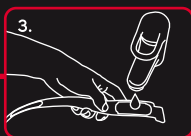




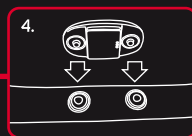
1. Download the Sports Tracker application from [www.sports-tracker.com](http://www.sports-tracker.com).



2. Charge the heart rate sensor before the first use using the supplied USB charger. Align the three pins in the charging cradle with the corresponding charging contacts in the heart rate sensor. Charge until the red charging indicator light turns off.



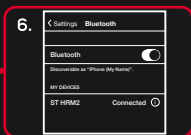
3. Moisten the strap's electrodes under running water before each use.



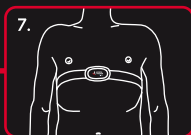
4. Attach the heart rate sensor to the strap as shown.



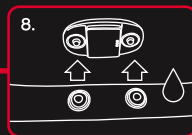
5. Open the Sports Tracker application on your phone. The heart rate sensor must be paired with the application before the first use through the application's Settings menu. The heart rate sensor must be worn as described in step 7 during the pairing process.



6. iPhone users: Open the Settings menu on your phone. The heart rate sensor must be paired with the phone before the first use through the phone's Settings -> General -> Bluetooth menu. The heart rate sensor must be worn as described in step 7 during the pairing process.



7. Wear the strap so that the Sports Tracker logo on the heart rate sensor is in the upright position. The heart rate sensor turns on automatically when you wear it.



8. After each use, remove the heart rate sensor from the strap under running water. Store in a cool, dry place.

## Use

Before using the heart rate monitor for the first time, you have to pair it with the Sports Tracker application via the application's Settings menu. The application can display information on exercise intensity using heart rate zones. See [www.sportstracker.com/hrm](http://www.sportstracker.com/hrm) for more information on downloading the Sports Tracker application, pairing, and how to adjust your heart rate zone limits.

Moisten the strap's electrodes under running water before each use. Attach the heart rate sensor to the strap. Launch the Sports Tracker application on your phone. Be sure to wear the HRM with the Sports Tracker logo in the upright position. The application will automatically connect with the heart rate sensor and display heart rate data when you are wearing the HRM. If the connection is lost, remove the heart rate sensor for 30 seconds, re-moisten the strap's electrodes and try again.

Disconnect the heart rate sensor and rinse the strap under running water after each use.

## Charging

Use the supplied USB charger to charge the battery before the first use and whenever needed. When inserting the heart rate sensor into the cradle, align the charger pins with the charging contacts underneath the heart rate sensor. A green light on the charging cradle indicates that the charger is connected to a USB power source. A red light will show during charging and will turn off once the heart rate sensor is fully charged.

## Care

Store the Sports Tracker Heart Rate Monitor in a cool, dry place with the heart rate sensor disconnected from the strap. Use a soft cloth to clean the heart rate sensor. Do not iron, tumble dry, or bleach the strap.



## Technical information

Bluetooth® compliant, Class 2.  
Operating frequency: 2400-2483.5 MHz

Bluetooth® PIN code: 0000

Connection range: up to 20 m /65 ft in open space

## Operating time on full charge:

approximately 40 hours  
(actual operating time may vary depending on the phone model used)

## Battery:

rechargeable lithium polymer battery (non-user-replaceable)

## The heart rate sensor is water resistant

This product contains a lithium polymer battery and must be disposed of properly, according to local regulations. Do not treat as household waste.