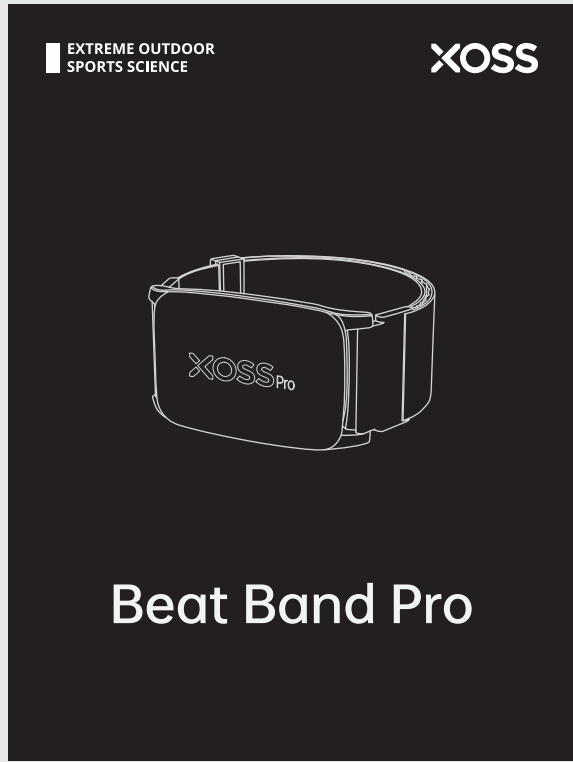


XOSS BBP 说明书

100 x75 mm, 80g铜版纸 单色双面印刷, 骑马钉

版本	版本说明	修改日期	修改者	审核者
A1	中英文	2024.11.18	CAI	



Product Introduction

Thanks for your choice of the **XOSS BBP Armband Heart Rate Monitor**.
XOSS BBP applies to detect real-time heart rate data and supports data transmission through Bluetooth and ANT+ connections, which will help you to manage your exercise intensity scientifically. XOSS BBP can also store sports data as a standalone device, achieving lightweight sports.

*Note: The device need to be fully charged before first use.
This product is used for sports reference only and it is not intended as any medical advice.

Packing List

XOSS BBP Armband Heart Rate Monitor × 1
Charging stand × 1
USB-C Charging Cable × 1
User Manual × 1

XOSS BBP

Charging stand

USB-C Charging Cable

User Manual

Product Description

Main Unit

Indicating Light

Front Side

Back Side

Charging Contacts

Instructions For Use

● Please wear the HR monitor on your upper arm but not your wrist.
● Please secure the armband in a comfortable position to ensure that the monitor will not slip. It doesn't need to be too tight to avoid affecting your blood circulation.

● After wearing detected, the white LED will flicker quickly then turn off; after removal detected, the green LED will flicker then turn off.

*The wrong way of wearing may result in the inaccuracy of heart rate.
XOSS BBP will enter the standby mode and stop transmitting Bluetooth or ANT+ signals when heart rate is not detected correctly.
● Connect the armband heart rate monitor to a compatible APP or device that supports ANT+ (e.g., like computer).

XOSS APP Support

* Please make sure that the XOSS BBP has been worn properly before use.
* Compatible with smartphone system of IOS 13.0, Android 7.0 or later.

Search **XOSS** in Google play store/APP store, or scan QR CODE on the right to download **XOSS APP**

XOSS BBP

QR CODE

Download and install the XOSS app.
Click **Devices** > **Sensors** to search and connect

Connect with other APPs:

XOSS BBP adopts the standard Bluetooth heart rate protocol and you may read and record your heart rate data by other APPs.

Zwift

Strava

Wahoo Fitness

Polar Beat

Runmeter Pro

Nike Run Club

* All brand names and trademarks are properties of their respective owners.

Introduction to ANT+ use:

* Please make sure that the XOSS BBP has been worn properly before use.
Search and connect the ID number of your XOSS BBP in the ANT+ device. Once connected, you can use the ANT+ device to read and record your heart rate data.

Data logging interval (connected to app):

Project	Refresh Interval
heart rate	per second
cadence	per second
blood oxygen	controlled by app
battery calorie	per minute
calorie consumption	per second

Note: The unit will vibrate when abnormal heart rate is detected

Measure blood oxygen

* Please make sure that the XOSS BBP has been worn properly before use.

● Open the XOSS App and connect to BBP, enter the correction details page > measure blood oxygen
● Stay still
● Wait a moment. The measurement takes 15 seconds.

In the App, your blood oxygen level is displayed on the graph as an oxygen saturation percentage. If the blood oxygen saturation data is unstable or does not appear, you can try:

- Stay still and make sure your heart rate is below 160
- Wear the heart rate armband tightly on your forearm or upper arm
- Avoid applying sunscreen oil, lotion or mosquito repellent where you wear the device
- Please avoid scratching the optical heart rate monitor on the back of the device

Indicator lights and vibration prompts

Heart rate monitoring: white LED light flashes slowly
Start recording, and recording: short vibration reminder
Synchronizing: red and white LED lights flash alternately
Heart rate warning: red LED flashes and vibrates alerts
Heart rate zone alert: red, yellow, green and white LEDs flash according to the heart rate zone.

Synchronize Workout

XOSS BBP can store sports data as a standalone device.
● Connect the armband heart rate monitor with the XOSS APP.
● After the recording is finished, connect the XOSS APP again, you can see the data in the workouts page.

Charging

● Please place the heart rate armband on the charging stand through magnetic suction, and connect the USB-C charging cable to charge the device.
● When the battery power is low (below 25%), short vibration reminder.
While charging: red and green LED flash alternately.
When fully charged, the green LED stays on.

Indicating Light

Charging Contacts

Front Side

Back Side

Charging stand

Charging Cable

Note

- * Before charging, please make sure that there is no moisture, dust, or dirt on the charging contacts of your XOSS BBP and the charging stand.
- * Do not charge when the temperature is below 0°C/+32°F or above +50°C/+122°F, or when the charging port is wet.
- * The maximum voltage and current is 5V1A, meanwhile, please make sure that the voltage does not exceed 5V.
- * Please do not keep the battery in a fully discharged state or constantly fully charged for a long time. It may harm the battery life.

Clean the XOSS BBP in time after use for a longer service life

Heart Rate Monitor:
Clean the device with a soft towel.

Note

- * Do not use chemical cleaners
- * Do not store the heart rate monitor in humid and gas-tight environment
- * Please store it in a cool and dry environment

Specification

Product Weight: 11.5g
RF Transmission Distance: 80m
Endurance Time: Up to 60 Hours
Wireless Transmission: Bluetooth®/ANT+
Waterproof: IP68
Size: 46°28°11mm

After-sales Service & Warranty

It has a one-year free warranty from the date of purchase, please contact your original dealer for warranty service.

The following conditions are not covered by the warranty:

1. The normal aging loss of the battery.
2. Damage and loss of products due to improper installation.
3. Damage caused by abnormal use, such as high temperature and water damage.
4. Damage caused by dismantling yourself or by unauthorized maintenance personnel.

Support

Please access <https://www.xoss.co> or help.xoss.co for more product information.

FCC Warning

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.
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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

产品简介

欢迎使用**XOSS BBP心率臂带**
XOSS BBP 可实时检测心率数据, 并支持通过蓝牙和 ANT+ 连接并传输数据, 可以帮助您进行更科学的训练。
XOSS BBP 也可作为独立设备存储运动数据, 实现轻量化运动。

*注: 首次使用前, 必须将设备充满电; 本产品检测数据仅供参考, 不能提供医学建议。

附件清单

XOSS BBP 心率监测仪臂带 × 1
充电器 × 1
USB-C 充电线 × 1
用户手册 × 1

XOSS BBP

充电器

USB-C 充电线

用户手册

产品描述

主机

正面

背面

使用说明

● 请将本产品佩戴在您的上臂, 本产品为臂带采集方式, 请勿佩戴于手腕!
● 请将臂带固定在舒适的位置, 确保监测仪不会打滑, 不用太紧以免影响您的血液循环。

● 监测到佩戴后, 白色LED会快速闪烁一段时间后熄灭, 监测到佩戴后, 绿色LED会闪烁后关机。
*佩戴方式错误, 可能无法监测准确的心率数据
*XOSS BBP没有正确检测到心率时, 会处于待蓝牙或ANT+信号

● 将心率臂带与兼容的APP或支持ANT+的设备(例: 码表)连接。

行者 APP 支持

*使用前, 您需确认已经正确佩戴XOSS BBP
*通过IOS 13.0, Android 7.0及以上智能手机系统

应用商店搜索“行者”或者扫描二维码下载

行者 APP

扫描二维码下载

下载安装行者APP。
点击进入 [我的页面](#)>>[智能设备](#)>>[传感器](#) 进行连接连接

连接其他APP:

XOSS BBP使用标准蓝牙心率协议, 您也可以使用其他APP来读取并记录您的心率数据。

Zwift

Strava

Wahoo Fitness

Polar Beat

Runmeter Pro

Nike Run Club

* 所有品牌名称和商标均为其各自所有。

ANT+使用介绍:

*使用前, 您需确认已经正确佩戴XOSS BBP
在ANT+设备中搜索并连接您的XOSS BBP的ID编号; 连接后可通过ANT+设备来读取并记录您的心率数据。

数据连接说明 (连接到码表时):

项目	刷新间隔
心率	每秒
步频	每秒
血氧	按应用程序控制
卡路里消耗	每分钟
卡路里消耗	每秒

注: 一直震动式震动以提醒心率数据异常值。

血氧检测

*使用前, 您需确认已正确佩戴XOSS BBP

● 打开“行者”APP并连接上BBP, 进入连接详情页-> 测量血氧
● 保持静止不动
● 保持外屏, 测量需要 15 秒钟。
在App中, 您的测量数据将显示为血氧饱和度和百分比。
● 保持静止, 确保心率在150以下
● 保持心率臂带佩戴在小臂或大臂上
● 避免佩戴时接触尖锐物体或热源, 避免接触酒精
● 请避免将设备置于强光下或传感器

指示灯及震动提示

心率监测中: 白色LED灯慢闪低
开始记录, 结束记录: 短震动提醒
同步中: 红色白色LED灯交替闪烁
心率臂带: 红色LED灯闪烁并震动提示
心率区间提醒: 根据心率区间闪烁对应红黄绿白LED灯

同步数据

XOSS BBP可作为独立设备存储运动数据。
● 将心率臂带与行者APP连接
● 记录完成后, 再次连接行者APP, 即可在轨迹列表中查看运动数据

充电

● 请将心率臂带通过磁吸放在充电器上, 连接USB-C充电线给设备充电。
● 当电量低时(25%): 短震动提醒。
充电时: 红色绿色LED交替闪烁。
充满时: 绿色LED保持亮起。

正面

背面

充电线

充电器

注意

- * 在充电前, 请确保您的 XOSS BBP 和充电座的充电触点上没有水分、灰尘或脏污
- * 当温度低于 0°C/+32°F 或高于 +50°C/+122°F 或充电口潮湿时, 请勿充电
- * 电压和电流: 最大是5V1A, 请注意电压一定不要超过5V
- * 请勿长时间使电池处于完全放电状态或者一直处于充满电的状态, 因为这可能会影响电池寿命

使用完成后, 需及时清洁, 以延长XOSS BBP 的使用寿命

心率主机:
使用软毛巾擦拭干净

注意

- * 请勿使用化学清洁剂清洗
- * 请勿将本品放在潮湿或者不通风的环境中
- * 请将本品放置于干燥阴凉的环境中

售后及保修

自购买日起, 产品享有一年的免费保修, 产品保修联系原购买经销商。
但是以下情况不在保修范围内:

1. 电池属于消耗品不在保修范围内;
2. 因安装不当造成的产品损坏或损坏;
3. 非正常使用情况下造成的产品损坏, 如高温、浸水等;
4. 自行拆卸未经授权的维修人员拆卸造成的损坏。

支持

上海大不自多信息科技有限公司
地址: 上海市杨浦区国定路386号818室
电话: 021-31600166
访问www.imxinghe.com
可以获得产品的安装视频和更多产品信息
关注公众号[imxinghe](https://www.imxinghe.com)或访问 hc.limxinghe.com可获得更多帮助

含磁贴

XOSS

EXTREME OUTDOOR SPORTS SCIENCE

品名	XOSS BBP说明书			
材料	100 x75 mm, 80g铜版纸 单色双面印刷, 骑马钉		产品型号	
			物料编号	
制表	CAI	日期	2024.11.18	页数 1/1
审核	日期	上海大不自多信息科技有限公司		
校准	日期			