
Instruction Manual

HPF-1BT

Introduction

Dear Valued Customer, Thank you for choosing our product! To ensure proper operation, please carefully read this Operation Manual before first use. If you have any difficulty understanding the warnings or instructions, please feel free to contact us before attempting to use the product. We are committed to providing you with the best service!

Product system upgrades may be implemented without prior notice. To prevent potential harm to persons, others, or property damage, you must strictly comply with the following requirements:

WARNING: Operate strictly according to the following instructions. Failure to comply may result in personal injury and property damage:

1. Do not disassemble the equipment, replace power cords, or modify power plugs without authorization, as this may cause electric shock or short-circuit fires.

2. Do not expose the device to humid, wet, or rainy environments to prevent electric shock and short-circuit fires.

3. Do not plug or unplug the power cord with wet hands to avoid electric shock.

4. **CONTRAINDICATION:** Do not use this device if you have severe pulmonary, hepatic, or renal diseases, uncontrolled hypertension, or cardiac disorders.

5. All training must be conducted under professional supervision. Consult your physician before engaging in high-altitude training.

6. This device must not be modified in any way and shall only be used in strict accordance with its designed specifications.

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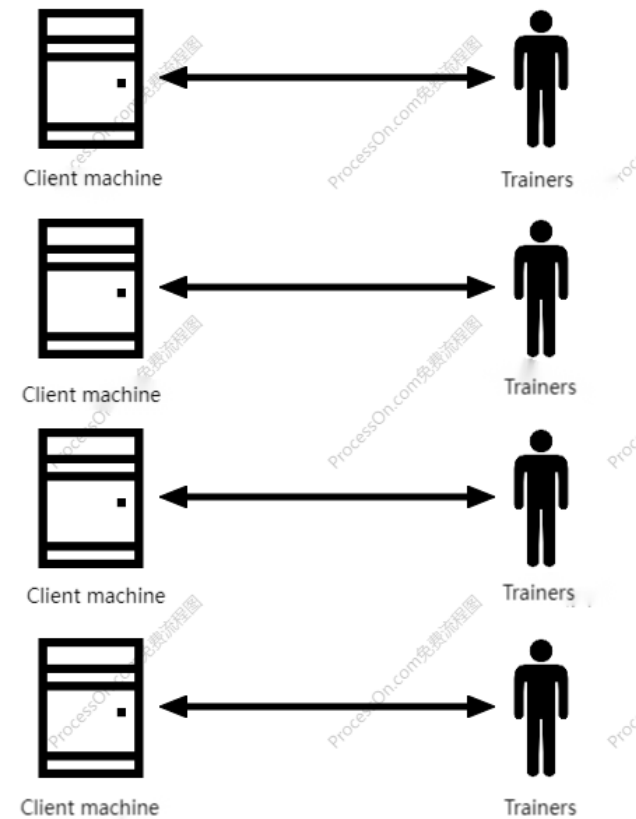
1 Product Introduction

1.1 Product Application

HPF-1BT products are mainly used in the field of mass hypoxic fitness training. The world's leading hypoxia technology devices make hypoxia training more scientific and safer to improve function, enhance immunity, improve efficiency, accelerate fat burning, strengthen cardiopulmonary, and optimize blood.

Scientific hypoxia training enables the masses to shorten the aerobic training time and reduce joint wear; improve muscle strength and endurance, improve anti-fatigue time, shorten the physical fitness improvement cycle; enhance immunity and improve sub-health.

1.2 Component Layout Illustration



1.3Product features

- 1 The product is small in size and easy to move, suitable for home, gym and other multi-scene use.
- 2 10.1-inch adjustable angle touch screen + dedicated controller + algorithm
- 3 Integrated airbag
- 4 Provide a variety of breathing mask options
- 5 Multi-stage air treatment system to provide clean and low oxygen

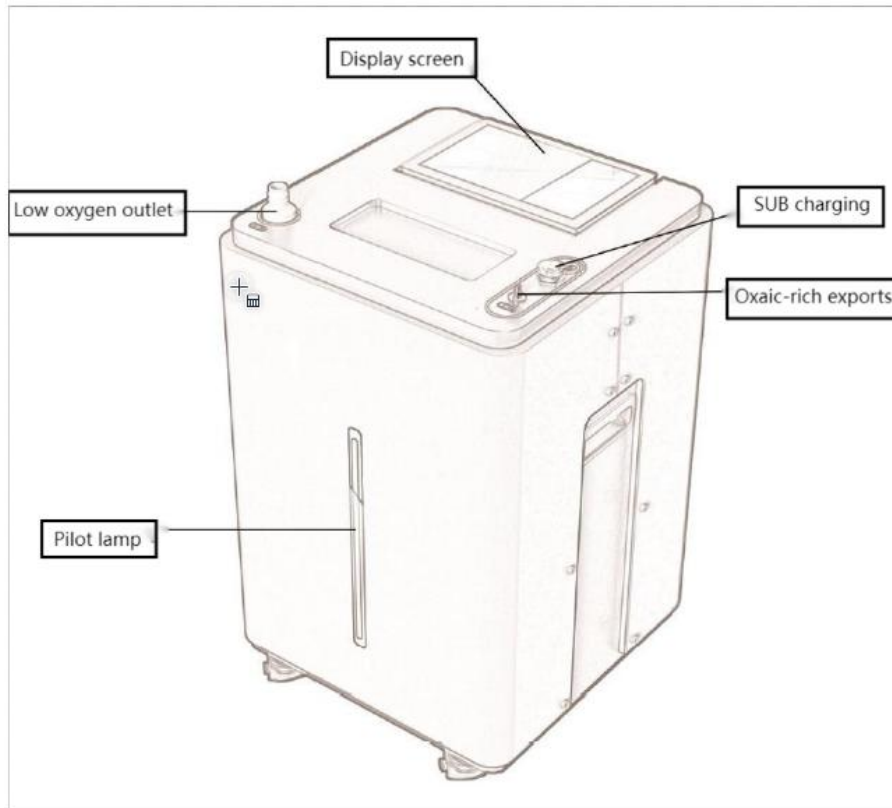
1.4 Working conditions

- ① Ambient temperature: 5℃—35℃
- ② Relative humidity: 20%—85%
- ③ Atmospheric pressure: 75kPa—106kPa
- ④ Maximum operating current: 6A
- ⑤ The equipment needs to be staggered when used, and should not be back-to-back, which is convenient for the heat dissipation of the equipment.
- ⑥ Conditions permit to maintain indoor ventilation as much as possible.

2 Main technical parameters of the product

Name		Specifications	Unit
Device size	Extent	410	mm
	Width	405	
	Height	710	
Weight		40	Kg
Low oxygen flow		≥60	L/min
Low oxygen concentration regulation range		18%-14%	
Oxygen-rich concentration range		≥40%	
Analog altitude		1-3	Km
Rated power		750	W
Rated voltage		AC110	V

3 Product instructions



4 Product maintenance

- ① Keep the air inlet clean and hygienic to prevent the blockage of combustile substances.

- ② It is forbidden to use flammable materials to cover equipment to avoid fire

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Please carry out after-sales maintenance according to the following product parts maintenance cycle:

Serial number	Name	Frequency of replacement/Moon	Quantity	Remarks
1	Pipeline	24	Several	
2	Filters	24	1	
3	Breathing unit	24	1	
4	Breathing mask	/	1 set	Use it until it is damaged, but it needs to be cleaned regularly
5	Calibration of low oxygen concentration	24	1 time	

5 Common analysis of faults and troubleshooting

Simple fault analysis and troubleshooting are shown in the table below.

Failure phenomenon	Cause of Failure	Exclusion method
Turn on the switch, the power light is not on	1. No power or loose power plug 2. Air switch action protection	1. Check the power supply and plug it in. 2. Reset the air switch
Small gas flow	Air leakage at the interface	Check the external airway hose connection for leakage everywhere.

If the equipment has a fault other than the above list, please contact the relevant technical personnel of our company in time to ask for a solution. Please do not open the cabinet door without permission during the failure, so as not to cause personal or property losses.

6 Installation instructions

1	Note for choosing a location: Place the product in a well-ventilated space to provide enough airflow and check whether the air is blocked into the equipment by furniture, mantles or clothing.
2	Keep the air inlet clean and hygienic to prevent the blockage of combustible substances.
3	Plug the plug into the wall power outlet. Press the power on/off button; the indicator light indicates that the device is running and the device is normal.
4	The warm-up time allows the device to reach its specified performance for 3 to 10 minutes after the device is initially turned on.

7 Product use

7.1 Initialize the configuration

7.1.1 Software installation

All software of the system is deployed and installed at the factory, and only needs to be turned on training at the customer's site.

7.1.2 Initialize the configuration

The initialization interface of the interface function module is detailed in Figure 1:

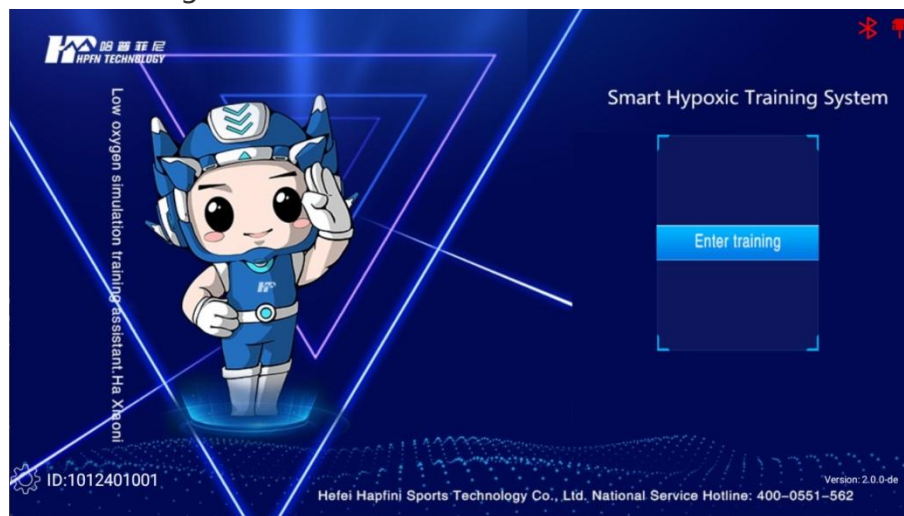


Figure 1

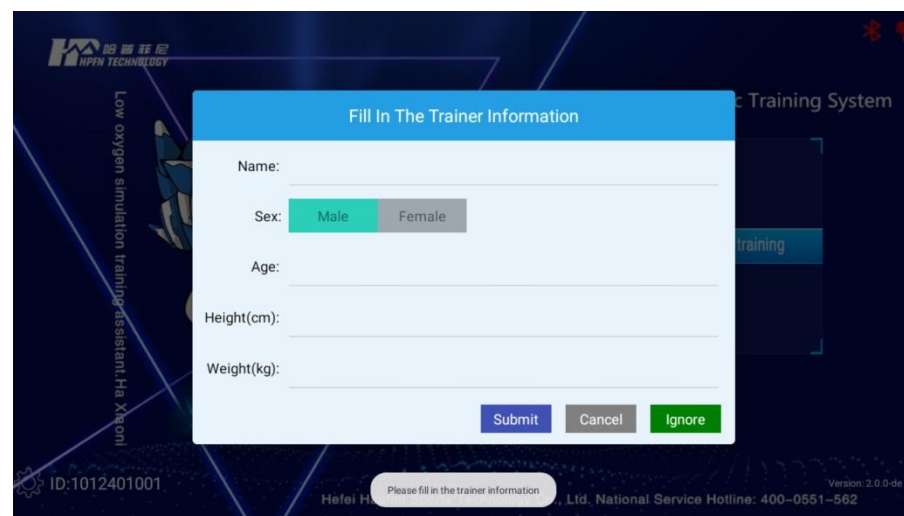


Figure 2

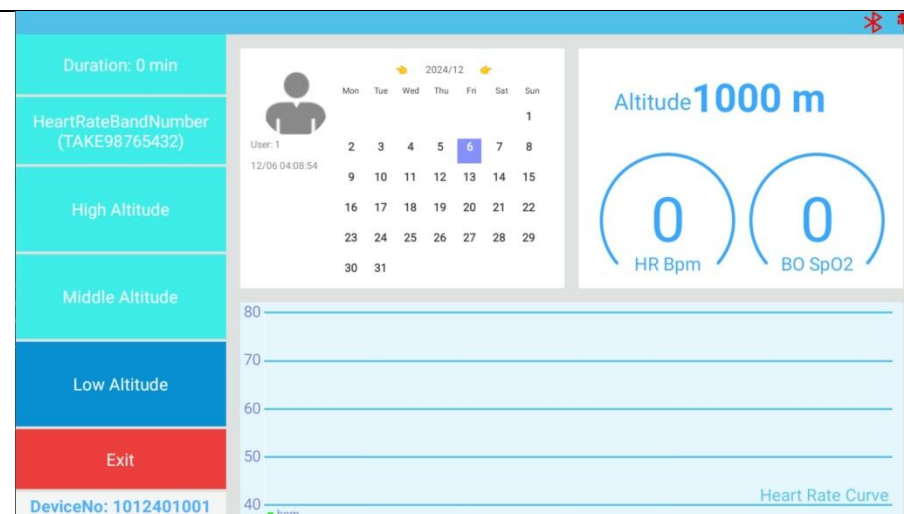


Figure 3

Heart rate armband Bluetooth configuration

Click the Bluetooth icon in (Figure 1), enter the heart rate armband number and click Start Connection to connect to Bluetooth.

7.2 Turn on the client

Press the client's power switch, the indicator light will be on, and the initialization interface shown in Figure 1 appears when the tablet is turned on.

7.2.1 Staff information configuration

In (Figure 1), click to enter the training. In the pop-up box, you need to enter the basic information of the trainer (Figure 2),

including name, gender, age, height, weight and other information.

7.2.2 Start training.

① After entering the trainer's information, click OK to start the training. After the training is completed, a report will be generated. If you click to ignore it, the training will be carried out directly. After the training is completed, the report will not be generated.

② After prompting that the boot is successful, the main interface of the training will automatically enter the main interface on the screen (Figure 3).

③ After entering the main interface of the training, you can see the function selection bar on the left, which can display the training duration, the heart rate arm number, and the choice of high, medium and low modes of altitude. The middle column is the basic information and calendar of the trainer, and the upper right is the real-time heart rate data collection display, real-time blood oxygen data collection, and real-time simulated altitude data. The lower sidebar is the real-time heart rate curve trend chart.



图 4

7.3 End the training

If you click to exit and end the training, the training report can be automatically generated, as shown in Figure 4 above.

7.4 Training report

① The training report contains comprehensive evaluation, training time, heart rate curve, calorie consumption and other data, as well as the highest and lowest and average physiological data of this training.

-
- ② Click the back to main interface button in the lower right corner

to close the report and return to the initialization interface in

Figure .

7.5 End of training

Remove the oxygen mask assembly and the armband.

Turn off the client.

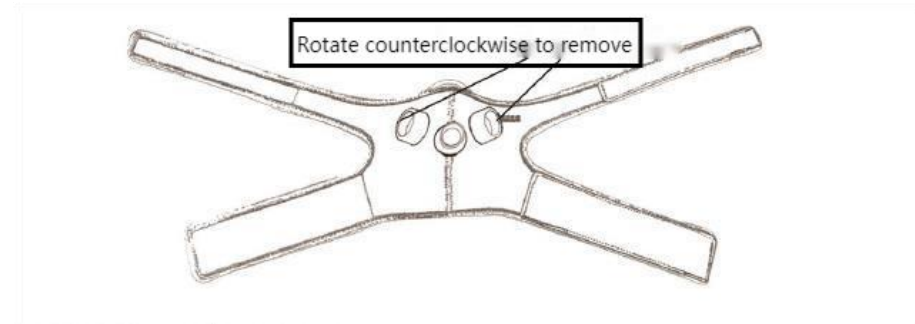
8 Instructions for wearing, disassembly, cleaning and installation of oxygen masks

8.1 Wearing a low-oxygen mask

- ① Check face mask accessories for loss or defect before wearing it.
- ② When wearing a breathing mask, the mask fully fits the mouth, nose and face.
- ③ After placing the mask on the face, straighten the strap and glue it so that the whole mask will not fall off during exercise.

8.2 Disassembly of the mask

Rotate counterclockwise to remove 2 black nuts



- ① Remove the strap from the silicone mask



- ② Remove the one-way valve assembly and other accessories from the silicone mask



8.3 Cleaning of masks

1	Open all mask parts before cleaning.
2	The strap can be cleaned with laundry detergent. It is recommended to dry or dry naturally after cleaning.
3	After each training, it is recommended to wipe or clean the one-way valve assembly and other accessories on the silicone mask with alcohol.
4	Be careful not to put the mask in a place with direct sunlight, otherwise it will accelerate the aging of the mask material.
5	It is recommended not to use irritating chemicals, such as softeners, bleach and other cleaning.

8.4 Face mask assembly

① Assemble all one-way valve assemblies and other accessories on the silicone mask (Figure 1), and then install the plastic joint components on the silicone mask (Figure 2).(Two black

nuts do not need to be installed for the time being, pay attention to the orientation of the one-way valve assembly and other components)

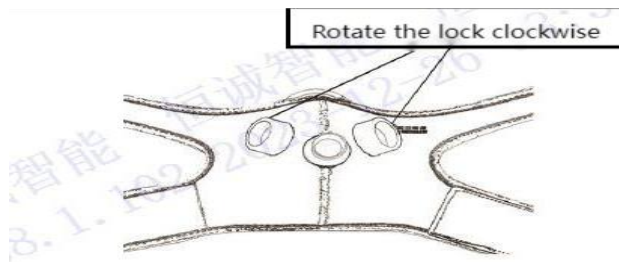


② Follow the above steps to complete the assembly (Figure 2) before installing the strap on the silicone mask.

③ Pay attention to the direction of the silicone mask and the strap, and put the word "0123" on the silicone mask in the same direction as the logo.



④ Rotate clockwise to lock 2 black nuts, then glue the strap and install the mask.



⑤ After installing the mask, check the position direction of the silicone mask and the strap, and check the position direction of the one-way valve assembly.

9 Wearing, disassembly, cleaning and installation instructions for the heart rate armband

9.1 The wearing position of the heart rate armband

Wear the green flash surface on the back of the armband close to the skin. The armband should be worn in the upper and lower three to four fingers of the elbow joint so that it will not slip or shake during exercise, and it should not be tightened.



9.2 Disassembly and cleaning of heart rate armbands

① The heart rate band will stick to sweaty salt when used for a long time, which will reduce the accuracy of heart rate measurement. Therefore, we need to simply clean the heart rate armband, and it is recommended to wash it every seven days. If you sweat heavily, wash it once every three to five days.

② Before cleaning the armband, remove the sensor to avoid damage to the sensor. After washing the armband, it is recommended to dry or dry naturally. Do not expose it for a long time or use a dryer to dry.

③ Choose cold or warm water to wash. Do not use irritating chemicals, such as softeners, bleaches, etc.

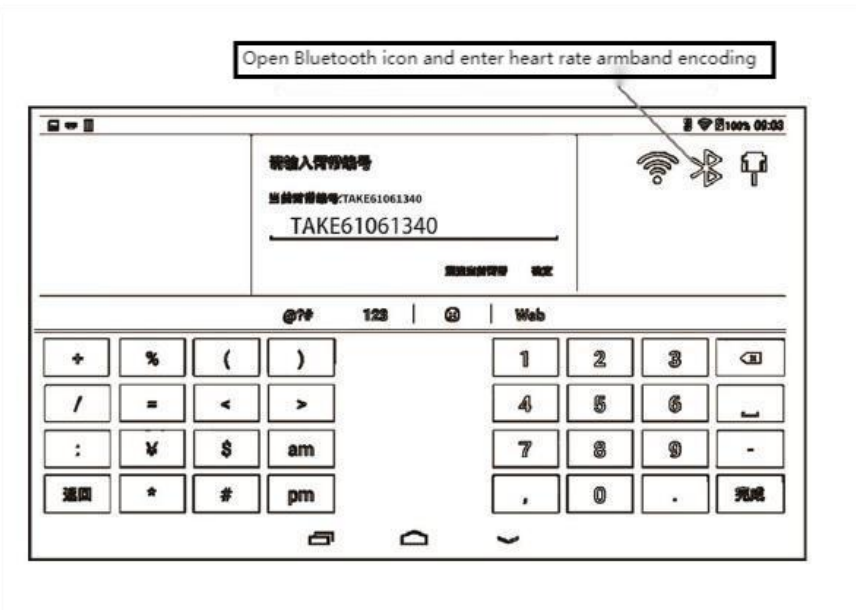
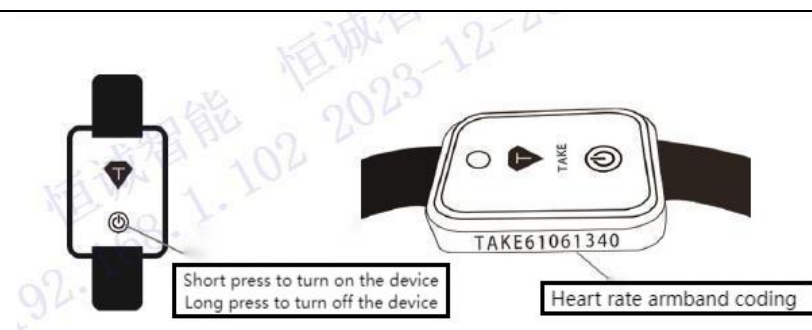
④ It is recommended to wipe with alcohol and alcohol cotton when cleaning the heart rate sensor.

⑤ If the heart rate band needs to be placed for a long time, the sensor needs to be removed to extend the service life of the

heart rate monitor.

9.3 Heart rate armband connection instructions

Press the heart rate armband power button briefly, turn on the armband indicator light to flash, then open the Bluetooth icon on the client interface, correctly enter the encoding on the left side of the heart rate armband, and click OK after completion, the client Bluetooth icon shows that the white armband Bluetooth connection is completed, and long press the power supply to turn off the heart rate armband indicator light to turn Off.



9.4 Heart rate armband charging instructions

- ① The product has its own charging holder, and the charging

head can be adapted to the USB interface.

- ② Place the heart rate armband on the charging seat, and the charging end on the back should fit the charging end of the base. If it is reversed, it will not charge.

- ③ Plug in the USB socket of the charging base, and the indicator light flashes red when charging, and the indicator light always turns green when it is full.

- ④ The normal battery life of the armband is 8-12H. 3-5 hours of charging every 1-2 days.

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.

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.

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

ISED Statement

English: This device complies with Innovation, Science and Economic Development Canada's license-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

- French: Le présent appareil est conforme aux CNR d'Innovation, sciences et développement économique Canada applicables aux appareils

radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

Radiation Exposure Statement

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Déclaration d'exposition aux radiations

Cet équipement est conforme Canada limites d'exposition aux radiations dans un environnement non contrôlé. Cet équipement doit être installé et utilisé à distance minimum de 20cm entre le radiateur et votre corps.

Caution:

- (i) The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems;
- (ii) For devices with detachable antenna(s), the maximum antenna gain permitted for devices in the bands 5250-5350 MHz and 5470-5725 MHz shall be such that the equipment still complies with the EIRP limit;
- (iii) For devices with detachable antenna(s), the maximum antenna gain permitted for devices in the band 5725-5850 MHz shall be such that the equipment still complies with the EIRP limits specified for point-to-point and non-point-to-point operation as appropriate; and
Operations in the 5.25-5.35GHz band are restricted to indoor usage only.

Avertissement:

- (i) les dispositifs fonctionnant dans la bande de 5150 à 5250MHz sont réservés uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux;
 - (ii) pour les dispositifs munis d'antennes amovibles, le gain maximal d'antenne permis pour les dispositifs utilisant les bandes de 5250 à 5350MHz et de 5470 à 5725 MHz doit être conforme à la limite de la p.i.r.e.;
 - (iii) pour les dispositifs munis d'antennes amovibles, le gain maximal d'antenne permis (pour les dispositifs utilisant la bande de 5725 à 5850 MHz) doit être conforme à la limite de la p.i.r.e. spécifiée pour l'exploitation point à point et l'exploitation non point à point, selon le cas;
- Les opérations dans la bande de 5.25-5.35GHz sont limitées à un usage intérieur seulement.