

# Heart Rate Monitor Owner's Manual



**VELOTRIC**

# Safety Warnings and Product Information

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## WARNING

Failure to notice the potential dangers listed below may lead to severe harm or even fatal accidents.

### **Battery-related warnings**

The product has a built-in lithium-ion battery. Failure to follow the instructions listed below may shorten the battery's shelf life, damage the device, or cause fire, chemical burns, electrolyte leakage, or the risk of injury.

- Do not disassemble, modify, puncture, or damage the device or the battery.
- Do not expose the device or the battery to fire, explosion, or other hazards.
- Do not place or store the device near a dryer, in a car under direct sunlight, or in other high-temperature environments.
- Do not immerse the battery in water or other liquids.
- Do not use any sharp object when removing the battery.
- Keep the battery out of reach of children. Swallowing the battery may cause chemical burns, soft tissue perforation, or even death. Seek immediate medical help if the battery is swallowed.

### **Health and training**

Training involves possible risks. We recommend you consult your doctor before a training program.

In addition to training intensity, heart rate is affected by medications for heart diseases, hypertension, asthma, respiratory, psychological, and other diseases, as well as energy drinks, alcohol, nicotine, and drugs. During training, please pay attention to your body's response. Stop training immediately and consult your doctor if you feel pain or overexerted.

If you are using a pacemaker or any other implantable electronic device, theoretically, our product will not interfere with the said devices; however, due to the variety of devices used, we cannot assure that your product is fully compatible with all implantable electronic devices. Please consult your doctor if you feel something is wrong.

Stop using the product and consult your doctor if your skin gets allergic or you suspect an allergic reaction due to our product. Besides, we will highly appreciate it if you inform our Customer Service Center about your allergic reaction.

Besides, if you apply perfume, sunscreen cream, mosquito, or insect repellent on your skin, make sure these applied parts do not contact our product.

## Product Introduction

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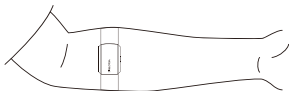
Driven by advanced optical heart rate technologies, our heart rate armband supports standard Bluetooth and ANT+ protocols and can be paired with some bike computers, sports watches, and Apps. With an adjustable band, you can wear the device on your forearm. It can record every beat of your heart, and help you do workouts joyfully and scientifically.



## Wearing

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Wear the heart rate armband near your elbow or on the inner or the outer side of your upper arm or forearm, as shown in the following figure, to get the best accuracy of heart rate measurements. Adjust the band to fit with your arm well to the extent that you feel comfortable and the band is tight enough to hold in place during your workout.



## Pairing and Settings

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### **Pairing the heart rate armband with a Bluetooth device**

Wear the heart rate armband before you pair it with a compatible device. Keep the armband within 3 meters of the device to be paired and over 10 meters away from other Bluetooth devices.

The sensor cannot be found by directly using Bluetooth on a phone and can only be connected to one Bluetooth device or one app at the same time.

When the initial pairing is complete, the compatible device will automatically identify the enabled heart rate armband.

### **Pairing the heart rate armband with an ANT+ device**

Wear the heart rate armband before you pair it with a compatible device. Keep the armband within 3 meters of the device to be paired and over 10 meters away from other ANT+ devices.

When the initial pairing is complete, the compatible device will automatically identify the enabled heart rate armband.

## Heart rate warning value setting

The initial heart rate warning value of the heart rate armband is 180 BPM by default.

You can connect the device to your Velotric APP, and set the heart rate warning value on the App.

## Charging

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Insert the attached magnetic charging cable to a USB port for easy charging, as shown in the following figure.

During charging, the indicator is blinking red.

Once the device is fully charged, the indicator turns solid green.



## LED Indication and Vibration Description

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### Power on

Press and hold the button for 2s. The device is powered on, and the sensor vibrates.

### Connect

LED blinking blue: The product wakes up and is searching for a compatible device.

LED solid blue: The product is connected to a device.

### Shutdown

Press and hold the button for 2s. The LED indicator is blinking red, the sensor vibrates, and the device is powered off.

### Charging

Charging: The LED indicator is blinking red.

Once the device is fully charged, the LED indicator turns solid green.

### Press button

The heart rate armband gives a 60s broadcast.

### Device disconnection

The sensor vibrates to remind you that the device is disconnected.

# NCC Warning Statement

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This low-power radio-frequency device has been certified under the technical standards of low-power RF equipment. Without approval, companies, vendors, or users are not allowed to alter the frequency, increase power output, or change the characteristics and functions of the original design. The use of this low-power RF device shall not affect flight safety or interfere with legitimate communications. If any interference occurs, the device must be stopped immediately and can only be used again once the interference is resolved. The aforementioned legitimate communications refer to radio communications operated in accordance with the Telecommunications Management Act. This low-power RF device must tolerate interference from legitimate communications or industrial, scientific, and medical (ISM) radio wave equipment.

## FAQs

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### **What bike computers, sports watches, and apps are compatible with the heart rate armband?**

The heart rate sensor can be connected to bike computers, sports watches, and apps of peripherals that support standard Bluetooth or ANT+ protocols.

### **Follow the instructions below if heart rate data is abnormal or not displayed.**

1. Press the Power button for about 2–3s, then the device will be powered off and rebooted. In this process, check if the LED indicator is blinking.
2. Make sure that Bluetooth and positioning services are authorized on your device.
3. Make sure your bike computer, sports watch, or app is compatible with the heart rate armband.
4. Make sure the heart rate armband is correctly fitted on the upper part of your forearm, and the band is comfortable and tight enough to hold in place during your workout.
5. Remove any dirt or debris from the heart rate armband, with mild soap and water if necessary.

If these steps do not work, contact our after-sales for technical support.

### **How long is the battery life of the heart rate armband?**

The battery life is up to 45 hours.

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.

**NOTE:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes could void the user's authority to operate the equipment.

**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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction. Federal Communication Commission (FCC) Radiation Exposure Statement: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment so that no RF exposure calculation is needed.

## Recycling



This symbol on the product or on its packaging indicates that this product must not be disposed of with your household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste equipment for recycling, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

## Specifications

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The product includes	A sensor, a charge cable, a Leica armband, instructions
Model	VELHRM01
Nominal Voltage	3.8V(lithium-ion battery)
Nominal Capacity	70mAh(lithium-ion battery)
Ref. Weight	1.50g(lithium-ion battery)
Heart rate range	30~240 rpm
Battery type	Rechargeable lithium-ion battery
Battery life	45 h
Wireless communication protocols	Bluetooth & ANT+
Weight	12 g
Dimensions	44 × 31.6 × 11.2 mm
Ingress protection rating	IP67
Operating temperature	0°C ~ 45°C
Frequency range	2402 to 2480 MHz
Output power (Max.)	4 dBm

\* The actual battery life depends on the environment of use.

## Contact

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Website: [www.velotricbike.com](http://www.velotricbike.com)

E-mail: [help@velotricbike.com](mailto:help@velotricbike.com)