

# USER MANUAL

## Heart rate monitor chest strap

MODEL NO.: CL813



Thank you for selecting this product as your sports fitness product of choice. According to the real-time monitoring of the heart rate, you can adjust your exercise status. Practice has proved that using the heart rate band is very helpful to improve fitness effect and achieve fitness goals. This is a sensor type heart rate monitor with Bluetooth, ANT+ and 5.3k data transmission.

### IMPORTANT

This product is for sport purposes only and it is not meant to replace any medical advice.

This manual contains important safety and care information, and provides step by step instructions for using this product.

### Product specification

Heart rate monitor size: 61.5x38x12mm;  
Heart rate meter range: 40bpm~220bpm;  
Heart rate meter accurate: 1bpm;  
Operation temperature: -10°C~50°C;  
Storage temperature: -20°C~60°C;  
Battery: CR2032;

Battery life:  
12Months (used 1 hour per day);

Waterproof standard: IP67;

Wireless transmission:  
BLE 5.0, ANT+, 5.3k;

Pedometer: (Option)

HRV Function: (Option)

Data Loggar: 48 Hours (Option)

### Distance of transmission:

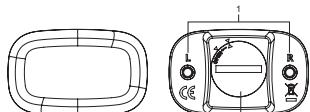
BLE 80M (max),

ANT+ 60M (max)

5.3K 60CM (max)

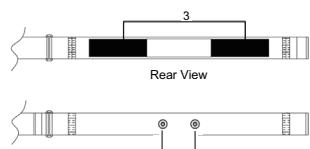
### DEVICE OVERVIEW

#### A. Heart rate Transmitter



1. Left & Right wearing directions
2. Battery door

#### B. Heat rate chest strap



3. Electrodes

4. Fastening buttons

### GETTING STARTED

A. Unpacking the product. In this box, you will find:

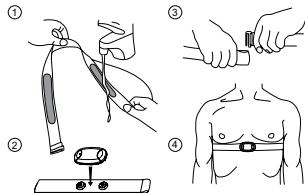
- a) Heart rate transmitter 1 pc
- b) Adjustable elastic strap 1pc
- c) CR2032 battery (installed) 1 set
- d) User manual 1pc

#### B. To wear chest strap

a) Wet the conductive pads on the rear of the chest strap 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.

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.

#### C. Pairing with a smartphone

This device is a Bluetooth Smart device, compatible and applicable with many iOS and Android devices, including smartphone or smartwatch etc. It must pair with smart device to be used properly.

a) Compatible apps are as follows:

- \* Wahoo Fitness
- \* Polar Beat
- \* SportsTracker
- \* Zwift
- \* Nike+ Run Club
- \* X-Fitness

### NOTES

\* All brand names and trademarks are properties of their respective owners.

b) To run the installed app on the phone, and match the devices according to the prompts of the app.

c) Your heart rate will be displayed on your phone. Enjoy your sports life.

### NOTES

a. Move compatible smart device within three meters from the heart rate monitor.

b. When pairing, keep a distance of 10 meters from other BLE sensors.

c. After the first pairing, the compatible smart device will automatically identify the heart rate monitor at each startup.

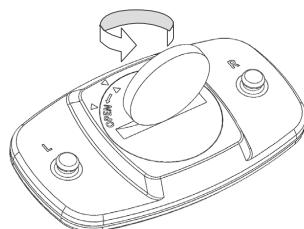
### BATTERIES

The transmitter use CR2032 3V battery. The battery already installed. The battery typically last one year.

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.



## IMPORTANT

1. Non-rechargeable and rechargeable batteries must be disposed of properly. For this purpose, special containers are provided for battery disposal at communal collection centers.
2. Batteries are extremely dangerous when swallowed! Therefore, keep batteries and small articles away from children.
3. The batteries supplied must not be recharged, reactivated by any other means, dismantled, put into fire or short-circuited.

## CLEAN & MAINTAIN

- a. The accumulation of sweat and salt in the strap will reduce the accuracy of heart rate measurement. It is recommended to simply rinse the strap after each use. A formal cleaning should be carried out after used every 7 times.
- b. Be sure to remove the device from the strap before cleaning the chest. This part is not washable.
- c. If you want to use the washing machine to clean the strap, please put it in the laundry bag to prevent the strap from winding.
- d. When cleaning, use a small amount of mild detergent. Do not use detergents, fabric softeners, bleaches and abrasives that contain harsh chemicals
- e. When washing the straps, make sure that the water temperature is not higher than 40°C.
- f. Ironing, bleaching or heating is prohibited.
- g. Do not use washing machine if there is hand washing mark on the label of the soft strap (below are the marks of machine washing and hand washing).



- h. When not in use, remove the sensor module from the strap to extend the life of the heart rate monitor.
- i. Keep the device flat or loosely suspended, do not tightly curl.
- j. Do not expose the device to direct sunlight for a long time.
- k. Do not allow chemicals (including bleach, sunscreen, ammonia, insect repellents etc.) to touch the strap and device.

### WARM TIPS

In order to protect the environment, when the product or its parts scrapping, please separate them from household waste or send them to a qualified recycling station, which will disassemble and recycle them according to relevant national regulation. For more information about the recycling and disposal of this product, please consult with local government or recycle station.

## EU-DECLARATION OF CONFORMITY

Hereby, We, declares that **3 in 1 Heart Rate Monitor** (model: **CL813**) is in compliance with the essential requirements and other relevant provisions of Directive RED 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available

## FCC STATEMENT

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.

**WARNING:** 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.

