



HEART RATE MONITOR H1



User Manual



Package List

- Heart rate monitor * 1
- Belt * 1
- Magnetic charging cable * 1
- User Manual * 1

Specification

Size	43*44*12mm
Weight	13g
Battery	3.7V 90mAh
Charging mode	Magnetic charging
Charging time	30 mins
Endurance time	20 hours
Waterproof	IPX6
Protocol	ANT+, BLE
Working temperature	-10℃~+60℃

About Button

Open: Press and the heart rate monitor will start working after the green light flashes 3 times.

Close: Press and then the heart rate monitor will stop working.

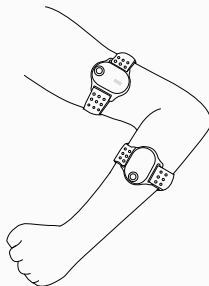
Notes

1. Please wear the heart rate monitor before turning it on.
2. If the battery is lower than 20%, the red light will flash 3 times before the monitor start working after turning on.

3. The first 13 seconds after power on is the unstable stage of the heart rate data. The RED and GREEN indicator will flash alternately, and the data is "0".

Wearing

1. Heart rate monitor can be worn with both arms. The common wearing positions are the upper arm and the forearm. Please refer to the figure below.



2. Adjust the length and position of the belt to make the heart rate monitor close to the skin, not too tight or too loose, no shake and keep comfort.
3. Adjust the length and position of the belt if the heart rate isn't accuracy.
4. The RED and GREEN indicator will flash alternately, if removed the monitor from the arm.

Charging

1. Normal charging: red light flashes slowly
2. Full charged: green light on

Notes

1. It's better charge the heart rate monitor half a year if do not use it for a long time.
2. Please avoid the charger touch other metals thing when charging. Unplug the magnetic charger after full charging.

Heart Rate Indicator

Heart Rate Zone	Prompt
0-79	Green light flashes slowly
80-99	Green light flashes fast
100-119	Orange light flashes slowly
120-139	Orange light flashes fast
140-159	Red light flashes slowly
Over 160	Red light flashes fast

Factory Info

Manufacturer: Chengdu Chendian Intelligent Technology Co., Ltd.

Warranty: Free replacement or repair in 1 year

After sale email: steven@cycplus.com

FCC Statement
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.
Caution: 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 important announcement

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



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