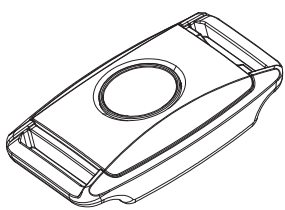
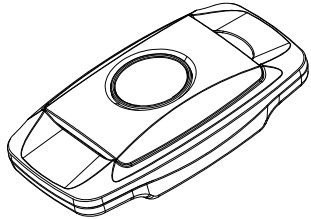
PPG/ECG Dual-mode Detection
BLE Heart Rate Monitor

USER MANUAL

MODEL NO.: CL808



PPG



ECG

Product Introduction

Thank you for purchasing the Heart rate monitor CL808. This product is one of the various heart rate monitoring devices produced by our company, which has both ECG and PPG functions. The real-time heart rate data can be uploaded to heart rate receiving device or exercise health App through Bluetooth to help you manage your exercise intensity scientifically. This product manual will help you better use this product, please keep it for future reference.

IMPORTANT

Be sure to charge the device fully before using it for the first time.

The device is not designed for medical purposes, only for fitness training and recreational activities.

Consult your doctor before using this product to determine the appropriate fitness heart rate range for your body.

Main features

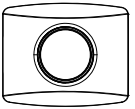
- PPG/ECG dual-mode detection
- Heart rate monitoring, step counting and calories burned
- Bluetooth low energy 5.0
- Built-in accelerometer sensor
- Rechargeable Lithium battery
- 48 hours heart rate, 7 days calories and step counting data
- Motor Vibration Alert
- LED indicator

Compatible apps are as follows:

X-fitness, Wahoo, Zwift, Runtastic Pro, Nike Run Club.

Unpacking the product. In this box, you will find:

a) CL808 heart rate monitor 1 pc
b) Heart rate chest strap bracket 1pc
c) Armband bracket 1pc
d) USB cable 1pc
e) Adjustable elastic armband 1pc
f) Adjustable elastic chest strap 1pc
g) User manual 1pc



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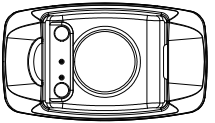

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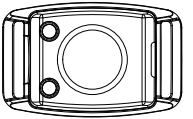

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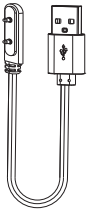

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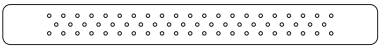

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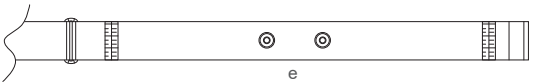

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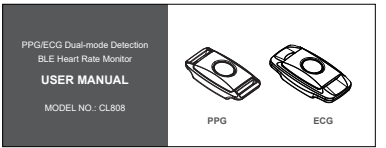


f

Charging

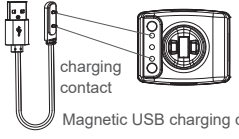
Please plug in the USB charging cable and connect the charger to charge the device.

Battery level below 20%(no interval light version) - red light flashes while motor vibrates to remind charging. When the battery runs out, the device automatically shuts down.

Interval light version - The device automatically shuts down when the battery runs out.

During charging, red and green light flashing alternately.

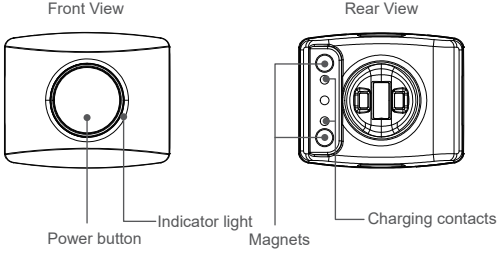
When fully charged, the green light is always on, and charging can be stopped at this time.



Magnetic USB charging cable

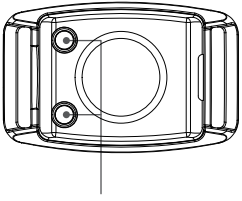
DEVICE OVERVIEW

A.Heart rate Transmitter

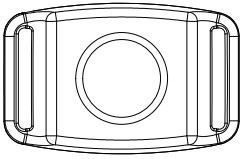


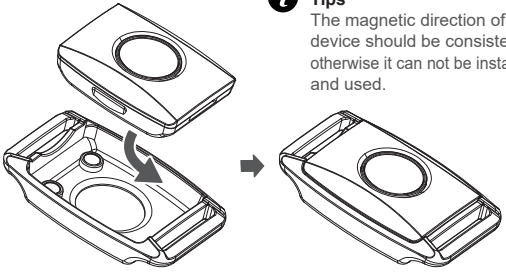
B. PPG Bracket and installation

Front View



Rear View



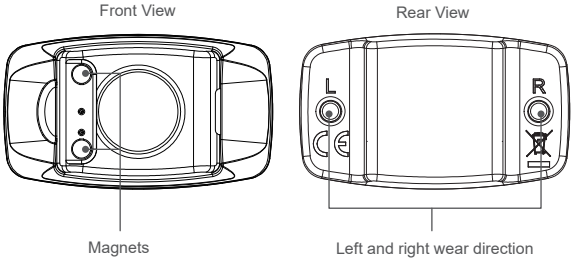


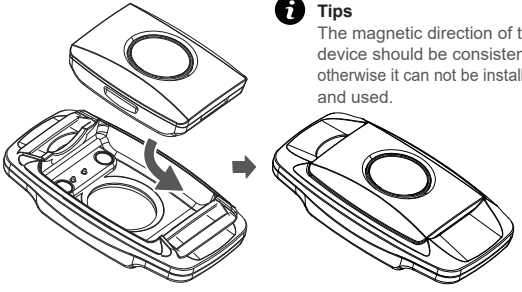
Button it as shown above

Tips

The magnetic direction of the device should be consistent, otherwise it can not be installed and used.

C. ECG bracket and installation

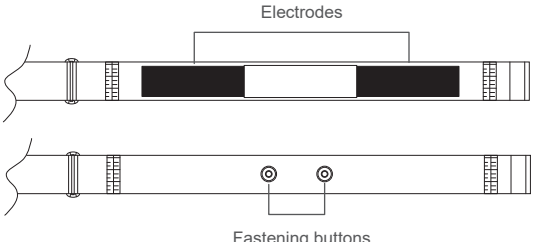




Tips

The magnetic direction of the device should be consistent, otherwise it can not be installed and used.

D. Heat rate chest strap



Interval light color status indication

Purple	Warm-up Exercise Section	Blue	Cardiopulmonary Exercise Section	Red	Warning Section
Green	Weight Loss&Fat Burning Training Section	Yellow	Lactate Tolerance Training Section		

*Interval light version as described above, no interval light version does not have this function.

Power On

No interval light version

- When used as the armband PPG function, short press the middle power button, the LED purple light flashes quickly, and then the purple light flashes slowly; When the Bluetooth connection is successful, the blue light flashes.
- When used as the chest strap ECG function, the heart rate band is automatically activated and turned on, accompanied by the LED purple light flashing quickly, and then the purple light turns to slow flashing; When the Bluetooth connection is successful, the blue light flashes.

Interval light version

- When used as the armband PPG function, short press the middle power button, the LED purple light flashes quickly, and then turns into the heart rate interval light; After the Bluetooth connection is successful, the blue light flashes quickly and then turns into the heart rate interval light.
- When used as the chest strap ECG function, the heart rate band is automatically activated and turned on, accompanied by the rapid flashing of the LED purple light, and then converted to the heart rate interval light; After the Bluetooth connection is successful, the blue light flashes quickly and then turns into the heart rate interval light.

Tips

When you press and hold the button, if the red light is always on, indicating that the device is in a low-power state, please charge it in time.

Power Off

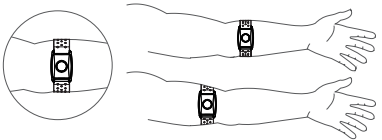
- When used as an armband PPG function, press the power button for a long time, the red light flashes rapidly and vibrates with the motor, and then enters the shutdown state;
- When used as a chest strap ECG function, without the heart rate band about 25 seconds, the device automatically shuts down, or when the heart rate band is removed, press the power button, the red light flashes quickly and vibrates with the motor, then the device goes into a shutdown state.

To wear armband/chest strap

PPG armband mode

Adjust the length of the armband and wear the device on your upper arm or wrist. The sensor should be in contact with the skin on the inside of the arm. Hold the armband in a comfortable position to ensure that the sensor does not slip.

The armband does not need to be too tight to affect your blood circulation.

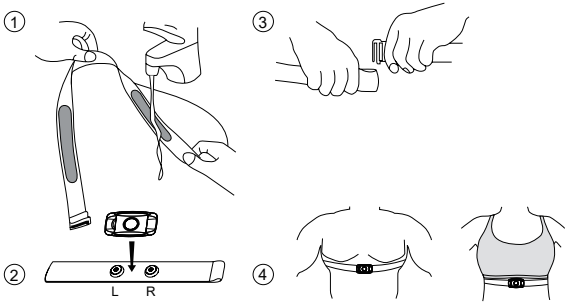


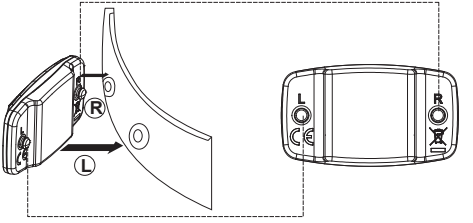
ECG chest strap mode

- Wet the conductive pads on the rear of the chest strap with a few drops of water, Saliva or conductive gel to ensure solid contact.
- Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt fits snugly below your (chest) pectoral muscles.
- Attach the transmitter to the strap, marked 'L' towards left.

Tips

After the function of PPG arm band is used, if you need to change to ECG heart rate band function, please install the device to the heart rate chest band bracket, and wear the heart rate band, the device will automatically turn off the function of PPG after the heart rate stabilizes, and switch to ECG function mode. After using the ECG heart rate band function, if you want to change to PPG arm band function, please take off the heart rate band, install the device to the arm band bracket, press the power button to turn on the PPG arm band function.





WARNING

Inaccurate heart rate data will be detected if the device is worn in wrong directions.

To connect the device

Bluetooth 5.0 on this device can work at the same time, if you need to connect two devices, such as a mobile phone and a sports watch, please make sure that the device you are connecting supports Bluetooth 5.0 .

Notice

When the non-interval version is waiting for a Bluetooth connection, the purple LED light flickers smoothly; after the Bluetooth connection, the blue LED light flickers smoothly.

When interval light version Bluetooth connection success, the Blue Light Flash, and then turned to heart rate interval light.

Connect to the fitness APP

Turn on the Bluetooth function of the mobile phone and select the compatible APP. The detailed connection method is subject to the setting description of the corresponding APP.

For detailed connection methods, refer to the device configuration instructions.

View heart rate data

View the collected heart rate data through the heart rate receiving device or related App;

Specification parameters:

Heart rate monitor size: L35.9xW29.5xH12.5mm

PPG host size: L51xW32.7xH9.9mm

ECG host size: L58.4xW33.6xH12mm

Heart Rate Monitor Weight: 10.2g

PPG/ECG Weight: 14.5g / 19.2g (without band)

Battery type: Rechargeable lithium battery

Battery life: 60 hours continuous heart rate monitoring

Storage temperature: -20°C~60°C

Operating temperature: -10℃ ~ 50℃

Wireless transmission: Bluetooth

Waterproof standard: IP67

Data storage: 48 hours heart rate, 7 days calories and step counting data

Input: 5V⎓1A

FCC ID: 2ASQ9-CL808

Warning

- Do not clean heart rate monitors and chest straps in washing machines or dryers;
- Remove the heart rate monitor from the electrode location before hand washing;
- When cleaning the armband and chest band, ensure that the water temperature is not higher than 30 °C；

- No ironing, bleaching or heating;
- Please scrub with a soft cloth dipped in diluted neutral detergent;
- Do not attempt to disassemble, repair or modify, as this will void the warranty.
- Improper connection of the charging cable can cause serious damage to the device. Damage caused by wrong operation is not guaranteed. When the device is fully charged, remove the charging cable.

Disclaimer:

- The information contained in this manual is for reference only and the products mentioned may be subject to change due to the manufacturer's ongoing research and development plan without prior notice.
- The Company does not make any representations and warranties with respect to this manual or the products described therein.
- We shall not be liable for any direct or indirect, accidental, special damages, losses and expenses arising out of or in connection with this Manual or the products.

Safety precautions

- Regarding the setting of exercise heart rate alarm, please consult your doctor according to your own health condition before starting exercise training.
- If you feel any discomfort during exercise training, it is recommended that you stop training, reduce the intensity of exercise, or consult your doctor before starting training.

Warranty description

1. Within one year from the date of purchase of the product, the equipment that fails during normal use can be repaired free of charge with this warranty card.
2. The product host enjoys a 15-day replacement and 1-year free warranty service from the date of purchase.
3. If the product fails, contact the local distributor for a preliminary test before returning to the factory. After the inspection confirms that the conditions of return to the factory are met, the remaining work is responsible for the dealer.

EU-Declaration Of Conformity

Hereby, We, declares that PPG/ECG Dual-mode Detection BLE Heart Rate Monitor (CL808) is in compliance with the essential requirements and other relevant provisions of Directive RED 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available.

FCC Statement

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.

WARNING

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.

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

Shenzhen Chileaf Electronics Co., Ltd

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