

# Bluetooth Smart Fabric Chest Belt

## Model: HRM706

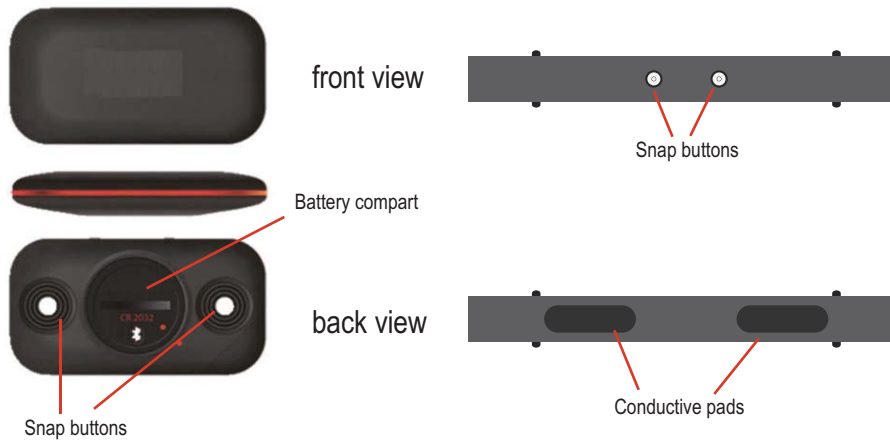
### User Manual

the HRM-706 water resistant fabric chest belt is equipped with the latest Bluetooth Smart technology to achieve reliable transmission linkage with sports system device that is with the logo Bluetooth and corresponding application.

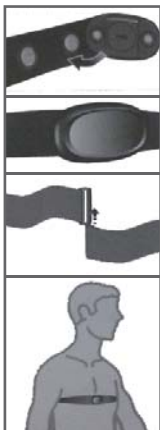
#### OVERVIEW

##### HEART RATE DETECTOR

##### BELT STRAP



#### WEARING THE CHEST BELT



The chest belt counts your heartbeat and transmits the data.

1. Align the heart rate detector unit with the snap buttons on the belt strap. Secure by snapping into place.
2. unfasten the belt strap.
3. Wet the conductive pads on the underside of the chest belt with a few drops of water or conductive gel to ensure solid contact.
4. Position the heart rate detector unit below your chest, while making sure logo is the right way up. Wrap the strap around your chest and fasten into place.

To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.

#### Tips

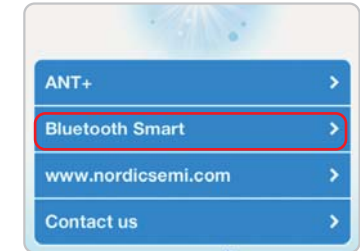
- .The position of the chest belt affects its performance.
- .Avoid areas with dense chest hair.
- .In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

#### Operation Guide

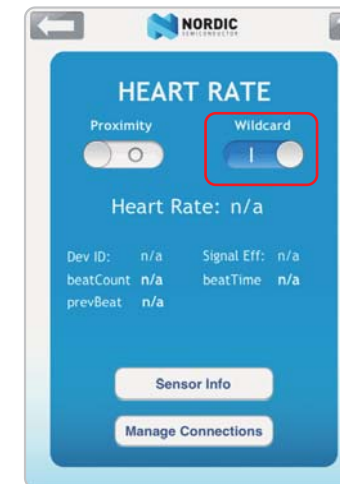
This HRM is compatible with many apps running on Bluetooth Smart Ready devices. Below is a demo pairing with iPod touch, using Nordic nRFready Utility.



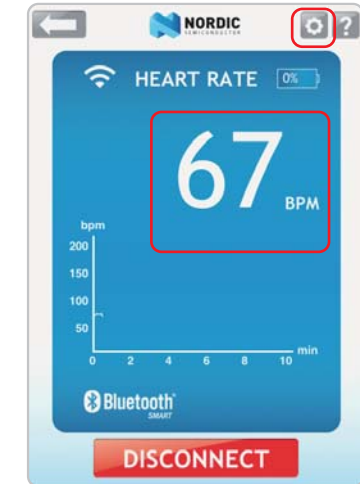
Install "nRFready Utility" on your Bluetooth Smart Ready device (iPhone 4S, iPhone 5, etc)



Select "Bluetooth Smart" menu bar.



Enable "Wildcard" in the settings, then select the "CONNECT" to find your BLE Heartrate Monitor



Now your heart beat shows on your Apple device

#### Exercise Effects in different Heart Rate Zone



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.

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 to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.