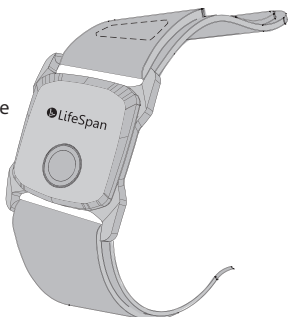




## LifeSpan

Optical Heart Rate  
Sensor



### What's Included



Sensor

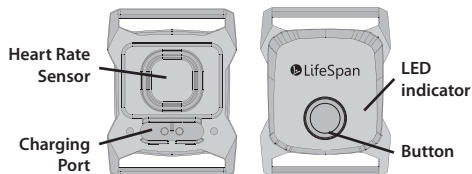


Armband (35cm)

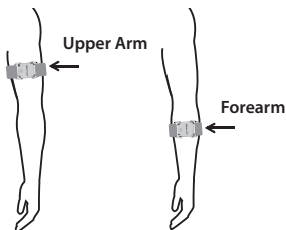


USB Charger Cable

### About



### How to Wear



- Wear the Action Free around your forearm or upper arm.
- The heart rate sensor should be on the underside of the armband firmly against your skin. To measure heart rate accurately and stably, you should wear it snugly and secure (but not too tight to keep the blood flowing).

### Getting Started

The Heart Rate Sensor is compatible with Bluetooth 4.0/ANT+. It can connect to LifeSpan Fitness products equipped with Bluetooth 4.0 that have an integrated heart rate receiver built into the console.

It can also be paired with mobile devices through iOS and Android (APPs).



When you use the heart rate sensor for the first time, you need to pair the heart rate sensor with your receiving device. Push button on Heart Rate Sensor and LED will flash blue. Make sure Bluetooth or ANT+ is activated on your smartphone or device, then pair the App with the Heart Rate Sensor.

### Caring for your Optical Heart Rate Sensor

The Heart Rate Monitor is a high-tech instrument that should be handled with care. Follow the care instructions to ensure reliable measurement and maximize the longevity of the heart rate sensor.

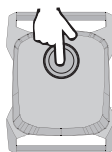
**Sensor:** Detach the sensor from the strap after every use and dry the connector with a soft towel. Clean the sensor with a mild soap and water when needed. Never use alcohol or any abrasive material (e.g., steel wool or cleaning chemicals).

**Strap:** Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water when needed. Do not use moisturizing soaps, because residue will be left on the strap.

Dry and store the strap and the sensor separately to maximize the battery life. Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor in non-breathing materials, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate sensor to direct sunlight.

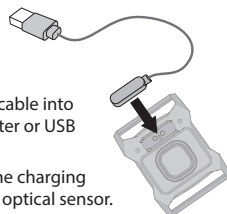
### Turning On/Off

1. To turn on press the button once. Blue LED flashes when on.
2. To turn off hold the button for 2 seconds, the LED light will flash BLUE-RED.
3. When the red light remains constant please release the button.



### Charging

1. Make sure the sensor and USB charger are completely dry.
2. Plug your USB charger cable into a USB port on a computer or USB adapter to charge.
3. Plug the charger into the charging port on the back of the optical sensor.



### Specification

|                       |                                       |
|-----------------------|---------------------------------------|
| Battery Type          | Rechargeable Battery                  |
| Operating Time        | Up to 12 hours of continuous training |
| Operation Temperature | 0° C to 50° C (32° F to 122° F)       |
| Wireless System       | Bluetooth 4.0 & ANT+                  |
| Waterproof            | IP68                                  |

## Warranty

The Heart Rate Sensor has a one-year warranty from the date you purchase it. LifeSpan will replace the Heart Rate Sensor if it does not work and meets the following criteria.

- Limited warranty valid in North America only.
- The warranty does not cover damage due to misuse, abuse, accidents or non-compliance with the care and maintenance section.
- The warranty does not cover any damage, losses, costs or expenses, directly or indirectly related to the product.
- Items purchased second-hand are not covered with this warranty, unless otherwise stipulated by local law.

Should you need to process a warranty claim, make sure you retain your purchase receipt to verify the date of purchase.

## Warnings & Troubleshooting

### Warning:

- Action-Free is not a medical device. It's just a tracker to detect your heart rate during exercise.
- If you have an allergic reaction or skin irritation while using Action Free with wristband, please stop using it immediately and consult a doctor.
- Do not disassemble Action Free, or attempt to repair it by yourself.

### Troubleshooting:

If Action Free cannot pair with your device or measure your heart rate successfully, or the data is not stable, you may check:

- If your device does not support Bluetooth 4.0 or ANT+
- If Bluetooth or ANT+ is not activated in your device.
- If the protection pad is still on optical sensor, please remove it.
- If the stat is not well detected when the sensor is used in very cold weather, please use it indoors, or wear a long sleeve to cover the Action Free.
- If Action Free still cannot work properly, try to wear it on another hadn't or the position we suggest (wrist / forearm upper arm).

Please log in to the LifeSpan website at [www.LifeSpanFitness.com/support](http://www.LifeSpanFitness.com/support), click on "Customer Service" and complete the form to request assistance or call 877.654.3837 option 4 for a Customer Service Agent. Please note that certain kinds of service should only be performed by a qualified service technician.

If you are outside of these areas, please contact your local distributor.



## Federal Communication Commission Interference Statement

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.

**FCC Caution:** To assure continued compliance, any changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

## FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 0.5 centimeters between the radiator and your body.

This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

The antennas used for this transmitter must be installed to provide a separation distance of at least 0.5 cm from all persons and must not be located or operating in conjunction with any other antenna or transmitter.

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.

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