


Front side

60 mm

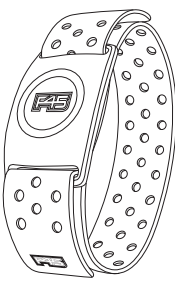
80 mm



HEART RATE ARMBAND MONITOR

USER MANUAL

F45 LionHeart Armband




English Version v1.0

1. Product Introduction


Thank you for purchasing an official F45 LionHeart Heart Rate Monitor (HRM). Your LionHeart HRM connects you to our in-studio gamification platform relaying real-time heart rate information to the in-studio F45 LionHeart TV leaderboards.

Before wearing your device for the first time you must register it via the 'F45 Training' mobile app from the ios or Android app store.

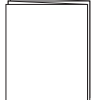
2. Product Contents



Heart rate monitor/armband



Charging cable



User manual

3. Basic Parameters

Product size: 50 x 34.50 x 13mm

Host weight: 12g

Power: 90mAh Rechargeable lithium battery

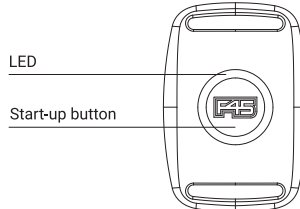
Battery life: 16 hours for continuous heart rate monitoring

Input: DC 5V 100mA

Water resistance: IP67

Working temperature: -10°C ~ 50°C

Transmission: ANT+, BLE



LED

Start-up button

Heart rate indicating:

*Max Heart Rate (MHR) = 180 (default)

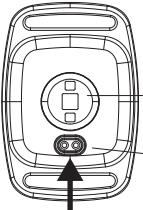
Zone	Color	Range (Default)
Zone 1	Pale Blue	Below 65% MHR
Zone 2	Blue	65%~75% MHR
Zone 3	Purple	75%~85% MHR
Zone 4	Pink-Red	85% ~ 95% MHR
Zone 5	Red	Above 95% MHR

Heart rate alert: If the heart rate exceeds the maximum value the sensor will vibrate three (3) times consecutively.

Power:

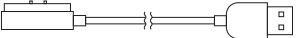
a.LoW power Alert : LED flashes red and green alternately, and vibrates once.

b.Charging: LED pulses geen while charging and willremain green when fullyl charged.



Heart rate Sensor

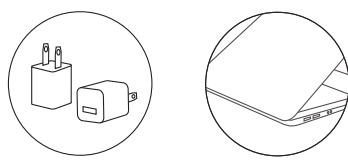
Charging Terminals




Charging Cable

Back side

Connect USB DC 5V power adapter or computer USB





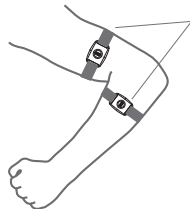
The product has a built-in battery. Do not throw the product into a fire. Please choose an adapter that meets the rated voltage of the device to charge the device to avoid damage to the device.

Wearing your armband and placement:

Before wearing your device for the first time you:


- must register it via the 'F45 Training' app from the iOS or Android app store.
- remove the plastic covering on the backside of the device protecting the sensor. This will avoid inaccurate heart rate readings.

The suggested place to wear the armband is on the upper portion of the forearm. The sensor should be on the inside or top of the forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm blood circulation.




Wearing position

5. Supported Devices

 **Apple**

- iOS 9.0 version and above
- iPhone 5S and above

 **Android**

- Bluetooth 4.0 enabled
- OS 4.3 and above

6. Disclaimer

- TO THE MAXIMUM EXTENT PERMITTED BY LAW, F45 TRAINING HOLDINGS INC., ALONG WITH ITS AFFILIATES, SHALL NOT RESPONSIBLE FOR DIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM OR IN CONNECTION WITH THIS MANUAL OR THE CONTAINED PRODUCT.
- SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.