



TecSmart Heart Rate Monitor

Instruction Manual (GB)

THR-200BT

Bluetooth® Smart + 5.3kHz Dual Band Heart Rate Monitor



Bluetooth® is a registered trademark of Bluetooth SIG, Inc.

*App Store is a service mark of Apple Inc.

Thank you for purchasing the TecSmart THR-200BT Chest belt. Please read this instruction manual before using this unit. To ensure safe and correct use, please keep this instruction manual for your future reference.

THR-200BT is water resistant.

THR-200BT works with iPhone4S, 5, 5C, 5S, iPod Touch, iPad 2, 3, 4, New, Mini, Mini 2, Air (iOS 6.1 or higher required) OR other Bluetooth Smart enabled devices.

THR-200BT is best used with the TecSmart TSHR app OR other Bluetooth Smart compatible app

RISKS FOR CHILDREN AND PEOPLE IN NEED OF CARE
The use of this device is not intended for people (including children) with limited physical, sensory or mental abilities or lack of experience and/or lack of knowledge, unless they are supervised by a person responsible for their safety or have been instructed on the use of the device.

SAFETY ADVICE

Important: Always consult your doctor before you begin a regular exercise programme. The transmitter with chest strap is not a medical device. It is a training tool for the measurement and display of your heart rate. People with pacemaker devices may only use heart rate measurement devices after consulting with the doctor.

Technical specification

Technology: Bluetooth® Smart / RF 5.3kHz

Battery life: up to 300 hours

Transmission range: 10 meters (Bluetooth)

Water resistant level: IPX7

Operating temperature: -10°C ~ +50°C

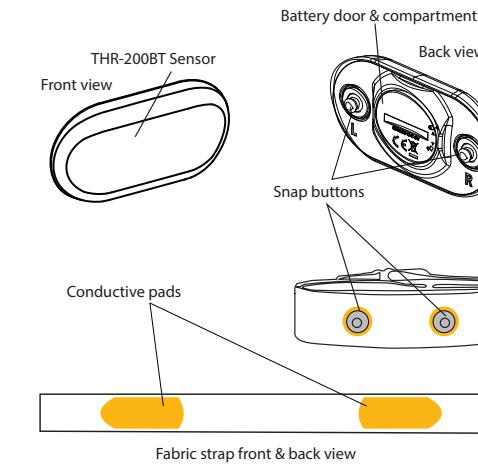
Sensor dimension (LxWxH): 64.75 x 35.70 x 12.4 mm

Weight: 15.3g (without CR2032 battery)

Box contents

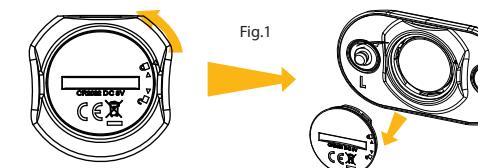
- 1.) THR-200BT (sensor) x 1
- 2.) Fabric strap x 1
- 3.) Battery (CR2032)

THR-200BT overview

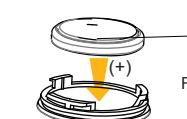


THR-200BT battery setup

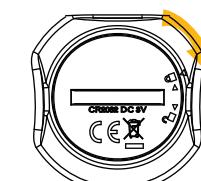
- 1.) Twisting the battery door counter-clock wise with a coin until it's open (Fig.1)



- 2.) Inset the new battery to the battery door with the negative side facing up (Fig.2)



- 3.) Replace the battery door to the compartment and rotate clock wise until the "lock icon" is pointing to the mark (Fig.3)



**Note: Always wait approximately 40 seconds before replacing a new battery

Wearing the THR-200BT

- 1.) Apply water or conductive GEL onto the surface of the conductive pads (Fig.4)

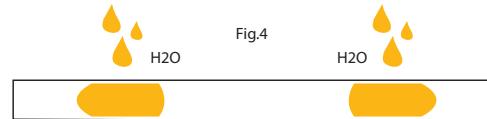


Fig.4

- 2.) Attach the sensor to the snap buttons on the strap (Fig.5)

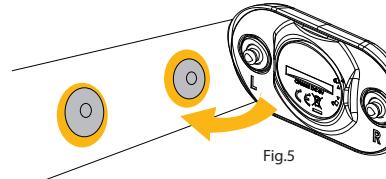


Fig.5

- 3.) Wrap the strap around and right below your chest and then fasten (note: make sure adjust the strap to be most comfortable fit) (Fig.6)

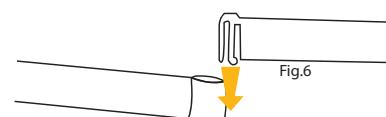


Fig.6

- 4.) Locate the THR-200BT right in the middle and just below your chest (Fig.7)

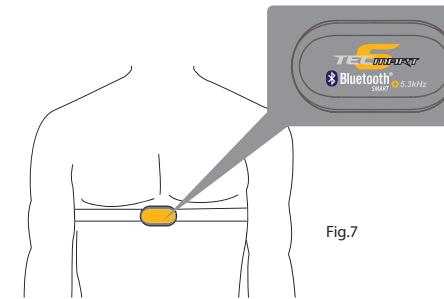


Fig.7

Pairing the THR-200BT

- 1.) Download and install the TecSmart TSHR app from App Store (for FREE download)

- 2.) Make sure Bluetooth is turn "ON" on your Bluetooth Smart enabled device

- 3.) Pair your THR-200BT and start (Note: Refer to the instruction on the appstore for the pairing and setup procedure)

Note: THR-200BT is also compatible with the devices and gym equipments that work with 5.3kHz (non-coded) signal, please refer to your product service counter or technician for more information

Disclaimers

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user authority to operate the equipment.

In addition, the user manual shall include the following or similar statement, placed in a prominent location in the text of the manual:

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.

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.

DISPOSAL

Batteries are hazardous waste. For the correct disposal of batteries appropriate containers are provided at the premises of commercial battery dealers as well as local council waste disposal facilities. If you want to dispose of your transmitter with chest strap, follow the provisions current at the time. Information may be obtained from the local council waste disposal facility.



Maintainence of fabric strap

Do not iron or press.



Do not dry-clean.



Do not tumble dry.



Wash in domestic or commercial machine in water not exceeding 40°C, at normal setting.

Do not bleach.

Warranty

We provide a 12 months warranty for this product. The warranty period begins on the date of purchase (till receipt, purchase voucher). During this period you will receive free of charge a new or repaired product. The warranty does not include batteries, improper handling, dropping, shock or the like.

In case of a claim you have the following possibilities:

- a) contact your point of sale or
- b) write us an e-mail: info@dragon-ample.com.hk

Hereby, Dragon Ample Electronic Industrial (Shenzhen) Co., Ltd, declares that this Heart Rate Monitor (THR-200BT) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

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