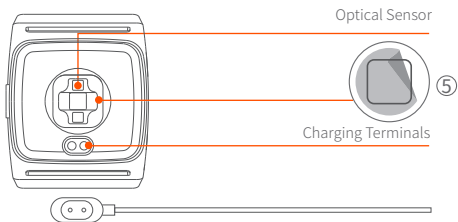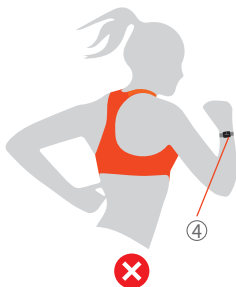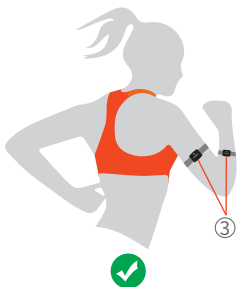# HW9

USER MANUAL
Armband Heart Rate Monitor

SCAN for more
詳しくはこちら
Cerca altro
Nach mehr SUCHEN
SCANNEZ pour plus
ESCANEAR para más

COOSPO

ALL ABOUT PASSION

① LED

COOSPO

② Power on/off button

③

④

✔

✗

Optical Sensor

⑤

Charging Terminals

Function and Operation

Power on: Short press button ② Light blue LED fast blink and vibrate.

Power off: Long press the button for 2 seconds. LED light will flash red and vibrate.

After powering on, Light blue LED ① fast blink, indicating that the device has not detected the heart rate.

After the heart rate is detected, LED light ① 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).

Recommended MHR Calculation: 220 minus your age.

The default MHR value is 200 bpm and can be set in the CoospoRide/Heartool app.

Wearing

1. Remove the transparent cover ⑤ from the back of HW9.

2. Wear the armband on the upper forearm or on the inner or outer side of the upper arm ③.

3. Adjust the armband to a comfortable length so it stays close to the skin. This will prevent it from sliding or coming loose during intense exercise and ensure accurate heart rate monitoring.

   Note: Please do not wear it on your wrist ④.

Connect to Device

Connect to Sports and Fitness app (Bluetooth)

1. Turn on the Bluetooth on your phone.
2. Find the Sensor Settings Menu in the Sports & Fitness app. Take CoospoRide and Heartool app as example.

   Go to CoospoRide app > More > Sensors > Heart Rate

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

3. Find the HW9 Bluetooth ID and select it in the app to connect.
   Note: Do not pair the sensor in the Bluetooth settings of your phone.

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 HW9 and select it to connect.

   While the device is working, short press the button to check its Bluetooth connection status:

   Bluetooth is not connected: LED light flashes green.

   Bluetooth is connected: LED light flashes blue.

   Note: The information about sensor compatibility and connection instructions, please refer to: www.coospo.com/faq/hw9.

Low Battery Alert & Charging

Power<10%, Red LED slow blink for 10 seconds and remind the user every 5 minutes;

Power<1%, Red LED flash, device vibrate and turn off automatically.

1. Connecting the USB magnetic power cable to the device and the power source;
2. Green LED flashes: Charging
   Green LED is always on: Charging completed
   Charging time is about 1.5 hours.

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

Specifications

Weight	10.6 g（sensor only）
Battery Life	35 Hours
Wireless Transmission	Bluetooth 5.0 & ANT+
Battery Type	Rechargeable Lithium Battery
Working Temperature Range	0℃~60℃(-4°F~140°F)
Charging Temperature Range	10℃~45℃(32°F~113°F)
Size	41.3 x 33.8 x 11 mm
Waterproof	IP67

Standard Accessories

Heart Rate Monitor with Armband x1

Charging Cable x1

User Manual x1

Contact us

🌐 Website: www.coospo.com   ✉ E-mail: support@coospo.com

Disclaimer

● The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.

● We shall not bare any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

⚠ This product is for sports purposes only and it's not meant to replace any medical device.

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.

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada' s licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L' émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d' Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L' exploitation est autorisée aux deux conditions suivantes :

(1) L' appareil ne doit pas produire de brouillage;

(2) L' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d' en compromettre le fonctionnement.

Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Contact your local government or a retailer for additional information.

- Do not open or modify the product.
- Do not disassemble or attempt to service this product.
- This product is safe under normal and reasonably foreseeable operating conditions.
- If product is operating improperly, call COOSPO support.