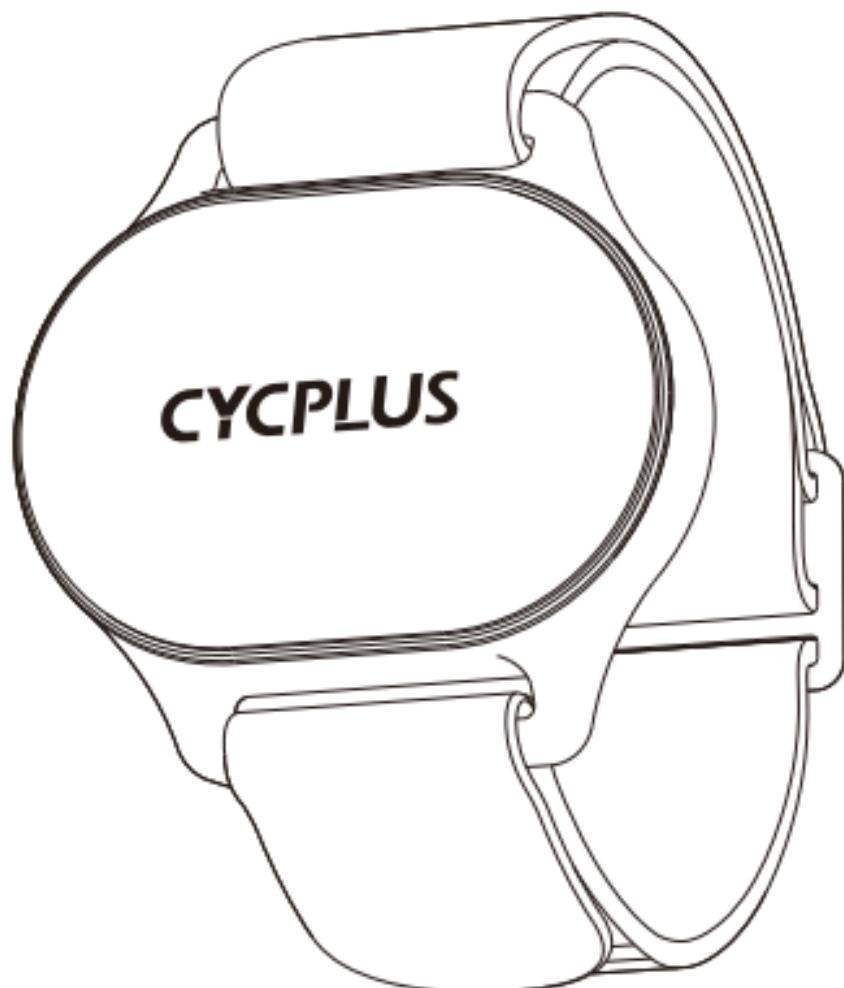


Heart Rate Monitor H1

User manual



心率计H1用户手册

After sale email: steven@cycplus.com

Getting Started Guide

① Wearing

It is recommended to wear the device on your bicep or forearm skin of either hands. Fasten the strap and adjust it to fit snugly and stay in place during activity. Adjust to find the best position and length of the strap for more accurate data.



Note: Fit it snugly on your skin for proper operation.

② Check battery level

While in shutdown state, tap the button, and the indicator will light up for 2 seconds to indicate the battery level.



③ Power on

Before powering on, please ensure that you have worn the heart rate monitor. To turn it on, press and hold the button. Upon powering on, the indicator light will flash red and green alternately for approximately 5 seconds as it analyzes and calculates the current heart rate. After this initial phase, it will begin normal operation. While the heart rate monitor is functioning, the indicator light will continue flashing at the same frequency as the heart rate, and its color will change based on the heart rate value.

Green light: heart rate \leq 80 BPM

Orange light: 80 BPM \leq heart rate \leq 140 BPM

Red light: heart rate \geq 140 BPM

④ Shutdown

The heart rate monitor will automatically shut down after being removed from the skin and left idle for 5 minutes, or you can turn it off by briefly pressing the button. The indicator light will turn off after shutdown.

⑤ Charging

The device uses a magnetic charging interface, and the indicator light will flash slowly in red when charging, and the green light will be always on when it is full.

Please avoid metal objects while charging, and peel off the plug in time after charging.

Notes

1. The heart rate monitor is not a replacement for medical equipment.
2. In cold environments, reduced blood flow may affect accuracy. Wear the monitor under warm clothing and warm up before use.
3. Sweat or debris may interfere with the sensor. Wipe and reposition the monitor if needed.
4. Tattoos, scars, dark skin, or excessive hair may obstruct the sensor, affecting data accuracy.

Specifications

Size: 43 × 44 × 12 mm

Weight: 13g

Water-proof: IPX6

Operating temperature: -10 °C to 60 °C

Battery: 3.7 V 90 mAh

Charging mode: 5V magnetic

Charging time: 30 min

Battery life: Up to 110 h

(Depends on environmental and personal factors)

Wireless protocol: ANT+, BLE

Packing List



Heart rate monitor



Strap



Charging cable



Manual

Manufacturer Information

Company:

Chengdu Chendian Intelligent Technology Co., Ltd.

Address:

No. 88, Tianchen Road, Chengdu, Sichuan, China

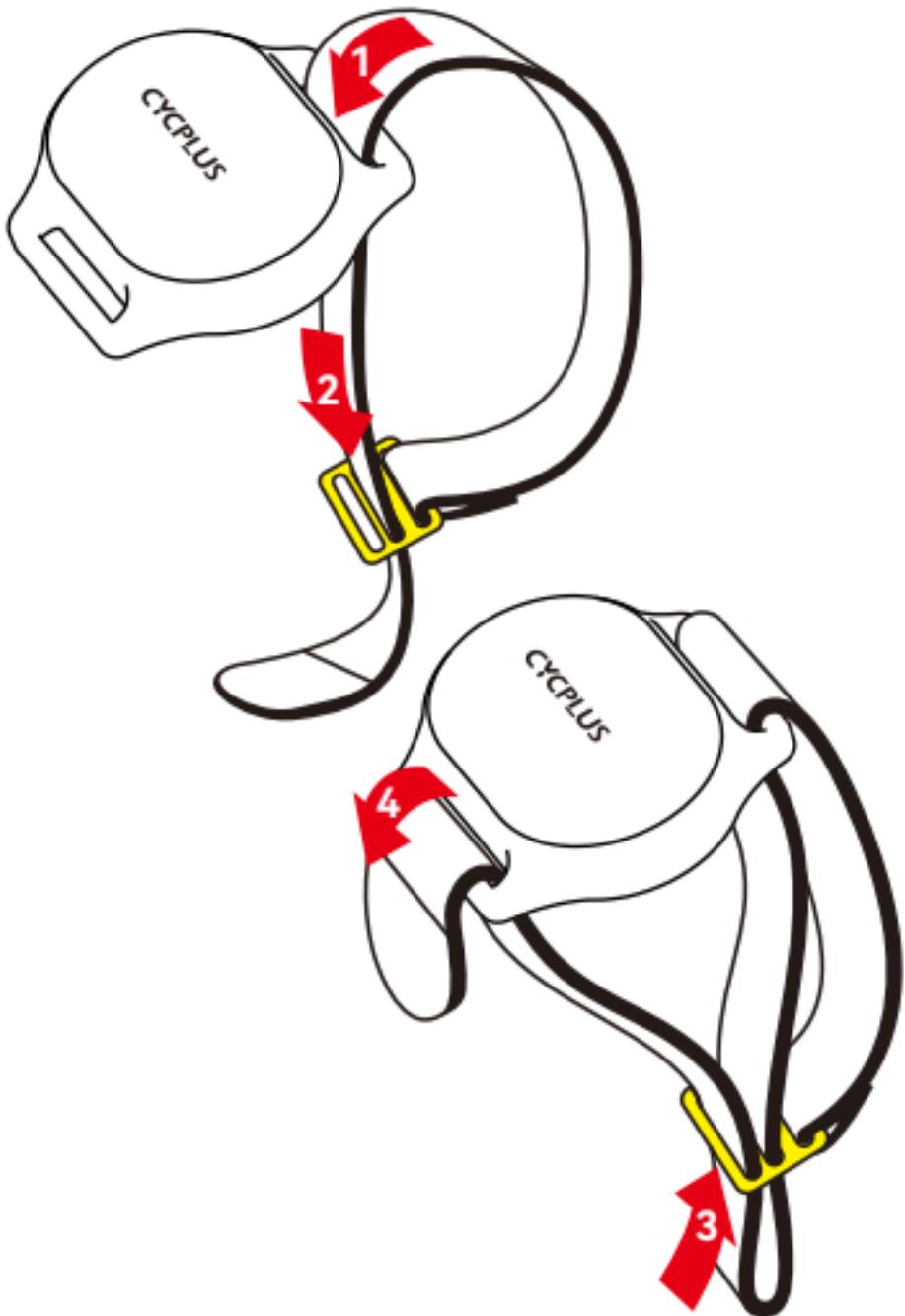
Warranty:

Free repair or replacement within 2 years for non-user-induced damage.

Contact:

steven@cycplus.com

Installation of strap



Product Optimization Notice

To continuously improve product functionality and user experience, we may make adjustments to the design, features, or accessories of the product. The actual item you receive may differ from the description in this manual. Please refer to the physical product as the final reference. We reserve the right to modify products without prior notice.

Thank you for your understanding and support!

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.

Any 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.