

Atongm

BLUETOOTH 4.0+5.3KHZ

HEART RATE MONITOR

USER MANUAL

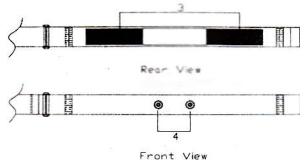
Thank you for choosing our products as sports fitness products of your choice. This product is a heart rate monitor one type of sensor will detect the sending of heart rate and heart rate data to the intelligent mobile phone and At the same time support 5.3KHZ heart rate monitoring sensor watche.

IMPORTANT:

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

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b.Heat rate chest strap



3.Electrodes

4.Fastening buttons

c.Smart phone(Sold separately)

d.5.3KHZ heart rate monitoring sensor watche

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C.GETTING STARTED:

To wear chest strap

a. Wet the conductive pads on the rear of the chest belt 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.



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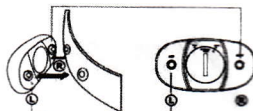
This manual contains important safety and care information, and provides step by step instructions for using this product. Read it thoroughly, and keep the manual in a safe place in case you need to refer to it later.

A. Parts List:

- a.Heart rate transmitter
- b.Adjustable elastic belt
- c.CR2025 User manual
- d.battery – already installed

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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.

d. LED indicator function: the LED will

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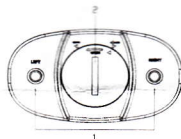
B. DEVICE OVERVIEW:

a.Heart rate Transmitter

Front View



Rear View



1.Left & Right wearing directions

2.Battery Door

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flashing fast when you touch the electronic conductive on the two side of the chest strap or when you strap the chest belt across your chest, that means power of the heart belt works well, it will connect Bluetooth automatically, and LED will stop flashing when connected, if fail, LED will flash once in 2 seconds.

To run software on smart phone, receive the heart rate data.

SUPPORTED DEVICE:

a. This device is a Bluetooth Smart device, compatible and applicable with many IOS devices, including:

❖ iPhone 4S / iPhone 5/iphone 5S/iphone 6

❖ The New iPad / iPad 4 / iPad mini

❖ iPod Touch 5

b. In addition, this device is also recommended to work with the

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following APPs:

- ✧Endomondo
- ✧Strava
- ✧Sports Tracker
- ✧MapMyRide



For example:

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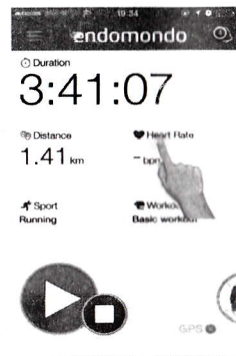
using this APP Endomondo

Step 1:



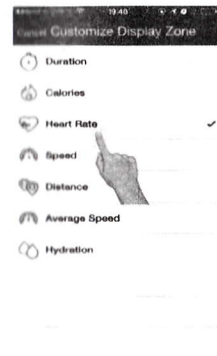
Step2:

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Step3:

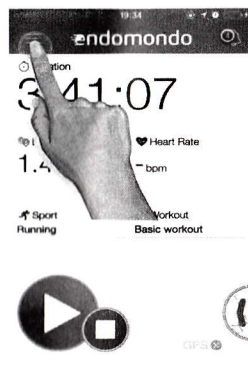
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Step4:

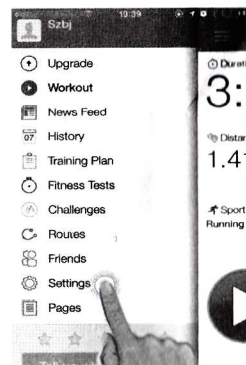
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wear your heart rate monitor the LED will flashing fast when you touch the electronic conductive on the two side of the chest strap or when you strap the chest belt across your chest, that means power of the heart belt works well, it will connect Bluetooth, automatically and



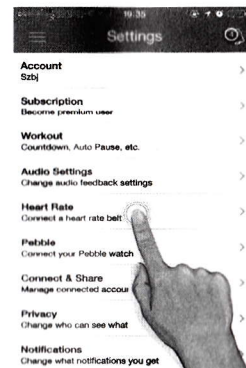
Step6:

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Step7:

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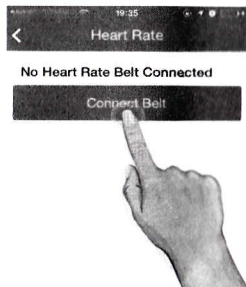


Step8:

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Step5:

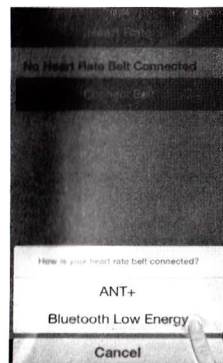
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Wahoo API: 3.2.0

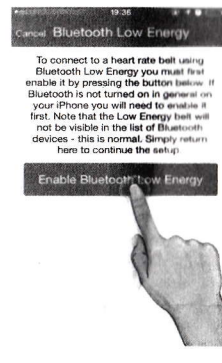
Step9:

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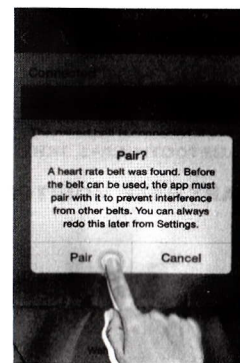
step10:

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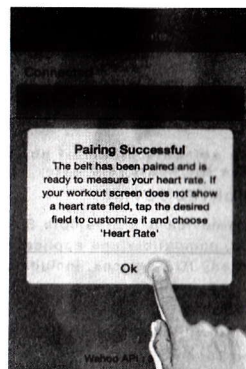
Step11:

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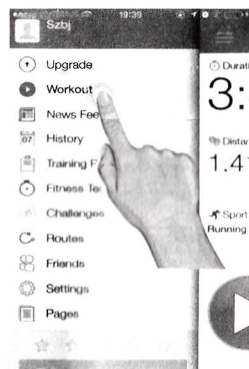
Step12:

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Step13:

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Step14:

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Disclaimer:

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The related device connected to the 5.3KHZ

a. Data received from 5.3KHZ and 4.0 bluetooth can work at the same time without interfering, which can monitor your sport intensity and heart rate beat data, the signal sending distance is 70cm, it can connected with all device with 5.3 HKZ compliance, such as : heart rate watch , running machine, etc

WARNING:

a. Cleaning of transmitter and strap in a

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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. Ironing, bleaching or heating is prohibited.

D. BATTERIES:

The transmitter use 1pc CR2025 3V battery. The battery already installed. The battery typically

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last one year. We highly recommend that you contact the retailer or our customer service department if you need to replace them.

a. Using a coin, twist the battery door counter clockwise until it clicks out of place.



b. Remove the old battery and insert the new battery with the +side upwards.

c. Replace the battery door by twisting it clockwise until it is firmly in place.

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