

**Bluetooth® Smart Heart Rate Strap  
Instruction Manual**

# Contents

Before using this product .....	3
Warranty.....	4
List of Parts .....	5
Battery.....	6
First Use.....	6
Fitting the Strap.....	7
Wearing the Strap .....	8
Pairing the Sensor .....	9
Care and Maintenance.....	10
Technical Specs .....	11



## **WARNINGS:**

- ⚠ This product is for recreational use only and is not, nor should it be used as, a medical device. BioLogic cannot be held liable for any use as a medical device and advises users to cease any activity or exercise if chest pain or discomfort occurs.
- ⚠ This device runs on electricity and incorrect battery usage may risk danger of explosion or electrocution.
- ⚠ Keep batteries away from minors and seek medical advice if swallowed.
- ⚠ This product is waterproof, but should not be submerged in water. If submersed, water may penetrate the unit and cause permanent damage to the electronics and risk harm to the user.
- ⚠ If the Battery Cover and/or O-ring are not correctly positioned and closed, water may penetrate the unit and cause permanent damage to the electronics and risk harm to the user.
- ⚠ If a battery leaks, dispose of carefully and seek medical advice if it contacts the skin.
- ⚠ Dispose of batteries safely according to local, regional, and national regulations.
- ⚠ Always ensure the Heart Rate Sensor is removed before washing the Strap.
- ⚠ Never expose the Heart Rate Sensor to elevated temperatures, such as, in a clothes drier, oven, microwave or radiator.
- ⚠ Store the Heart Rate Sensor in a dry, ventilated area and avoid exposing it to extreme sunlight.

▲ The product will only function between 0 °C to +50°C (32°F to 122°F)

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

### **LIMITED PRODUCT WARRANTY INFORMATION:**

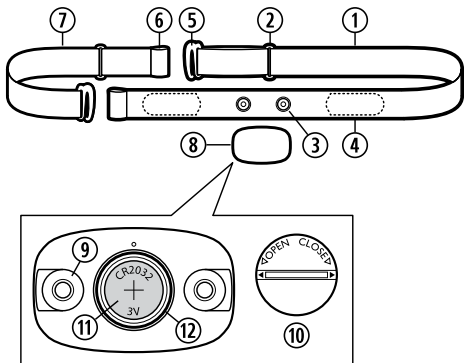
This Product comes with a ONE (1) YEAR Limited Warranty from the date of the retail purchase by the original end-user. If a material or workmanship defect arises and a valid claim is received within the Warranty Period, the Product will be replaced. BioLogic cannot be held liable for damages to personal property due to misuse or improper care and maintenance. This Product's warranty does not, under any circumstance, cover the replacement or cost of any electronic or personal property associated with use of the Product.

### **DISCLAIMER**

BioLogic disclaims any and all liabilities arising from third party products or services, which use data generated by this device, as well as claimed compatibility and interoperability. BioLogic shall not be held liable for any fees, including data transfer fees, which may be due or related to use of this product.

## List of Parts

1. Chest Strap
2. Strap Buckle
3. Stud Fastener
4. Electrodes
5. Hook
6. Loop
7. Extension Strap
8. Heart Rate Sensor
9. Clasp
10. Battery Cover
11. Battery (CR 2032)
12. O-ring

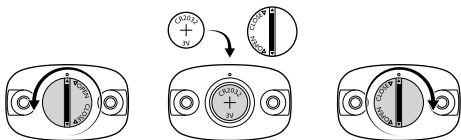


## Battery

The BioLogic Heart Rate Sensor uses one CR 2032 battery.

### First Use

This product comes fitted with a stopper to prevent battery discharge during storage and shipping. To activate the product, please loosen the Battery Cover by turning counter-clockwise with a coin and remove the stopper from on top of the battery.



To replace the battery, remove the Battery Cover by turning counter-clockwise using a coin and place the battery inside with the negative terminal facing down (i.e., the front of the battery should be visible through the Battery Cover Hole).

Before closing the Battery Cover, ensure that the O-ring is in good condition and in the correct position, then align the Battery Cover with the Battery Hole and seal shut by turning the Battery Cover clockwise using a coin.

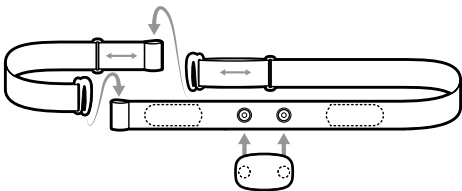
If storing the unit for a prolonged period, please remove the battery.

Remember to re-pair the Heart Rate Sensor to your receiver(s) after every battery change.

## Fitting the Strap

For chest sizes between 68~105 cm (26~41") only the Chest Strap is required.

For chest sizes between 105~150 cm (41"~59") the Chest Strap and Extension Strap are both required. To attach the Extension Strap, slide the Hook of the Extension Strap through the Loop of the Chest Strap.



## **Wearing the Strap**

1. Moisten the Electrodes on the Chest Strap and then clip the Heart Rate Sensor to the Chest Strap.

▲ Be sure the Heart Rate Sensor is securely attached to the Chest Strap.

2. Wrap the Strap around your chest ensuring the electrodes are firmly against bare skin on either side of your heart and attach the Hook to the Loop. The Heart Rate Sensor should be in the middle of your chest.

3. If the Strap is loose, tighten the Buckle.

The BioLogic Heart Rate Sensor needs to be in electrical contact with your skin. To ensure better data, moisten the Electrodes on the Chest Strap and ensure they are not blocked by excessive chest hair.

People with sensitive skin can wear the Strap over a light shirt, but must ensure there is sufficient moisture between the skin and the Electrodes for an electric current to pass.

The BioLogic Heart Rate Sensor is water resistant, but does not function when underwater or in the presence of excessive sweat. If your receiver stops receiving its signal, stop your activity and dry the skin in contact with the Electrodes and resume activity.



## Pairing the Sensor

The BioLogic Heart Rate Sensor is compatible with all Bluetooth (4.0) Smart receivers, but must first be paired to your receiver to use. Please consult the instruction manual for your receiver to learn how to pair it to the BioLogic Heart Rate Sensor.

The maximum transmission range is 200 cm (80"). Ensure your receiver is positioned within this distance and that there are no obstructions blocking the Bluetooth signal. If your receiver cannot pair with the sensor, check that the batteries are correctly installed and not exhausted.

**▲** When pairing the BioLogic Heart Rate Sensor with your receiver, please ensure other Bluetooth Smart devices are not within reception range to prevent possible cross-pairing.

## Care and Maintenance

### Wash after use

The BioLogic Heart Rate Strap is made from quality materials and will serve you well throughout its lifetime. To ensure you get the most from the product, please carefully follow the care instructions.



After every use, detach the Heart Rate Sensor and if wet (from rain or sweat), dry it using a soft dry cloth. Never use alcohol or abrasive cleaning agents on the Heart Rate Sensor. Store the Heart Rate Strap in a cool, dry area and avoid exposing it to sunlight.

For improved comfort, after detaching the Heart Rate Sensor, rinse the Strap under water and leave to dry. Once dry, store in a cool, dry place. Wash the Strap regularly with detergent and always before storage.

Do not machine wash, soak, spin-dry, iron, dry clean or bleach the Strap. Do not use a detergent with bleach, whitening agents, optical brighteners, fluorescent brightening agents or fabric softener. Wash only with water below 40°C.

Do not tumble dry, wring dry, iron or hot-press the Strap. Instead dry flat, hang dry or drip dry only.

Do not expose the Electrodes to raised temperatures and/or direct sunlight.

Always ensure the Heart Rate Sensor is removed before washing the Strap.

To avoid possible damage and staining, prevent chemical products that may be used on the skin, such as insect repellent and sunscreen, from touching the Strap and Heart Rate Sensor.

Strap material: Polyamide with elastane with conductive thermoplastic polyurethane

Heart Rate Sensor material: Polyamide

## **Technical Specs**

Battery type: CR 2032

Battery life: 200 hours of use (estimated)

Operating temperature: 0 °C to +50°C (32°F to 122°F)

## Trademarks Notice

Bluetooth is a trademark of Bluetooth SIG.

BioLogic and the BioLogic logo are trade names, trade devices or registered trademarks of Mobility Holdings, Ltd.



[The crossed out wheeled bin marking shows that this product is in the scope of the WEEE directive so should be disposed of separately in EU countries.]

## USA

FCC regulatory information: 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: 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:

- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver.
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help.