

1 Download the App

If you haven't already downloaded the app, do so now. If you have an iPhone, search "NuvitaCardio2" in the Apple App Store and download it.

If you have an Android phone search "NuvitaCardio" in the Google Play Store and download it.

If you're a Nuvita Pro Customer, download the App labeled: NuvitaCardioPro2 in your phone's app store.



NuvitaCardio

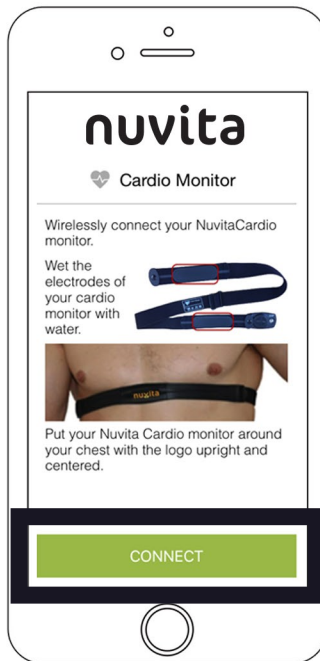
5 Pair the Monitor

When you launch the App for the first time, you'll see an image of the monitor and some instructions.

Ensure that you are at least 40 feet away from any other cardio monitors the first time you pair your monitor.

Ensure that you are wearing the monitor and tap the green "Connect" button.

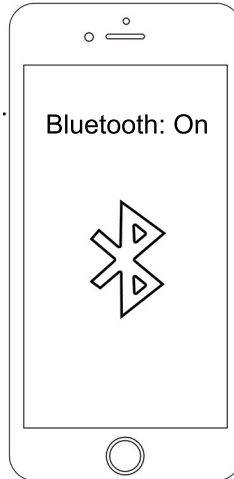
You will see a success message indicating that your device has been paired to your heart rate monitor.



2 Turn on Bluetooth

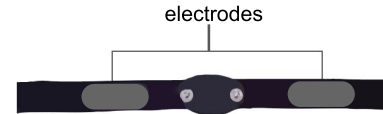
In your phone's settings, enable Bluetooth connections.

Do not attempt to pair the monitor in your phone's bluetooth settings.



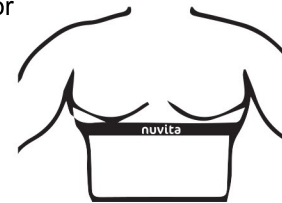
3 Set up the Monitor

Wet the electrodes on the Nuvita Cardio Monitor with water.



Fasten the strap to fit snugly around your chest, right below your breast bone. Ensure that the Nuvita logo is right side up, and that the Cardio Monitor is snapped into place.

Keep the monitor on until the end of these instructions.



6 Record Your First Workout

After pairing is complete you will see your heart rate displayed in the app, and the heart rate icon will turn red.

With Nuvita's monitor technology, you have the option to record your workout directly to your phone, or to leave your phone behind during your workout and record directly to your monitor.

To begin your workout, tap "Start".

4 Open the App

Go back to your mobile device and open the NuvitaCardio app that you just installed.

Login using your Nuvita credentials that you received in your Nuvita Welcome Email.

