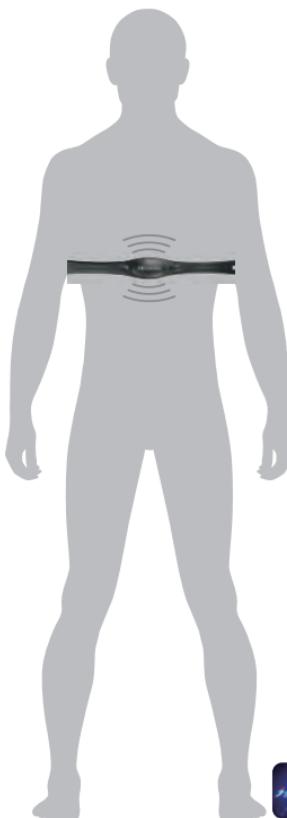




# HEART RATE BELT



## INSTRUCTIONS FOR USE



**Bluetooth®**  
SMART

compatible with:



iSPORT  
FITNESS  
TRACKER



STRAVA



Runtastic PRO



Runkeeper



Adidas  
MiCoach



60beat



Endomondo



Wahoo  
Utility ETC

## **SAFETY INFORMATION**

### **... regarding the instructions for use**

Read the instructions for use and the following safety information thoroughly before putting the device to use. Keep these instructions for use for future reference.

### **... regarding children**

**WARNING!** Danger of strangulation and asphyxiation! Do not allow children to play with the device. Keep the device, particularly the chest belt and packaging materials out of reach of children.

**WARNING!** Risk of being swallowed! Keep the device, in particular the battery compartment cover and the battery out of reach of children.

These appliances can be used by children of 8 years and upwards and persons with impaired physical, sensory or mental abilities, or insufficient experience or knowledge, providing they are supervised or have been instructed in the proper use of the appliance and understand the risks involved.

Cleaning and user maintenance must not be carried out by children without supervision.

## **... regarding correct use**

The device is only intended for private use. It is not designed for commercial use.

If you have been diagnosed with a heart disease, have a cardiac pacemaker, suffer from diabetes or other illnesses, only use the device after consulting your medical practitioner.

Do not use the device to check the frequency of a cardiac pacemaker.

Consult your medical practitioner before starting a training program.

## **... regarding the battery**

**WARNING!** Risk of explosion and injury!

- Do not take batteries apart!
- Do not use force on batteries or deform them!
- Do not recharge batteries!
- Do not short circuit batteries. Do not store batteries together with conductive metallic objects.
- Protect batteries from high temperatures! Do not throw batteries on a fire!

**WARNING!** React correctly in case of emergency:

- If a battery has been swallowed, seek medical advice immediately!
- If contact is made with battery acid, rinse affected parts with copious amounts of clean water and seek medical advice immediately!

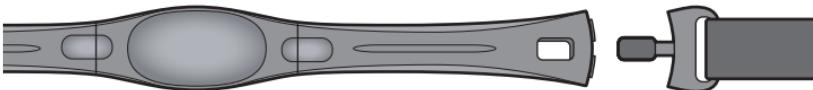
# Preparing the chest belt for wear

1. Unpack the device. The package must contain the following:

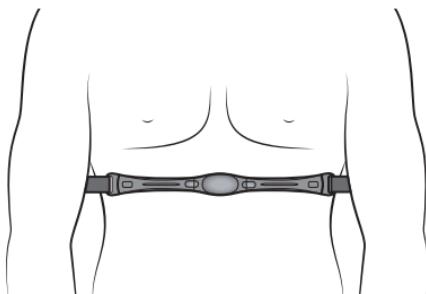
- 1 transmitter module with battery inserted
- 1 elastic chest belt
- 1 instructions for use

**Info:** Contact your dealer immediately if any transport damage is found.

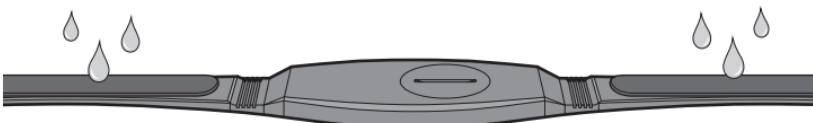
2. First clip the chest belt into one side of transmitter module.



3. Put the chest belt on as shown below. Now clip the loose end of the chest belt into the other side of transmitter module.
4. Adjust the length of the belt. The surfaces of the sensor must sit firmly below the pectoral muscle and have a good skin contact.



5. Lift the transmitter module briefly once more and lightly moisten the surfaces of the sensors.



The transmitter module automatically transmits pulse data via *Bluetooth®* as soon as both sensor surfaces make contact with the skin.

# Activating the chest belt and App

The standard *Bluetooth®* protocol is used by this chest belt.

This makes it compatible with various Apps of iOS and Android:

- **Apple:** iPhone 4S and newer, iPad 3 and newer, iPod Touch 5 and newer
- **Android:** Smart phones that support Google-Android-Version 4.3 and *Bluetooth®* 4.0
- **Apps:** e.g. Strava, Runtastic Pro, Runkeeper, Adidas MiCoach, 60beat, Endomondo, Wahoo

1. Activate the *Bluetooth®* function on the smartphone.
  2. Start the App (see above). **Info:** Observe the conditions of use for the App:  
Depending upon the APP, it may be necessary to pay to update the APP for using the heart rate logging.
  3. Open the settings in the APP and follow the instructions given to use the chest belt with the APP.  
The chest belt is now connected to the APP via *Bluetooth®*.
- Info:** If you are unable to activate the chest belt and APP, tap the *Bluetooth®* icon on the display of your smartphone, close an existing *Bluetooth®* connection and try to set up a new connection.
4. In the different Apps, there are various functions for use, graphic presentation and evaluation, e.g.
    - actual heart rate logging, max. heart rate,
    - logging the number of steps taken, distance covered,
    - calories burnt, activity duration, etc..
  5. Now start your training schedule. Carry the smartphone as close as possible the transmitter module.  
**Info:** We recommend carrying the smartphone in a breast pocket or pouch.

**CAUTION!** Protect the device from exposure to dirt, direct sunlight and extremely high or low temperatures.

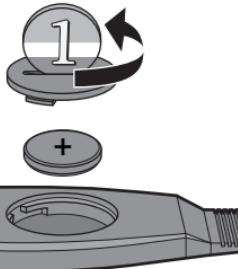
**Info:** The device is also compatible to all heart rate watches that communicate via 5.3 kHz (e.g. Polar, Timex, SUUNTO, etc.). However, the distance between the transmitter module and heart rate watch must not exceed 80 cm for this type of data transmission. If this distance is exceeded, signal transmission will be unreliable.

**Info:** Strong electromagnetic fields (computers, TV sets, mobile telephones, other heart rate watches, heavy currents) can cause interference to heart rate watches. This can cause erroneous measurements.

## Replacing the battery

**CAUTION!** Remove weak or discharged batteries immediately from the battery compartment, otherwise they can leak and cause damage to the device! Remove the battery if you are not going to use the device for a period of 3 months or more.

**CAUTION!** Make sure that the battery is inserted correctly, observe the polarity! Only insert a type CR2032 lithium battery.



**CAUTION!** Make sure that the sealing ring in the battery compartment is seated correctly when inserting the battery. If it is not seated correctly, the device will no longer be water resistant and can be damaged.

## Cleaning the device

**CAUTION!** Never use paint thinners (solvent-based agents), alcohol or petrol to clean the device. Do not wash the transmitter module or chest belt in a washing machine.

It is recommended to always clean the transmitter module as follows after use:

1. Disconnect the transmitter module from the chest belt.
2. Wipe the transmitter module dry.
3. Wash the chest belt by hand in a mild detergent solution at max. 30 °C.
4. Then rinse the chest belt out thoroughly and allow it to dry fully.

## Disposal



The device and its battery must not be disposed of as household waste.

To dispose of the device, first remove the battery.



Dispose of the device and battery separately in accordance with the local environmental regulations.

# Troubleshooting

If the heart rate is not displayed or the app and chest belt cannot be paired, please make sure of the following:

- Is your Smartphone equipped with Bluetooth® 4.0/-Smart?  
Older versions are not supported!
- The chest belt can only be connected with one of the apps previously specified.  
The app must support Bluetooth® 4.0/-Smart connection .
- No PIN is required to connect Smartphone and chest belt via Bluetooth® .

If the heart rate is still not displayed, check the following:

Is the distance between the chest belt and Smartphone too far? (The maximum distance must be less than 10 m.)

Does the App in use support heart rate measurement?

Were the contacts moistened?

Does the transmitter module properly fit to the body?

Is the battery in the transmitter module discharged?

## Technical data

Battery	<b>1 x CR2032</b>
Chest belt adjustment range	<b>60 - 105 cm</b>
Weight	Transmitter module (without battery): <b>42 g</b> Weight, chest belt: <b>13 g</b>
Compatible smartphones	<b>Apple:</b> iPhone 4S and newer, iPad 3 and newer, iPod Touch 5 and newer <b>Android:</b> Smartphones that support Google-Android-Version 4.3 and Bluetooth® 4.0
Compatible Apps	e. g. <b>iSport Fitness Tracker, Strava, Runtastic Pro, Runkeeper, Adidas MiCoach, 60beat, Endomondo, Wahoo</b>
Compatible heart rate monitors	e. g. <b>Polar, Timex, SUUNTO etc.</b>
Bluetooth® signal	<b>SMART</b>
Range via Bluetooth® SMART	<b>max. 10 m</b>
Range via 5.3 kHz (open signal)	<b>max. 80 cm</b>

Subject to technical changes as part of constant product development.

**FCC Caution:**

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.

Any 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.