1. Decompression "BDESetup.rar"

```
BDESetup.rar
Testpulse_HRM-2901.rar
Instruction.docx
```

2. Then click "Setup.exe"

```
_inst32i.ex_
_ISDel.exe
_Setup.dll
_sys1.cab
_sys1.hdr
_user1.cab
_user1.hdr
DATA.TAG
data1.cab
data1.hdr
lang.dat
layout.bin
os.dat
Setup.exe
SETUP.INI
setup.ins
setup.lid
```
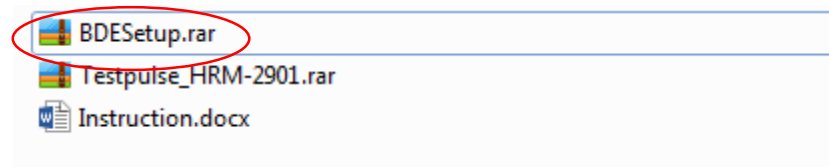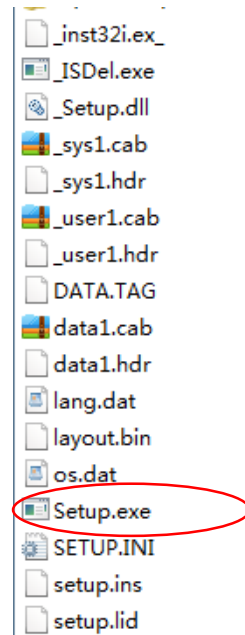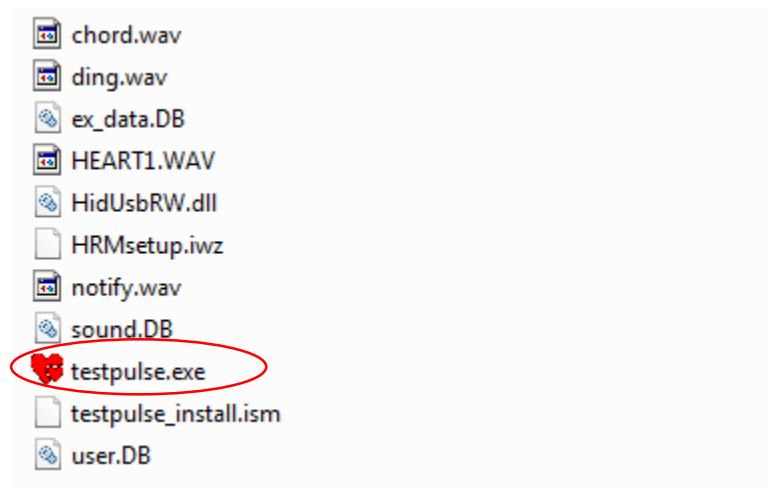
3. Decompression "Testpulse_HRM-2901"

```
BDESetup.rar
Testpulse_HRM-2901.rar
Instruction.docx
```
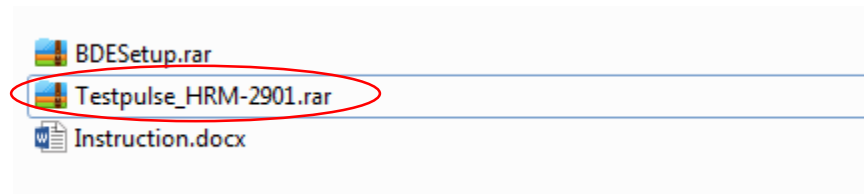
4. Click "testpulse.exe" to run the software.

```
chord.wav
ding.wav
ex_data.DB
HEART1.WAV
HidUsbRW.dll
HRMsetup.iwz
notify.wav
sound.DB
testpulse.exe
testpulse_install.ism
user.DB
```

5. Plug the 2901 to your computer USB port and clip the ear clip sensor on your ear. Click "Connect" .

6. Click "Start" , after several seconds you will see your heart rate.