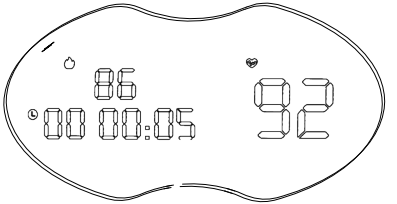
Heart Rate Monitor Chest Strap with Display

USER MANUAL

Model：HRM100



Bluetooth

Thank you for purchasing this product as your sports fitness product of choice. The product is a sensor type heart rate monitor that will track your real-time heart rate and send heart rate data to the Smart phone.

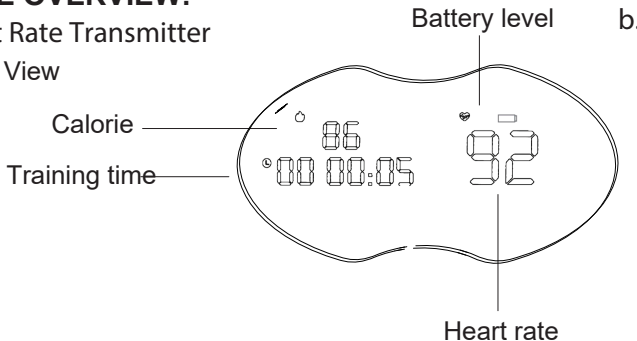
IMPORTANT This product is for sport purposes only and
it is not meant to replace any medical advice.

This manual contains important safety and care information, and provides step by step instructions for using this product. Read it throughly, and keep the manual in a safe palce in case you need to refer to it later.

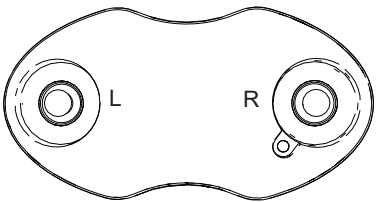
DEVICE OVERVIEW:

A. Heart Rate Transmitter

a. Front View



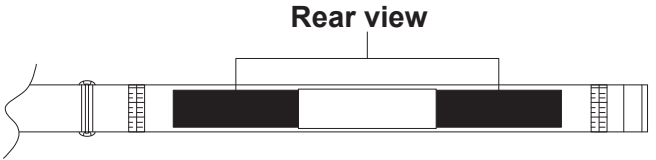
b. Back View

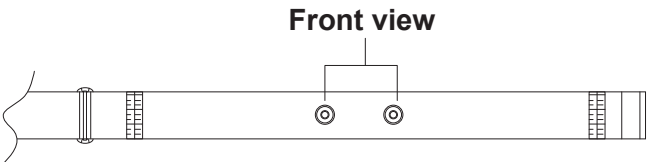


B. Heat rate chest strap

1.Electrodes

2.Fastening buttons





GETTING STARTED

A. Unpacking the product in this box, you will find:

a. Heart rate transmitter

b. Adjustable elastic strap

c.Charger

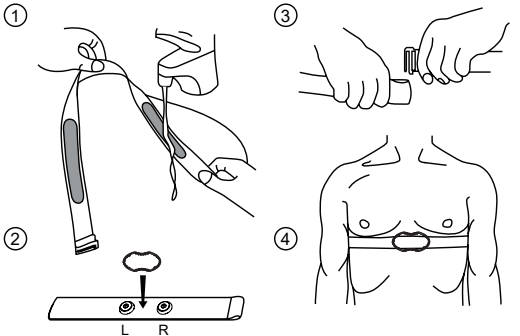
d. User manual

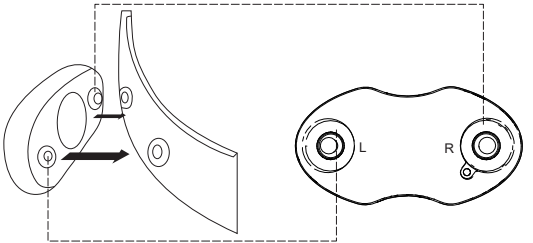
B. To wear chest strap

a) 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.

b) 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.

c) Attach the transmitter to the strap, marked ‘L’ towards left.

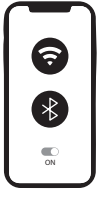




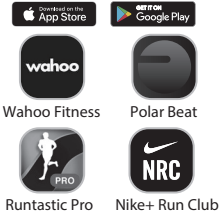
WARNING
Inaccurate heart rate data will be detected if the device is worn in wrong directions.

C. APP PAIRING

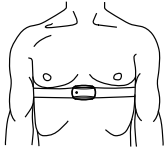
a. Turn on BLUETOOTH



b. Download the APP



c. Activate the Sensor



Wear the sensor properly

d. Pair sensor open the APP to the sensor page

e. Start your workout

WARNING

a.Cleaning of transmitter and strap in a washing machine or dryer is strongly prohibited.

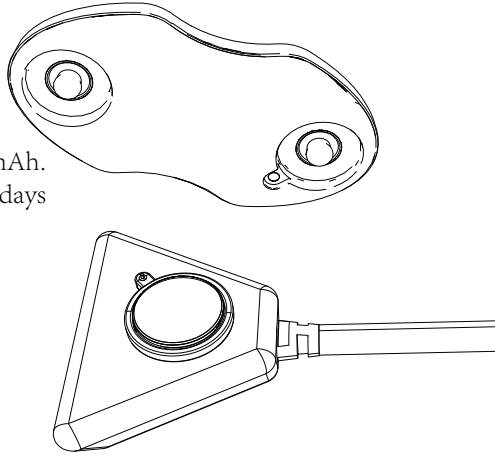
b.Before hand washing the device, detach the transmitter of Heart Rate Monitor where electrodes are located, This part is not washable.

c.While washing the straps, make sure water is no higher than 30° C.

d.Ironing, bleaching or heating is prohibited.

BATTERIES

The sensors uses a rechargeable lithium battery with a capacity of 200mAh. It can be used continuously for 16 hours, and a battery life range of 15 days when the sensors used for 1 hour per day.



IMPORTANT

1.Use the Original Charger**: Ensure that you use the original charger compatible with the lithium battery. Avoid using substandard or incompatible chargers to prevent overcharging, overheating, or battery damage.

2. Avoid Deep Discharge Before Recharging**: Avoid completely discharging the lithium battery to 0%. It is best to start charging when the battery level drops below 20% to prevent damage caused by deep discharge.

DATE TRANSMISSION

BLE Sports System is supported to achieve reliable data transmission by this HRM.

Compatible Apps:

Wahoo Fitness, Polar Beat, Zwift, Runtastic Pro, Nike+ Run Club

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

Disclaimer

- The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.
- We shall not bare any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

CE and FCC statement

Hereby, We, declares that heart rate monitor, Chest, strap (HRD100) 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.

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.

Version: V1.0

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.

FC CE RoHS