



# 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 C~+60 C

### 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.

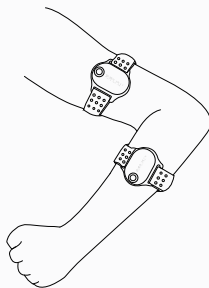
### Notes

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



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