

HOLUX



Impulse 8100

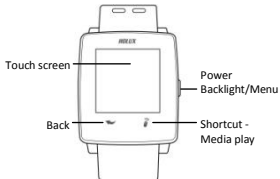
User Manual

Impulse 8100 Heart-Rate Smartwatch

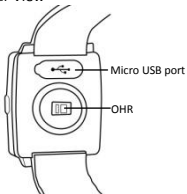
✂ Search for “Impulse” app in Google Play and install it on your mobile phone. You can use this application to browse related activities and training records.

Product Overview

Front View



Rear View

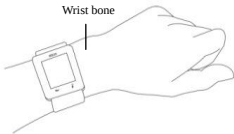


Basic key functions

Key	Operation and Function
Power	• Press and hold the key for 3 seconds to turn on the power. • Press and hold the key for 8 seconds to reset the system if the device cannot operate normally.
Backlight/Menu	• Backlight: Press the key for 1 second to turn on/off the backlight. • Menu: Press and hold the key for 3 seconds to open the menu screen and show the power on/off, Bluetooth connection, heart rate detection, and warning messages. You can select the function that you need from the screen. • Screen lock: Press the key for 1 second and follow the on-screen instructions to unlock the screen.
Back	Return to the previous page.
Shortcut – Media play	Press to enter the music play page.

How to wear the Smartwatch

When using Impulse 8100, wear your watch on the wrist below the wrist bone as shown in the following figure. To measure the heart rate correctly, make sure the strap fits snugly around the wrist to ensure the watch is pressed against the skin.

**Maintenance of the product**

- You can use a damp cloth to wipe the watch or use gentle soap solution to remove oil or dirt.
- Use a wet cotton swab to clean the area around the sensor. Clean it every week if you use the product frequently.
- Be careful not to scratch the sensor part to avoid damage.
- Keep the watch away from any powerful chemical agents, such as gasoline and acetone, to avoid damage.

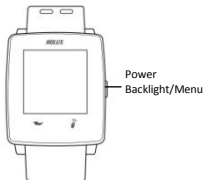
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How to use Impulse 8100

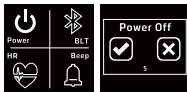
Power on/off

Power on: Press and hold the Power key until the boot page appears on the LCD screen.

※ Make sure the battery is fully charged (charging time: about 2 hours) before using the product to ensure normal operation of the system.



Power off: Press and hold the Power key for 3 seconds and the following options appear on the screen. Press  to turn off the device.



Initial setup

When using the device for the first time, follow the on-screen instructions to complete the initial setup process. If you reset the device to its default settings, the initial setup process will be activated automatically when the device is turned on.

Slide the screen to the right and configure the following settings:



Boot screen



Slide the screen
to the right



Set the date



Set the time



Set the unit



Set the age

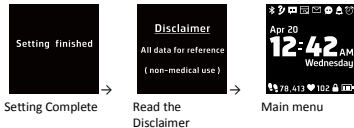


Set the height



Set the weight

English



Menu function

The time page appears once you turn on the device. Slide the screen to the left or right to navigate the function pages. The following table lists the available functions.

	Main menu page Display the basic information including the date, time, and power status.
	Menu page 2 (slide to the right) Display total steps taken, total distance travelled, total calories burned, and exercise functions.
	Menu page 3 (slide to the right) Display the heart rate measurement, sleep, fatigue measurement, and music play functions. ※To measure your heart rate, stay calm and relax for 20-30 seconds after activating the HR function. After the device detects your heart rate, only then you can do normal activities.

	Menu page 4 (slide to the right) Display the stopwatch, countdown, compass, and setup functions.
	Slide the screen upward in any menu page to display the information of the current measurement. Press the Back key  to return to the previous page.

Legends

The icons on the main page are described below.



	Bluetooth on		Connected to mobile phone via Bluetooth
	Missed Calls prompt on mobile phone		Unread Messages prompt on mobile phone
	Event notification prompt on mobile phone		Alarm clock
	Unread app Messages prompt on mobile phone		Buzzer mode
	Vibrate mode		Screen lock



Power level display



Power level 65~100%;



Power level 35~65%;



Power level 10~35%;



Power level <10%; a low power message appears.

Safety instructions

- Read this manual carefully before use to ensure safe operation of the device.
- The device is not a medical device and only used for the measurement in normal exercises. Make sure the device is worn in the correct measuring position. If you feel uncomfortable during the exercise, stop and seek medical advice immediately. The user must use the device carefully and it is up to the user rather than HOLUX to take all safety responsibilities.
- If you feel discomfort in your skin or an allergic reaction occurs, stop wearing the device and seek medical advice immediately.
- Do not use or store the device in the following environments to avoid failure or damage.
 - Don't expose the device to extreme temperatures or humidity or operate it in such environments;
 - Do not use the device in dusty areas.
- Though the device provides waterproof function (IPX7 water resistance), the following instructions must be followed when you use the device:
 - Don't soak the device or use it in water;
 - Don't take shower or sauna bath with the device worn around the wrist to avoid affecting or damaging the waterproof function;
 - Do not rinse the device directly under a faucet to avoid affecting or

damaging the waterproof function.

- Do not remove or replace the battery. Only well trained service personnel are allowed to disassemble/install the internal components.
Note: Explosion may occur if the battery is not replaced with a new one of the same model or equivalent type. Contact the manufacturer to dispatch professional service personnel for battery replacement.
- Do not try to disassemble or repair device yourself to avoid failure or device malfunction or occurrence of accidents.

Warranty Statement

- This warranty applies to parts and services that are manufactured and sold through HOLUX. The warranty length is one year from date of purchase (starting from the date on the sales receipt). Under normal user operation, HOLUX provides free repair services.
- HOLUX is not responsible for providing repairs or replacements of any software; HOLUX does not provide any warranty service for third party software/hardware.
- Important instructions
 1. Note: This warranty does not cover damage or malfunction from the below causes: unauthorized disassembly/modification of unit, abuse or incorrect usage, accidental and other unpreventable causes, operation under variables mentioned that are different from those in this product user manual, using parts not made or sold by HOLUX, or repairs done by anyone other than HOLUX and authorized retail/service providers.
 2. Expendable parts are not covered in the warranty.
 3. HOLUX is not responsible for any program, data, or portable storage media damages or loss. Please contact your local HOLUX authorized service provider to learn more about geographical limitations, proof of purchase requests, response time agreements, and other specific maintenance service requests.
 4. The content of this user manual is subject to change without prior

English

notice. Please contact us if you have any question or notice any errors in descriptions in the user manual.

Copyright Information

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Federal Communications Commission (FCC) Statement

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.

CAUTION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate this equipment.

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.
For product available in the USA/Canada market, only channel 1~11 can be operated. Selection of other channels is not possible.

RF Exposure Warning

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to End-users and installers must be provided with antenna installation instructions and transmitter operating conditions for satisfying RF exposure compliance.

Specification

Processor	Low power 32 bit processor
Memory	4MB for Activity and Sleep Log
Display	1.28" (128x128) Memory LCD Touch screen
Sensor	Optical Heart Rate (OHR) Sensor G-sensor Compass
Alert	Vibration Motor Buzzer
Bluetooth	4.0 low energy (BLE)
Battery	Rechargeable Li-ion 60 days (Time Mode) 20 hours (Continuous OHR Mode)
Dimension	37.4 x 42.2 x 12.1 mm
Weight	56g
Mobile Application	Android/ iOS
Waterproof	IPX-7

RF Exposure Warning:

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 & your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

WARNING!

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.