



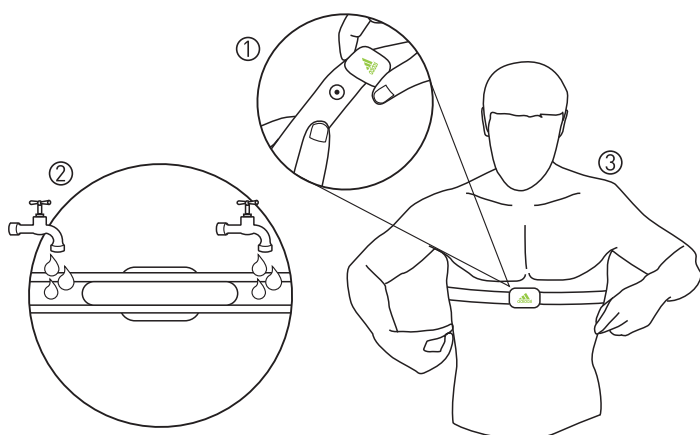
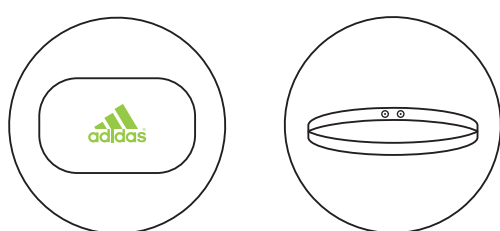
miCoach HEART RATE MONITOR

Bluetooth® Smart compatible

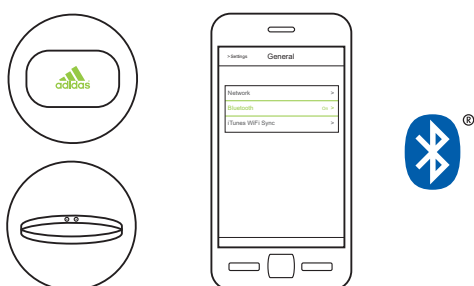
Quick Start Guide



1 GEAR ON: Heart Rate Monitor



2 Enable Bluetooth in your phone Settings



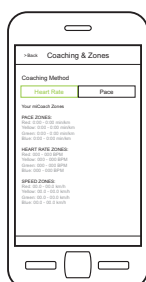
3 Pair your Heart Rate Monitor with your phone

- Open miCoach mobile app, go to Settings > Sensors and add your Heart Rate Monitor



4 Tip: For heart rate based coaching, ensure you have selected „Heart Rate“ under Settings










- Choose your workout plans on micoach.com













For full instructions, please visit
micoach.com/support




-  Guide de démarrage rapide: Moniteur de Fréquence Cardiaque miCoach compatible Bluetooth Smart
-  Guía de inicio rápido para el monitor de pulsaciones miCoach compatible con Bluetooth Smart
-  Schnellanleitung für den mit Bluetooth® Smart kompatiblen miCoach Herzfrequenzmesser
-  Guida di avvio rapido al Sensore di Frequenza Cardiaca miCoach compatibile con Bluetooth Smart
-  Guia de Início Rápido para Monitor de Frequência Cardíaca compatível com Bluetooth Smart
-  Bluetooth Smart 호환 가능한 miCoach 심박수 모니터 빠른 시작 설명서
-  Краткое руководство по использованию Монитора частоты пульса miCoach совместимого с Bluetooth smart
-  可兼容Bluetooth Smart的miCoach心率測量器 快速入門指南
-  可兼容Bluetooth Smart的miCoach心率监测仪 快速入门指南
-  Bluetooth Smart互換miCoach心拍数モニター クイックスタートガイド








- 1
-  Mettez le Moniteur de Fréquence Cardiaque
 -  Coloca el monitor de pulsaciones
 -  Den Herzfrequenzmesser anlegen
 -  Indossa il Sensore di Frequenza Cardiaca
 -  Vista o Monitor de frequência cardíaca
 -  기어착용: 심박수 모니터
 -  Экипировка: Монитор частоты пульса
 -  戴上裝備: 心率測量器
 -  戴上装备: 心率监测仪
 -  装着: 心拍数モニター

- 2
-  Activez le Bluetooth dans les paramètres de votre téléphone
 -  Activa la conexión Bluetooth dirigiéndote a configuración en tu teléfono
 -  Aktiviere Bluetooth in den Einstellungen deines Telefons
 -  Abilita il Bluetooth nelle impostazioni del tuo telefono
 -  Ative o Bluetooth em Configurações de seu telefone
 -  핸드폰 설정에서 Bluetooth를 활성화합니다
 -  Активируйте Bluetooth Вашего телефона
 -  在手機設置中啟用藍牙
 -  在手机设置中开启蓝牙
 -  スマートフォンの設定でBluetoothを有効にする

- 3
-  Couplez votre Moniteur de Fréquence Cardiaque avec votre téléphone
 - Ouvrez l'application miCoach mobile, allez dans Paramètres > Capteurs et ajoutez votre Moniteur de Fréquence Cardiaque
 -  Sincroniza el monitor de pulsaciones con tu teléfono
 - Abre la aplicación miCoach, dirígete a Configuración > Sensores y añade tu monitor de pulsaciones
 -  Verbinde deinen Herzfrequenzmesser mit deinem Telefon
 - Öffne deine miCoach Mobile App, gehe zu Einstellungen > Sensoren und füge deinen Herzfrequenzmesser hinzu
 -  Abbina il Sensore di Frequenza Cardiaca con il tuo telefono
 - Apri l'applicazione miCoach, vai a Impostazioni > Sensori e aggiungi il tuo Sensore di Frequenza Cardiaca
 -  Emparelhe o Monitor de Frequência Cardíaca com o seu telefone
 - Entre no aplicativo de miCoach, vá em Configurações > Sensores e adicione seu Monitor de Frequência Cardíaca
 -  심박수 모니터를 핸드폰과 페어링합니다
 - miCoach 모바일 앱을 실행, 설정 > 센서로 가서 심박수 모니터를 추가합니다
 -  Подключите Монитор частоты пульса к Вашему телефону
 - Запустите приложение miCoach, перейдите в Настройки > Датчики и добавьте Монитор частоты пульса

-  配對心率測量器到您的手機
- 運行miCoach 手機應用程式，進入設定 > 感測器，然後加入您的心率測量器
-  配對心率监测仪到您的手机
- 运行miCoach 手机应用程序，进入设置 > 传感器，然后添加您的心率监测仪
-  心拍数モニターをスマートフォンとペアリングする
- miCoachモバイルアプリを開き、「設定」>「センサー」から心拍数モニターを追加

- 4
-  Conseil: pour un coaching basé sur la fréquence cardiaque, vérifiez que vous avez sélectionné «Fréquence Cardiaque» dans les Paramètres
 - Choisissez votre plan d'entraînement sur micoach.com
 -  Sugerencia: Para un entrenamiento basado en ritmo cardíaco, asegúrate de que has seleccionado "Ritmo cardíaco" en Configuración
 - Selecciona tus planes de entrenamiento en micoach.com
 -  Tipp: Für eine herzfrequenzbasierte Coaching-Methode, stelle sicher, dass du „Herzfrequenz“ in deinen Einstellungen ausgewählt hast
 - Wähle deine Trainingspläne auf micoach.com aus

-  Suggerimento: Per il coaching basato sulla frequenza cardiaca, assicurati di selezionare "Frequenza cardiaca" nelle Impostazioni
- Scegli i tuoi piani di allenamento su micoach.com
-  Sugestão: Para um treino baseado em batimentos cardíacos, certifique-se que você selecionou em Configurações "Batimentos cardíacos"
- Escolha seu plano de treino em micoach.com
-  팁: 심박수를 기초로한 코칭을 위해 설정아래에서 심박수가 선택되었는지 확인합니다
- micoach.com에서 운동 계획을 선택합니다
-  Совет: Если Вы тренируетесь на основе частоты пульса, убедитесь в том, что Вы выбрали в Настройках „Частота пульса“.
- Выберите план тренировок на micoach.com
-  貼士: 若選擇心率作為指導方法，確認您已在設定項下選擇了“心率”
- 在 micoach.com 網站選擇您的訓練計劃
-  提示: 如选择心率作为指导方式，确认您已在设置项下选择了“心率”
- 在 micoach.com 网站选择您的训练计划
-  ヒント: 心拍数ベースのコーチングには、設定で「心拍数」が選択されていることを確認
- micoach.comでワークアウトプランを選択する

-  Pour obtenir le manuel d'utilisation détaillé, rendez-vous sur : micoach.com/support
-  Para obtener instrucciones más detalladas visita micoach.com/support
-  Ein ausführliches Benutzerhandbuch findest du auf micoach.com/support
-  Per le istruzioni complete visita micoach.com/support
-  Para obter instruções completas, por favor, visite: micoach.com/support
-  micoach.com/support 를 방문하여 자세한 설명을 참조하십시오
-  Чтобы получить подробные инструкции, пожалуйста, посетите сайт micoach.com/support
-  更全面的介紹，請訪問micoach.com/support
-  更全面的介绍，请访问micoach.com/support
-  詳しい説明はmicoach.com/supportをご覧ください

Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives and guidelines are a core element of our sustainability principles. Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection and recycling.

NOTE: If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

**European Commission (CE) Statement**

This product has been tested and is compliance with the following directives:

- * EMC Directive: 2004/108/EC
- * R&TTE Directive: 1999/5/EC
- * Safety Directive: 2006/95/EC

**FCC Regulatory Information**

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 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

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.

CAUTION: Unauthorized repair or modification may result in permanent damage to the equipment and / or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.

Please refer to www.adidas.com/micoach for the DoC.

Canadian Conformity

Industry Canada (IC) regulatory information

This Category I radio-communication device complies with Industry Canada Standard RSS-210.

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.

Avis de conformité à la réglementation d'Industrie Canada.

Cet appareil est conforme à la norme RSS-210 du Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes: (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

REV A





"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specially to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

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