OTCONNECT BEAT PERFORMANCE MONITOR

Information Manual Text

PM-1A

Getting Started

Included:

- Device Pod and Carrier
- Device Strap - Medium. You may exchange for Small or Large strap, at time of purchase or in studio before your first class.
- Charging Cord

Setting up your device:

1. Remove your device from the box insert.
2. Connect the charge cord to the USB-C port on the underside of the device to wake the unit from manufacturing sleep mode and charge for use. See **Device Charging** below for more detailed information.
3. Once your device is fully charged, remove the cord and power ON.

Powering your device ON/OFF:

- Turn the device ON by a single press on the dome button over the splat icon on the top of the unit.
- Turn the device OFF by holding the dome button for 2-seconds.
- If the device sees no movement or heart rate detection for 5 minutes, it will automatically power down to save battery life.

Device Placement

1. To ensure the highest heart rate accuracy possible, fasten your device snuggly around the bicep with the pod facing away from the body.
2. Ensure the optical sensor on the underside of the pod is making good contact with the skin.

Note: We recommend not placing the device over tattoos to avoid impacting the heart rate sensor accuracy and performance.

Device Charging

1. Lift the rubber cover on the underside of the device.
2. Plug USB-C connector on the charge cord into the USB-C port on the device.
3. Plug the USB connector into a computer USB port or charging block (not provided).
4. Plug charging block into wall outlet.

While the device is charging the light ring will slowly pulse white. When the device is fully charged, the light ring will illuminate for 2 seconds in white, then the light ring will turn off.

Note: Charging time will vary due to differences in voltage between computer and wall outlet.

Device Care

1. To ensure high heart rate accuracy, clean the optical sensor on the underside of the pod with a soft cloth after each use.
2. The device pod and strap are waterproof to IPX8 specifications and can be cleaned with mild soap and cool water.

3. <u>Do not</u> place the pod in the washing machine.
4. The strap may be washed in the washing machine but should not be placed in the dryer.
5. Do not use abrasive chemicals to clean the device pod or strap as this may cause permanent damage.

Device Features

LED Light Ring:

- During normal operation:
    - If your studio supports Zone Indication, the device light ring will pulse in the color of your current heart rate zone.
    - If your studio does not support Zone Indication, the device light ring will pulse in white.

Note: Zone Indication may be enabled/disabled at any Orangetheory studio in your OTbeat member settings (ask studio staff for assistance) or in the Orangetheory app <procedure TBD>.

- During charging:
    - Light ring will slow pulse in white.
    - When charge is complete the light ring will light up for 2 seconds then the light ring will turn off.
- Low Battery:
    - When the device is powered on, the light ring will blink red 3 times that indicates that your battery is below 15%.
    - When the device is being powered off, the light ring will blink red 3 times, then the unit will power down.
- Firmware Updates:
    - Light ring flashes yellow while firmware is being updated.
    - Light ring flashes green when firmware has completed update.

Connecting to the Orangetheory Mobile App

You can use your device to participate in out-of-studio workouts. In order to use this function, you'll need connect your device to the Orangetheory App.

1. Ensure the device is fully charged.
2. Turn the device ON by a single press on the dome button over the splat icon on the top of the unit.
3. Open the settings on your mobile device and ensure your Bluetooth settings are on.
4. Open the Orangetheory App on the mobile device.
5. In Orangetheory App, go to settings to ADD DEVICE.
6. Once the device appears, it is successfully connected to the app.

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Connecting to the Orangetheory Mobile App

There are two functions that can be enabled through your Orangetheory Mobile App: Out-of- Studio Workouts and Zone Indication. To use these functions, you'll need connect your device to the Orangetheory App.

1. Ensure the device is fully charged.
2. Turn the device ON by a single press on the dome button over the splat icon on the top of the unit.
3. Open the settings on your mobile device and ensure your Bluetooth settings are on.
4. Open the Orangetheory App on the mobile device.
5. In Orangetheory App, go to settings to ADD DEVICE.
6. Once the device appears, it is successfully connected to the app.

Out-of-Studio Workouts

1. From the Base Home Page: Select 'At Home' from your top navigation pane
2. Scroll to select your type of workout from the 'Start Workout - See All' list at the top of the page
3. From the Performance Tab: Select the Performance Tab from the bottom of the mobile app screen
4. Select the Orange '+' icon in the top right of the page
5. Select your *workout type* from the list of available options
6. Once your workout type is selected via either path, ensure your monitor is connected to your device to begin your workout
7. When finished, click 'Pause'
8. Select 'Finish'
9. Select whether to save or discard your workout

Zone Indication

If your studio does not support zone indication, you can connect to the Orangetheory Mobile App to enable the zone indication feature.

[STEPS TO BE ADDED HERE]

Technical Specifications

1. Functions - Heart rate detection, step count, BLE transmission of workout data
2. Heart rate range – 30-220 BPM in 1 BPM resolution
3. Transmission – Bluetooth Low Energy (BLE)
4. Power Supply –DC5.0V/100mA
5. BLE Transmission Distance –10.67 meters (35 feet)
6. Battery Life – 14 hours
7. Water Resistance Level – IP67
8. Storage Temperature – -20 to $+60^{o}$C
9. Operating Temperature – 0 to $+40^{o}$C

Regulatory Compliance

FCC Regulatory Compliance

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.

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.

FCC Radiation Exposure statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED compliance statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans 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;

(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED Radiation Exposure statement

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.