

C009 Pro心率带



心率带简介

感谢您购买EZON心率带，在使用之前请详细阅读说明书。了解该产品的功能，操作方法及注意事项。

该产品可同时支持蓝牙和ANT+协议，实时监测运动心率，并将数据无线发送至手机APP、运动手表、码表等设备，记录您的每一次运动心率。

心率带的配对绑定

心率带与“宜准跑步”APP配对绑定

打开宜准APP“宜准跑步”，点击“设备”——点击右上角“+”搜索并搜索到蓝牙“C009 Pro”——点击“C009 Pro”右边“+”完成绑定设备。

绑定完成后，进入“宜准跑步”运动界面自动搜索连接心率。

心率带与多个第三方APP兼容配对绑定

例如：Wahoo、Keep、咕咚、Strava、Joyrun(悦跑圈)等。

心率带与第三方APP配对示例

1.Wahoo

打开APP“Wahoo”，点击首页“配对或关联传感器”或“编辑”——“添加新传感器”——“快速配对一个新传感器”——搜索到蓝牙“C009 Pro”点击连接——“保存传感器——“完成”——“返回”。

心率带与Wahoo完成绑定设备。

2.Joyrun(悦跑圈)

打开APP“Joyrun（悦跑圈）”，点击首页“Run”——点击右上角“+”——“连接心率设备”——搜索到蓝牙“C009 Pro”点击连接——返回运动界面。

心率带与Joyrun（悦跑圈）完成绑定设备。

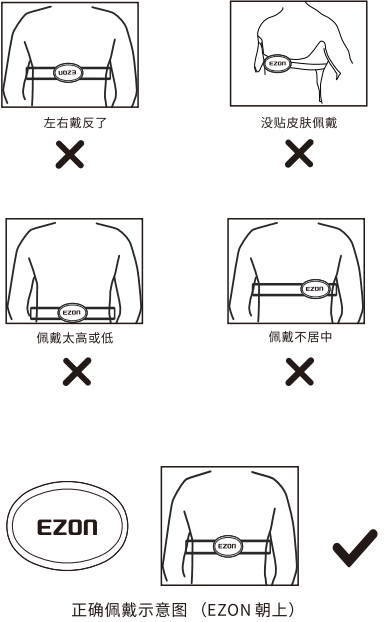
3.Keep

打开APP“Keep”，首页点击“跑步”——点击右上角设置图标——找到“设备绑定”——点击“心率设备”——“心率设备”——“搜索心率设备”——搜索到蓝牙“C009 Pro”点击连接——完成——返回运动界面。

心率带与Keep完成绑定设备。

佩戴心率带

- 从包装中取出心率带配件（发射器和弹性带）。
- 用清水充分打湿弹性带的两个黑胶电极。
- 把发射器扣在弹性带上。
- 贴身佩戴心率带，注意穿戴时发射器方向(L朝身体左边，R朝身体右边佩戴)，弹性带电极面必须接触皮肤。
- 调整弹性带的长度，使它保持在最舒适的状态。心率带开始自动发射心率信号。



保养

清洁与保养：

- 由于高强度运动会带来大量的汗渍和污渍，长时间会依附在弹性带的表面，时间久了会导致心率测量不准。建议定期对弹性带进行清洗；
- 弹性带的两块电极表面，日常避免破坏，电极表面的破损会导致心率测量不准；
- 弹性带的金属扣部位，运动前用酒精擦干净，保证与发射器接触良好，如果里面有表面污渍，容易导致心率测量不准；
- 发射器的金属电极部位，运动前用酒精擦干净，保证与弹性带接触良好，如果里面有表面污渍，容易导致心率测量不准。

存放：

将设备放在凉爽干燥的地方。请勿在潮湿环境、不透气材料(塑料袋或运动包)及导电材料(湿毛巾)中存放。请勿让设备长时间暴露在直射阳光下，如留在汽车中。

产品规格

心率测量范围:40—220bpm

工作温度:0℃—50℃

存储温度:-10℃—60℃

电池型号:CR2032

续航时间:约12月

防水等级:30米(生活防水)

数据来源:宜准实验室,由于使用习惯和佩戴环境的不同,实际可能存在差异,以实际使用为准。

心率带与手机APP配对

扫描右侧二维码即可下载。

设备兼容性：支持蓝牙4.0及以上苹果手机和安卓手机。

系统兼容性：支持iOS 8.0及以上，Android 4.4及以上的手机系统。

- 请确保手机蓝牙已打开；
- 佩戴好心率带，心率带自动开机；
- 打开APP，点击“设备”进入添加设备页面，然后点击右上角“+”可搜索设备；
- 点击搜索到的设备“C009 Pro”，配对绑定。

开机

- 佩戴好心率带，心率带自动开机；
- 打开配对过的APP，APP会自动搜索并连接心率带，连接成功后，在APP上即可查看实时心率值。

关机

- 运动结束后，脱下心率带，把心率发射器从弹性带里面取出。数秒钟后，心率发射器会自动关机；
- 把发射器扣到弹性带的金属连接部位表面，用酒精清洁干净；
- 把弹性带的污渍和汗渍清洁干净（特别是黑胶电极表面）；
- 把发射器和弹性带放到包装盒里面，以备下次使用。

注意事项

◆ 责任限制

本商品虽提供心率测量，但非医疗设备，若身体不适，锻炼前请先咨询医生。本手册中的内容均“按照现状”提供，除非适用法要求，福建宜准信息科技有限公司对本手册中的所有内容不提供任何明示或暗示的保证，包括但不限于适销性或者适用于某一特定目的保证。

在适用法律允许的范围内，福建宜准信息科技有限公司在任何情况下，都不对因使用本手册相关内容及本手册描述的产品而产生的任何特殊的、附带的、间接的、继发性的损害进行赔偿，也不对任何利润、数据、商誉或预期节约的损失进行赔偿。

数据安全

使用非授权第三方软件升级设备的固件和系统，可能存在设备无法使用或者泄露您个人信息等安全风险。建议您使用在线升级。

◆ 电子设备

有明文规定禁止使用无线设备约场所，请勿使用本设备，否则会干扰其它电子设备或导致其它危险。

◆ 配件要求

使用未经认可或不兼容的电源、充电器或电池，可能引发火灾、爆炸或其他危险。

无法连接心率带的可能原因

- 心率带的电极没有充分湿润；
- 心率带的电极没有紧贴皮肤；
- 心率带电池电量不够；
- 手机蓝牙没有打开；
- 心率带没有同运动APP绑定。

如何使用会让心率值测量更准

- 心率带的电极充分湿润，如果皮肤或者天气干燥，先热身一段时间再进行心率测量；
- 心率带的黑色电极紧贴皮肤，佩戴不能过松，过松会导致运动过程中电极与皮肤来回摩擦，最终导致测量不准；
- 每次佩戴前或者佩戴完成后，把发射器扣到弹性带的金属连接部位表面，用酒精清洁干净；
- 发射器扣在心率带上面，要分清左右方向；
- 连接“宜准跑步”APP后，根据APP提示电池电量是否足够。

如何更换电池

新购买心率带的电池使用寿命约为佩戴使用时间400小时，或者存放时间12个月，先到者为准。如果用户使用的是“宜准跑步”APP连接使用，该APP具有低电量提醒功能。如果APP提示电池电量低，表示需要更换电池。电池更换的方法与步骤如下：

有害物质的名称及含量表

有害物质 部件名称	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
表壳	○	○	○	○	○	○
不锈钢件	○	○	○	○	○	○
铜合金件	×	○	○	○	○	○
PCB	○	○	○	○	○	○
电子元器件	×	○	○	○	○	○
LCD	○	○	○	○	○	○
玻璃镜	○	○	○	○	○	○
橡胶带	○	○	○	○	○	○
松紧带	○	○	○	○	○	○
防水圈	○	○	○	○	○	○
其它塑胶件	○	○	○	○	○	○
导线、充电线	○	○	○	○	○	○
包装印刷件	○	○	○	○	○	○

表格中的部件为我公司各产品的主要部件汇总，本产品所含部件以产品实际配置为准。

表格中未列出的本产品其它部件及其均质材料均不含有害物质。

表格中含有有害物质的部件及其均质材料，均符合欧盟RoHS对有害物质限制使用的严格要求，请放心使用。

表格依据SJ/T 11364的规定编制。

○：表示该有害物质在该部件所有均质材料中的含量在GB/T 26572规定的限量要求以下。

×：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。

温馨提示：

为了保护环境，本产品或其中的部件报废后，请将其与生活垃圾分开，送至有资质的回收站点，由回收处理站点按照国家相关规定进行分类拆解、回收再利用。

有关本产品的回收处理的详细信息，请咨询当地政府、废品处理机构。

- 用一元硬币把电池盖逆时针从左图旋开到右图（电池盖上小圆点与壳体上的小圆点对齐）位置；



- 把壳体的电池盖面朝下，用手或者放在桌面轻敲，电池盖和电池会自动掉出来；

- 准备一颗型号为CR2032的新电池，电池正极朝上，负极朝下（电池正(+)负(-)极方向区分如下右图，如果电池反向，会导致发射器不工作）扣入壳体电池腔位置；



- 用一元硬币把电池盖顺时针从左图旋回到右图（电池盖上小圆点与壳体上的小圆点分离）位置。



C009 Pro Heart Rate Monitor

Model:C009 Pro Heart Rate Strap Product Introduction

Thank you for purchasing the EZON heart rate monitor. Please read the manual carefully before use. Understand the functions, operating methods, and precautions of this product.

The product supports Bluetooth 4.2 and ANT+ protocol simultane-ously, monitors the heart rate in real time, and sends the data wirelessly to a smart phone APP, sports watch, GPS head unit or other equipment to track and reconrd every baet of your heart.



The match and bind of HRM chest belt and all kinds of APPs

The match and bind of HRM chest belt and Runnerkit APP
Open "Runnerkit", click"+" on upper right and search for "C009 Pro"—click"+" on the right side of "C009 Pro" to finish the bind.

After bind, enter the sport page of "Runnerkit" toauto search and connect the heart rate.

Compatible match and bind with multiple third-party APPs

For example: Wahoo, Codoon, Strave, Joyrun etc..

Example of matching with the third-party APPs

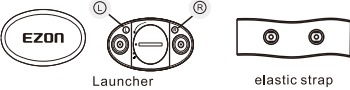
1.Wahoo
Open APP"Wahoo", click"settings"—"Add New Sensor"—"Quickly match a new sensor"—
Search for "Unknown ANT+ ID" using Bluetooth and click enter. It will display "C009 Pro" —"save the sensor"—"finish"—"back".
Finish the bind of HRM and Wahoo.

2.Joyrun
Open APP"Joyrun", click "Run" on the first page—click "—"Heart Rate"—search"C009 Pro" and click to connect—"back".
Finish the bind of HRM and Joyrun.

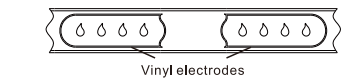
Wear Steps

Wear HRM chest belt

1.Take out of the HRM chest belt from



2.Wet the two Vinyl electrodes of the elastic band with clean water



3.Buckle the launcher on the elastic strap



4.Wear HRM chest belt, pay attention to the launcher's direction(L means the body's left, R means the body's right). The electrode surface must be in contact with the skin.

5.Adjust the length of elastic strap, to make sure the comfortable for user. HRM chest belt auto start to launch the HRM signal.

Heart rate band compatible with multiple third-party ANT+devices for pairing and binding

For example:GARMIN watches and cycling equipment.

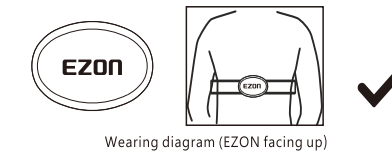
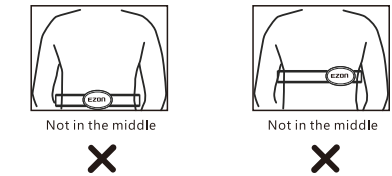
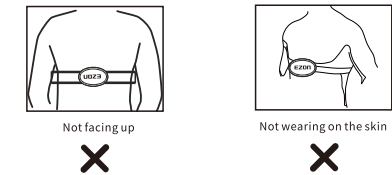
Example of pairing heart rate bands with ANT+ devices

1.GARMIN
"Watch time interface"- Select "Sensors and Accessories" on the menu interface"- select"Add New"- select"Search All"or"sensor type"-Search for"XXXXX"select connect. After successful connection, the status of the sensor will change from Search to Connected.
Heart rate band and GARMIN support wireless ANT+device pairing.

2.COROS
"Watch time interface"-Select "Accessories" in the settings menu interface - Select"Add ANT+ "- Search for "XXXXX"to select a connection-"Connected".
Heart rate band and COROS support wireless ANT+device pairing.

Device Connection Instructions

1.When using a smart phone app,you need to search for the heart rate monitor inside of the app.Connecting to the monitor through the phone system's bluetooth setting is invalid.
2.When using the Bluetooth protocol,you can connect to 3 devices at the same time.
3.When using the ANT+ protocol ,it can be connected to by multiple devices at the same time.
4.After the heart rate strap is removed,it will automatically enter sleep status after 30 seconds,in order to save power.



The match for HRM chest belt and APP

Scan the dimension code on the right to download
Device compatibility: Support Bluetooth 4.0 and above of iPhone and Android cellphone.
System compatibility: Support IOS 8.0 and above, Android 4.4 and above.

1.Make sure to open Bluetooth
2.Wear HRM chest belt correctly, HRM chest belt auto running.
3.Open APP, click "+" on the upper right in the home page to search the device.
4.Click "C009 Pro" to match and bind.

Turn On

1.Wear HRM chest belt correctly, HRM chest belt auto running.
2.Open APP matched, APP will auto search and connect with HRM chest belt. The user could check the real-time heart rate data on APP while connecting successfully.

Power Off

1.After exercise, take off the HRM chest belt and take out the launcher from elastic strap. The launcher will auto shut down after seconds.
2.Clean it with alcohol the surface of connection part which buckle the launcher to the elastic strap.
3.Clean the stains and sweat on elastic strap(note the surface of Vinyl electrode)
4.Put the launcher and elastic belt into the box for using in next time.

Attention

■ Limitation of Liability

Although this product provides heart rate measurement, but not medical device. Please consult a doctor before exercising you feel unwell . The content of manual just describes the status, Fujian Ezon Information Technology Co., Ltd. don't provide any promise in any way.

To the extent permitted by the law of use, Fujian Ezon Information Technology Co., Ltd. does not compensate for any damages under any circumstance, which caused by using the product or using this manual.
And don't compensate for any loss of profit, data, goodwill or expected savings.

■ Data Security

Using unauthorized third-party software to upgrade the firmware and system of the device, that may present security risks, for example the device is unavailable or the disclosure of personal information. It is recommended that the user upgrade online.

■ Electronic equipment

In location where wireless devices is prohibited, please do not use this device, otherwise it will interfere with other electronic devices or cause other dangers.

■ Accessories requirements

It may cause fire, explosion or other hazards for using unapproved or incompatible power supplies, chargers or batteries.

The reasons why can't connect with HRM chest belt

1. Electrodes didn't be wet sufficiently
2. Electrodes are not closed to the skin
3. Battery voltage too low.
4. Mobile Bluetooth has been turned off
5. HRM chest belt didn't bound to the sport APP

How to get the more accurate HRM data with better using

1. The electrode should be wet sufficiently. If the skin or the weather is dry, warm up for a while before measuring heart rate.
2. Electrode are always close to the skin. If loosely, it would cause friction during exercise and measure inaccurate.
3. After exercise, clean it with alcohol the surface of connection part which buckle the launcher to the elastic strap
4. Distinguish the direction of left and right while the launcher buckled on the HRM chest belt
5. Judge the battery whether is enough or not after connect with "Runnerkit" APP

How to replace the battery

1. Use a coin to unscrew the battery cover counterclockwise from the left picture to the right picture (the dot of the battery cover is aligned with the dot on the case)



2. With the battery cover facing down, tap on the desktop, the battery cover and battery will automatically slide down.

3. Prepare 1pc new CR2032 battery to buckled the battery space in case with the positive side of the battery up, negative side down. (The positive (+) and negative (-) directions of the battery as shown on the right. If the battery is reversed, the launcher don't running)



4. Use a coin to tight the battery cover clockwise from the left picture to the right picture (the dot of the battery cover is separated from the dot on the case)



Hazardous Substances Content in the Watch

Unit	HS	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Watchstrap	○	○	○	○	○	○	○
Watchcase	○	○	○	○	○	○	○
Stainless Steel	○	○	○	○	○	○	○
Aldary	✗	○	○	○	○	○	○
PCB	○	○	○	○	○	○	○
Electronic Component	✗	○	○	○	○	○	○
LCD	○	○	○	○	○	○	○
Glass	○	○	○	○	○	○	○
Rubber Belt	○	○	○	○	○	○	○
Elastic	○	○	○	○	○	○	○
O-ring	○	○	○	○	○	○	○
Plastic Parts	○	○	○	○	○	○	○
Wire	○	○	○	○	○	○	○
Pack & Presswork	○	○	○	○	○	○	○

This is the summary table which contains main parts of our products. The watch configuration depends on the actual model.

The parts and their homogeneous material of the watch which are not listed in the table contain no hazardous substances.

All the parts andd their homogeneous in the watch, meet the European Union RoHS requirement, please rest assured use.

The table is edited according to the regulations in SJ/T 11364. ○ means the hazardous substances content in all homogeneous material of part is below the limit in GB/T 26572.

✗ means the hazardous substances content in one homogeneous material of the part is over the limit in GB/T 26572.

Warm Tip:

In order to protect the environment, when the product or its prts scrap, please separate them from the household garbage and send them to a qualified recycle station. The recycle stations classify, split and recycle them according to the relevant state regulations.

For more information about the recycling process of the watch, please consult with the local government, waste management office, etc..