



**beat  
burn**

*Quick Start Guide*

**Instructions for:**

1. Getting Started
2. Downloading the Orangetheory App
3. Charging Device
4. Proper Placement
5. Pairing Device
6. LED Guide
7. Caring for Device
8. Technical Specifications

**Getting Started:**

1. Included in packaging: OTbeat Burn, SM band, LG band, & USB cord
2. Remove OTbeat Burn from packaging
3. Connect USB cord into charging port of device to wake the device from manufacturing sleep mode
4. LED light will appear after a few seconds

**Downloading the Orangetheory App:**

\*Using your mobile device, download the Orangetheory App.

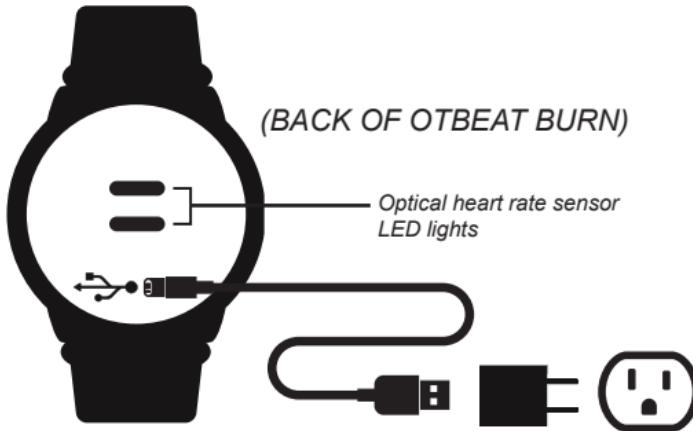


Orangetheory App

*Note: Fully charge device before attempting to pair for the first time.*

**Charging Device:**

1. Open rubber port cover on back of device
2. Plug in mini-USB connector into device port
3. Plug in regular USB connector into charging block (not provided)
4. Plug in charging block into wall outlet



Device can be connected directly to a computer USB port for charging.  
*Note: Charging time will vary due to differences in voltage between wall outlet and computer.*

**Battery is fully charged when Green LED is continuously on**  
**During charging: Red LED light will blink slowly**  
**LED indication for charging is on front of device**

## *OTbeat Burn - Proper Placement*

### **Proper Placement:**

#### **To transmit accurate data from your device:**

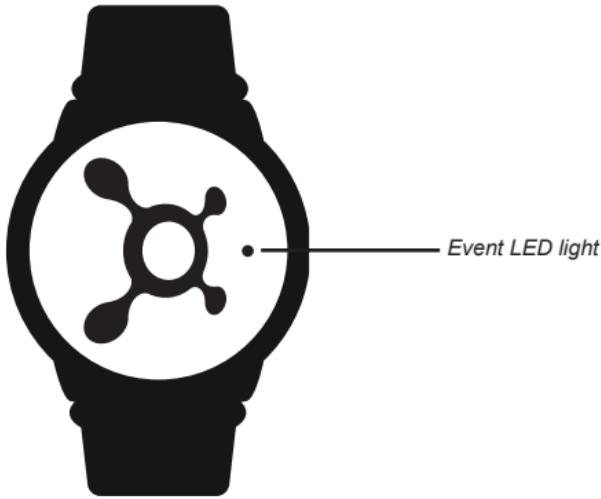
1. Fasten device snugly around the bicep with the module pointing away from the body.
2. The optical sensor should make good contact with skin



## OTbeat Burn - Pairing Device

### Pairing Device:

1. Once OTbeat Burn is fully charged, double click the center of the Splat to power ON the device



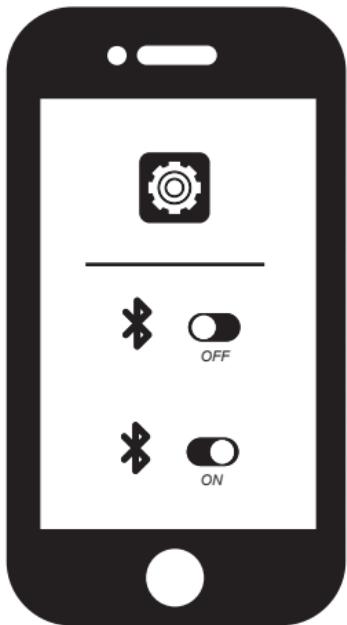
Set power **ON**: Short button press  
(*Blue LED blinks for 5 seconds*)



Set power **OFF**: Long button press  
(*Red LED light blinks quickly for 5 seconds then turns off*)

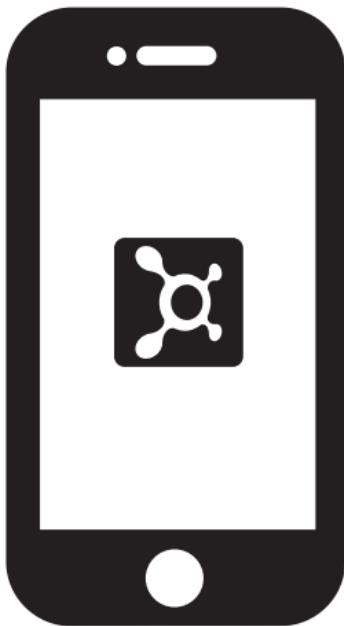
### **Pairing Device (Cont.):**

2. Launch the settings app on your mobile device
3. Ensure your bluetooth settings are on



**Pairing Device (Cont):**

4. Open Orangetheory app on mobile phone.



## **Pairing Device (Cont.):**

5. Use the Orangetheory app to search for device

\*Once device appears, OTbeat Burn is successfully connected to app



## LED Guide

### **Heart Rate Detection LED Indication:**

Alternating BLUE and GREEN: Detecting heart rate

Alternating BLUE and RED: No heart rate detected

Blinking GREEN: Heart rate detected

Blinking ORANGE: Heart rate zones are changing

### **Bluetooth Connection State:**

Blue LED blinks for 5 seconds: After turning on the unit

Blue LED continuously on for 5 seconds: Connected

Green LED continuously on: Updating firmware

### **Battery LED Light**

#### ***During Charging:***

Red LED blinks slowly: Charging

Green LED continuously on: Battery full

#### ***Battery State:***

Red LED blinks three times: Low battery at <15% (repeat every 5 min. until reach critical level)

Red LED continuously on for 2 sec: Device powering off

**Caring for Device:**

1. To ensure accurate readings, clean the sensors with a soft cloth after use
2. OTbeat Burn unit and strap are waterproof to IP67 specifications and can be easily cleaned with mild soap and cool water
3. Use a cotton swab and rubbing alcohol to clean the USB charging contacts when necessary. Do NOT contact USB charging port
4. Do not use any abrasive chemicals to clean the OTbeat Burn unit, sensor, or strap. This will cause permanent damage

### **Technical Specifications:**

Feature	Description
Functions	heart rate detection and transmission (Bluetooth 5.1), battery low alert
Heart Rate Range	30 to 220 BPM in 1 BPM resolution
Heart Rate Accuracy	+/-5 BPM
Transmission	BLE
Power Supply	3.8V Li-ion Polymer rechargeable battery
BLE Transmission Distance	15 Meters
Battery Life time (PPG&BLE always on)	Up to 24 hours of continuous detection
Water Resistance Level	IP67
Storage Temperature	-20 to +60°C
Operating Temperature	0 to +40°C
Memory capacity	6 hours detection

For more information visit  
[orangetheory.com](http://orangetheory.com)

atbeat  
**burn**