72mm

100mm

Bluetooth ®
SMART

Bluetooth 4.0 Low Energy
Heart Rate Sensor

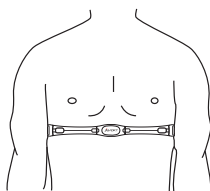## User Manual

iSPORT ®

How to wear the heart rate sensor

Follow steps 1. through 4. to wear the chest belt and go for a run.

1. Open the chest belt.
2. Insert the tab into the hole, make sure tab and hole are on the same level.

3. Position on rib cage under the chest. Make sure the chest belt is positioned in the right direction and worn directly against the skin.

4. Lift the belt slightly from the skin and wet both grooved areas on the back to ensure strongconnection between your pulse and the chest belt.
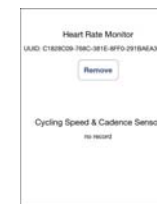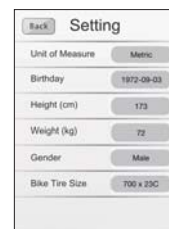

Getting Start

1. Turn on smart ready devices such as iPhone4S, iPhone5 iPod touch 5th Gen. iPad 3, iPad 4, iPad Mini and Android phone which is above V4.2.2, search for **isport Fitness Tracker** in the built-in App store and click its icon to download (For Android 4.2.2 phones, please search for **isport Fitness Tracker** in Google Play).
This application in iOS and Android system have the same interface and operation, so below guidance is suitable for both of these two systems.

2. Set personal data: Unit of Measure, Birthday, Height, Weight, Gender, and Bike Tire Size. There's no need to set Bike Tire Size if you don't have a Bluetooth 4.0 bicycle speed and cadence sensor.

3. To ensure sufficient transmission range (within 10m) from sensor to receiving device, please keep the device in front of you or place in the pocket.

4. Wearing the chest belt correctly, and click App icon to choose Riding Mode or Heart Rate Mode or Riding + Heart Rate Mode.

Setting

Unit of Measure	Metric
Birthday	1972-09-03
Height (cm)	173
Weight (kg)	72
Gender	Male
Bike Tire Size	700 x 23C

Remark:
When your chest belt is failed to connect with App, please touch Bluetooth icon in the top right corner to manage connections, remove the former connection to try again:

Exercise Data

1. Current Heart Rate, Average Heart Rate, Maximum Heart Rate, Calorie Consumption, Exercise Time, and Heart Rate Curve.

ATTENTION:
① Maximum heart rate refers to the maximum value measured under the maximum physical load, individual maximum heart rate will be in accordance with age, sex, exercise intensity and physiological condition.
To determine the maximum heart rate, you'd better do a special test (recommended to find specialized physicians to do regular testing)
Maximum heart rate of this product is based on general calculation method:
Maximum heart rate = 220-age

② Maximum heart rate percentage = (current heart rate ÷ maximum hear rate) x 100%

③ Current heart rate = current value of heartbeat per minute

2. When maximum heart rate percentage is in different range, circular region on screen will display different colors.
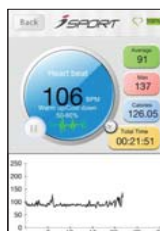
3. Relationship of maximum heart rate percentage and effective exercise (as shown in below figures)
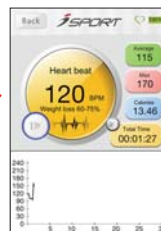
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❶

When your max heart rate percentage is under 50%, the color of circular region is gray

❷

When your max heart rate percentage is 50%—60%, the color of circular region is blue, your workout state is warm up/cool down

❸

When your max heart rate percentage is 60%—75%, the color of circular region is yellow, your workout state is weight loss

❺

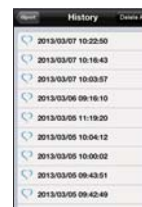When your max heart rate percentage is 85%—100%, the color of circular region is red, your workout state is Athletic

❹

When your max heart rate percentage is 75%—85%, the color of circular region is green, your workout state is Aerobic

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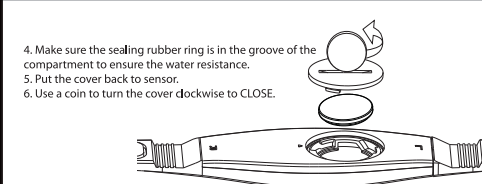When you finish workout, you can save or discard data.

5. You can review your workout data clearly, or delete the history.

History

Replace Battery

Receiving device can show display the battery level of your heart rate sensor.

Battery replacement:
1.Using a coin and turning the battery cover counterclockwise to OPEN.
2. Remove the old battery.
3. Insert the new battery (CR2032) inside the battery compartment with the positive (+) side up.

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4. Make sure the sealing rubber ring is in the groove of the compartment to ensure the water resistance.
5. Put the cover back to sensor.
6. Use a coin to turn the cover clockwise to CLOSE.

Caring for your sensor and strap

Sensor - Remove the sensor from the strap after use. Dry the sensor with soft towel or use mild soap and water solution when needed. Do not use alcohol or other cleaning chemicals.
Strap – After use, put the strap under the water and hang to dry. Never put the strap or the sensor in a washing machine or dryer. Dry and store the sensor and strap separately to maintain the battery life.

Compatible with

Brand	Phone Type	Operating System
iPhone	iPhone 4S	IOS 6.0.0
	iPhone 5	IOS 6.0.0
	iPhone 5C	IOS 6.0.0
	iPhone 5S	IOS 6.0.0
	iPod	IOS 6.0.0
	iPad	IOS 6.0.0
Samsung	Galaxy S3	Android 4.2.2
	Galaxy S4	Android 4.2.2
	Note II	Android 4.3
	Note III	Android 4.3

Important Product Information

Bluetooth QD ID : B020362
CE ID : LCS-13010401
FCC ID : OVJW183

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