



Quick Start Guide

Instructions for:

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Getting Started:

1. Included in packaging: OTbeat Burn, SM band, LG band, & USB cord
2. Remove OTbeat Burn from packaging
3. Connect USB cord into charging port of device
4. LED light will appear after a few seconds

Downloading the Orangetheory App:

**Using your mobile device, download the Orangetheory App.*

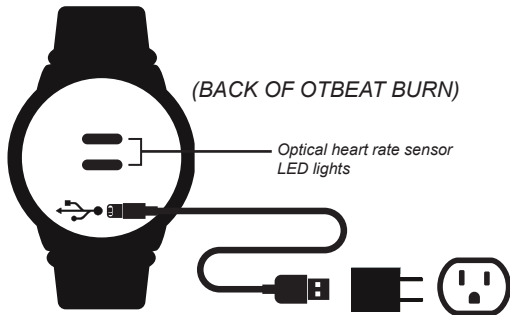


Orangetheory App

Note: Fully charge device before attempting to pair for the first time.

Charging Device:

1. Open rubber port cover on back of device
2. Plug in mini-USB connector into device port
3. Plug in regular USB connector into charging block
4. Plug in charging block into wall outlet



Device can be connected directly to a computer USB port.

Note: The voltage differs from wall outlet to computer.

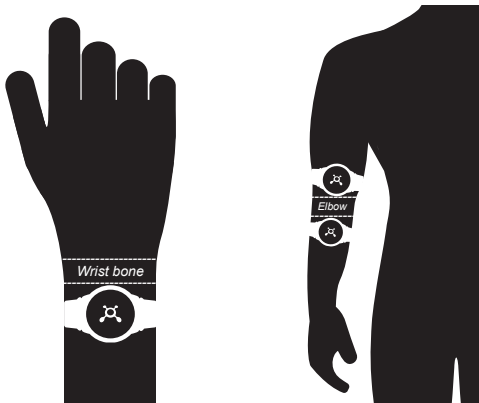
Battery is fully charged when Green LED is continuously on
During charging: Red LED light will blink slowly
LED indication for charging is in front of device

Proper Placement:

To transmit accurate data from your device:

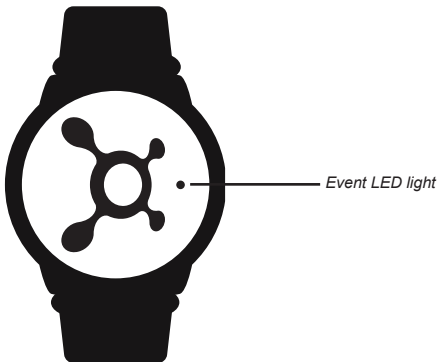
1. Fasten device snugly in one of the below placement options
2. Wear device below, and not directly on top, of wrist bone* or elbow
3. The optical sensor on the back should make good contact with skin

**For placement on wrist, measure two fingers above wrist bone*



Pairing Device:

1. Once OTbeat Burn is fully charged, press center of splat to power ON the device



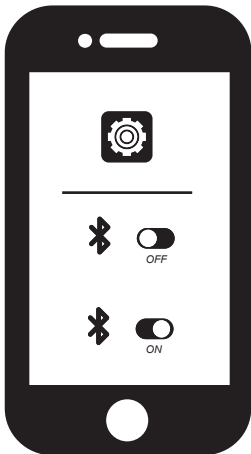
Set power **ON**: Short button press
(Blue LED blinks for 5 seconds)



Set power **OFF**: Long button press
(Red LED light continuously on for 2 seconds then turns off)

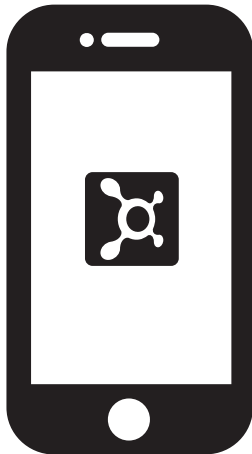
Pairing Device (Cont.):

2. Launch the settings app on your mobile device
3. Ensure your bluetooth settings are on



Pairing Device (Cont):

4. Open Orangetheory app on mobile phone.



Pairing Device (Cont.):

5. Use the Orangetheory app to search for device

*Once device appears, OTbeat Burn is successfully connected to app



LED Guide

Heart Rate Detection LED Indication:

Alternating BLUE and GREEN: Detecting heart rate

Alternating BLUE and RED: No heart rate detected

Blinking GREEN: Heart rate detected

Blinking ORANGE: Heart rate zones are changing

Bluetooth Connection State:

Blue LED blinks for 5 seconds: After turning on the unit

Blue LED continuously on for 5 second: Connected

Green LED on for 2 seconds: Connected (HR not detected)

Green LED continuously on: Updating firmware

Battery LED Light

During Charging:

Red LED blinks slowly: Charging

Green LED continuously on: Battery full

Battery State:

Red LED blinks three times: Low battery at <15% (repeat every 5 min. until reach critical level)

Red LED continuously on for 2 sec: Device powering off

Caring for Device:

1. To ensure accurate readings, clean the sensor lens with a soft cloth
2. OTbeat Burn unit and strap are waterproof to IP67 specifications and can be easily cleaned with mild soap and cool water
3. Use a cotton swab and only rubbing alcohol to clean the USB charging contacts when necessary: do not contact USB charging port
4. Do not use any abrasive chemicals to clean the Otbeat Burn unit, sensor, or strap. This will cause permanent damage

Technical Specifications:

Feature	Description
Functions	heart rate detection and transmission (ANT+ or Bluetooth 4.0), battery low alert
Heart Rate Range	30 to 220 BPM in 1 BPM resolution
Heart Rate Accuracy	+/-5 BPM
Transmission	ANT+ /BLE
Power Supply	3.8V Li-ion Polymer rechargeable battery
ANT+ or BLE Transmission Distance	15 Meters
Battery Life time (PPG&BLE always on)	Up to 24 hours of continuous detection
Water Resistance Level	IP67
Storage Temperature	-20 to +60-C
Operating Temperature	0 to +40C
Memory capacity	6 hours detection

For more information visit
orangetheoryfitness.com/otbeat

 *beat*
burn

		时 间 (date)	2018-5-8	订 单 号 (order number)	GM18167
品 牌 (brand)	OT	公司型号 (Company Model)	FD063	客户型号 (Customer model)	OTbeat
版 本 (version)	A0	设计内容 (design content)	说明书	料 号 (Part No.)	17.03.09.00130
电 子 (electronic engineer)		软 件 (software engineer)		结 构 (structural engineer)	
设计者 (Designer)	莫校林	标 准 化 (standardization)		项 目 经 理 (project manager)	
复 核 (Review)		业 务 (Sales)		核 准 (approve)	

规格尺寸 SIZE	展开尺寸：172*86mm，成型尺寸：86*86mm
材质要求 MATERIAL	70g哑粉纸
印刷要求 PRINT	单黑印刷
工艺要求 Process requirements	骑马钉装订