

USER MANUAL

H9Z

Heart Rate Monitor



SCAN for more

詳しくはこちら

Cerca altro

Nach mehr SUCHEN

SCANNEZ pour plus

ESCANEAR para más

H9Z-RTN-11-2324

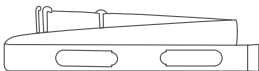


ALL ABOUT PASSION

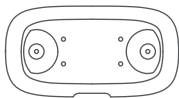
Standard Accessories



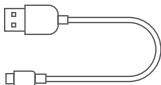
H9Z



Adjustable Chest Strap



Magnetic Charging Base



Type-C Power Cable



User Manual

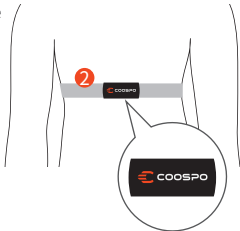
Wearing

1. Please moisten the electrode sensing area on the back of the strap with water first **1**.



2. Adjust the heart rate strap to a comfortable length that fits closely to the skin ②. This will ensure that the strap does not slip or come loose during intense exercise.

Note: The heart rate strap should have direct contact with your skin, and should be worn on your lower chest.



Functions and Status

The chest type heart rate monitor auto power on when you wear it on, auto power off when you take it off.

Power on: a single "beep"; **Power off:** three "beeps"; **Alert:** five quick "beeps";

After the heart rate is detected, LED light can display the heart rate zone.

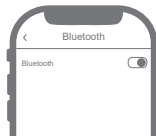
Heart Rate Zone*	Intensity	Breathing Light Color
Zone 1(<60% MHR)	Very Light	
Zone 2(60%-70% MHR)	Light	
Zone 3(70%-80% MHR)	Moderate	
Zone 4(80%-90% MHR)	Hard	
Zone 5(90%-100% MHR)	Maximum	

Note: The heart rate zone is calculated based on the maximum heart rate (MHR). The default maximum heart rate value is 200 bpm and can be set in the CoospoRide/Heartool app.

Connect to Device

First, please wear the H9Z on to power on the sensor, otherwise it will be in sleep mode and cannot be find by Bluetooth.

Connect to sports and fitness app (Bluetooth)



1. Turn on the Bluetooth and location service on your phone.

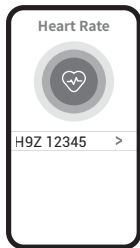
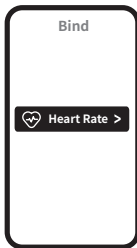
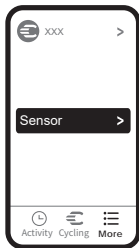
Note: Do not pair the sensor in the Bluetooth list of your phone.

2. Find the sensor settings menu in the sports & fitness app.
Take CoospoRide and Heartool as examples.

Go to CoospoRide app > More > Sensors > Heart Rate

Or go to Heartool app > Settings > Device > Add Device

3. Find the H9Z Bluetooth ID and select it to connect.



Connect to smart devices, including fitness equipment and sports watches (Bluetooth and ANT+)

1. Select "Add HR sensor" from the smart device settings menu.
2. Find the Bluetooth or ANT+ ID for H9Z and select it to connect.

Bike 1	
Activate	On
Heart Rate	Disable
Speed	
Cadence	
Spd&Cad	
Power	

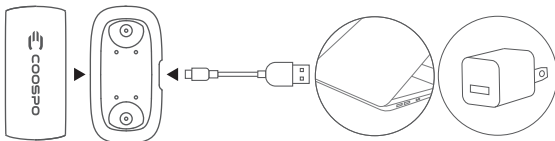
Search...
⌘ H9Z
📶 ID:12345

Bike 1	
Activate	On
HeartRate	📶 ID 12345
Speed	Disable
Cadence	Disable
Spd&Cad	
Power	

Charging

H9Z takes around 1.5 hours to charge and the indicator light remains green once it is fully charged.

Note: To extend battery life, please use a DC 5V power adapter or PC USB port for charging.



Maintenance

1. Remove the sensor from the heart rate strap after use.
2. Please rinse the heart rate belt with water and dry it. Avoid using cleaning agents, and do not put it in the washing machine or dryer.

Specifications

Battery Type	Rechargeable Lithium Battery 70mAh
Battery Life	50 Hours
Working Temperature	0°C~40°C(32°~104°F)
Charging Temperature	0°C~45°C(32°~113°F)
Wireless Transmission	Bluetooth 5.0 ; ANT+
Waterproof	IP67

Contact us



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Disclaimer

- The information presented in this brochure is for reference only. The products described may be subject to change without prior notice due to the manufacturer's ongoing research and development program.
- We will not be responsible for any direct or indirect, incidental or special damages, losses, or expenses that arise from or are connected to this manual or the products described within it.

Note: This product is intended to assist with exercise only and is not a substitute for medical advice. (Users with cardiac pacing or other implanted devices in their bodies should always consult a doctor for advice first.)

FCC statement

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

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.