

## Disclaimers

### User's responsibility

This Performance Monitor is intended for recreational use only.  
IT IS NOT INTENDED FOR MEDICAL PURPOSES.

### Warnings

Exercise may include some risk. Before starting any exercise program, you should consult with a physician. It is recommended that you warm up and stretch before beginning your workout. Stop exercising immediately if you experience pain or feel faint, dizzy or short of breath.

Please note that exercise intensity, medications, blood pressure, asthma, caffeine, alcohol, nicotine and other factors can affect your heart rate.

Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Before beginning use of this electronic sport equipment, it is recommended that you have an exercise test under your doctor's supervision to ensure the safety and reliability of the simultaneous use of your implanted device and this equipment. Use of this product is at your own risk.

Keep the Heart Rate Monitor out of reach of young children.

# User Guide

## BM-HRB1 Heart Rate Monitor



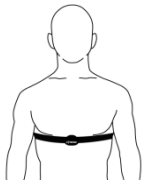
### Key Features

- Heart beat detection with typ. accuracy of  $\pm 1$  bpm
- Robust heart beat detection even in high motion environment due to sophisticated algorithm
- Fabric electrodes provide excellent skin contact and are very comfortable and functional
- Ergonomic and flat design, thickness of middle part only  $\sim 12$ mm
- Accurate speed and distance measurement
- 256 kB built-in memory for data recording
- Lifetime of standard CR2032 battery is more than 1 year when used 1 hour per day

## Quick Start

The Heart Rate Monitor transmits heart rate and motion related data that can be received, displayed and recorded by different devices to help you achieving your fitness and training goals, so it is important to wear it correctly.

1. For best results, we recommend you wear the Electrode Strap against bare skin.
2. Be sure to moisten the electrodes before exercising.
3. The electrodes should press firmly against your skin and the logo should be upright and located in the center of your sternum.
4. The Performance Monitor starts operation automatically when you put it on.



## Caution

Should you ever experience any skin irritation or any other abnormality while wearing the Heart Rate Monitor, remove it immediately.

Do not dispose of the battery contained in the Heart Rate Monitor into fire or a hot oven, or mechanically crush or cut of the battery as the battery may explode.

Do not leave the battery in an extremely high temperature surrounding environment or at extremely low air pressure as these conditions can result in an explosion or the leakage of flammable liquid or gas

If the coin cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death. Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep it away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

## Care and Maintenance

Your Performance Monitor (PM) helps you achieve your fitness and training goals. By following the directions below, you can maximize the life of your Heart Rate Monitor. If it does require servicing, you should send it to your nearest authorized service center.

1. Only perform the procedures described in this user guide.
2. Never attempt to disassemble or repair your Heart Rate Monitor.
3. Protect the Heart Rate Monitor from sharp objects, extreme heat or prolonged exposure to direct sunlight.

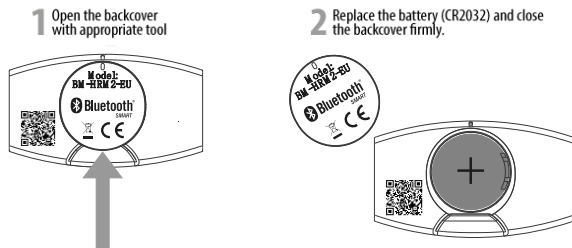
4. Store your Heart Rate Monitor in a clean, dry environment at room temperature.
5. When putting on or taking off the Heart Rate Monitor, please do not twist, bend or stretch it excessively.
6. To clean the Heart Rate Monitor, wipe it with a soft, dry cloth, or with a cloth that has been moistened in a weak solution of water and a mild neutral detergent. Do not use thinner, benzene, alcohol or any other volatile agent to clean the Heart Rate Monitor.

## Water Resistance

Your Heart Rate Monitor is water resistant up to 30 m / 100 ft. Do not wear the Heart Rate Monitor while immersed in water.

## Replacing the Battery

The Heart Rate Monitor contains a CR 2032 coin cell battery which should provide one year's operation when using the PM one hour per day / 7 days per week. Replace the battery as illustrated here:



## Technical Data

Frequency bands	Bluetooth Smart: 2402 MHz to 2480 MHz
Max. output power	Bluetooth Smart: 10.00 dBm

## FCC and IC Statements

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

IC Caution:

-English:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

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

-French:

Le présent appareil est conforme aux CNR d'Industrie 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, et

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

Le matériel a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. Le dispositif peut être utilisé dans des conditions d'exposition portables illimitées.