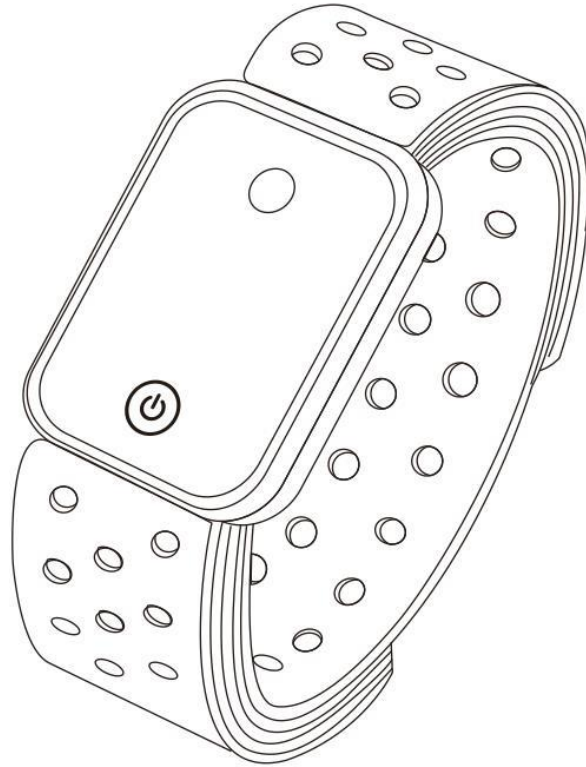


# ARMBAND HEART RATE MONITOR

## USER MANUAL

BD100



- Thank you for purchasing our ANT+ & BLE heart rate armband, this product transmits the real-time heart rate data through Bluetooth or ANT+ to heart rate receiving device, sports and health App, helping you to manage your exercise intensity scientifically. This user manual will help you to use the product better, please keep it for reference.

## **!! WARNING!!**

This is not medical device and is intended for training and recreational use only. Consult a physician prior to determine appropriate heart rate zones

## **Notice**

Our armband heart rate monitor is waterproof to IEC Standard 60529 IP67. Prolonged submersion can cause damage to the unit.

### **A.** Unpacking the product in this box, you will find:

- a. Heart rate monitor armband
- b. charging cable
- c. User manual

### **Basic Parameters**

Product size: 45X33X11mm

Weight: 12.5g (device without strap or accessories)

Water resistance: IP67

Operating Temperature: 0°C to 40°C(32°F to 104°F)

Transmission: ANT+,BLE

Transmission distance: 80m(BLE) 20m(ANT+)

Battery: 80mAh Lithium Polymer

## Using the Armband Monitor

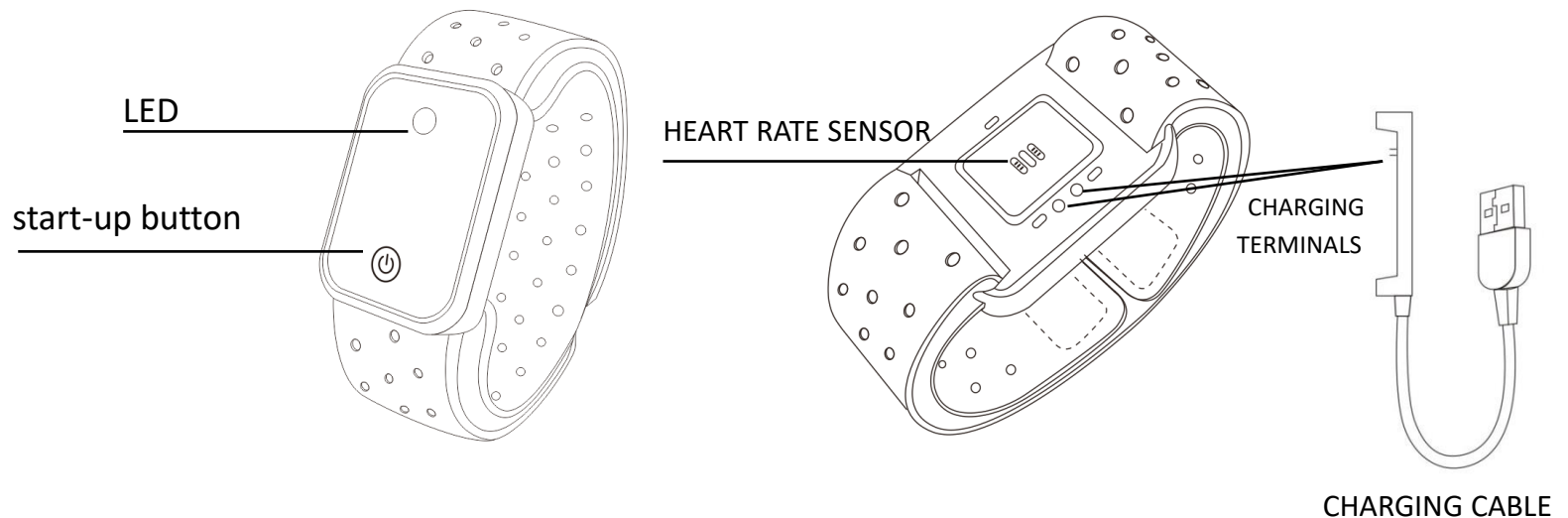
**Turn-on:** Wear armband then Press the start-up button, the white led will blink quickly then turn different color to indicate different HR zone.

**Turn-off:** Press button and hold 2 seconds, the red led will be on, then flash to enter shutdown mode.

### Charging:

Charge the Armband for 1.5 hours or until a solid green light indicates the unit is fully charged.

- a. If the purple led is on whenever starting up or during of operation, it indicates the battery is on low level an need to charge.
- b. The LED light flash red while charging. After full charge the LED will show green continuously.

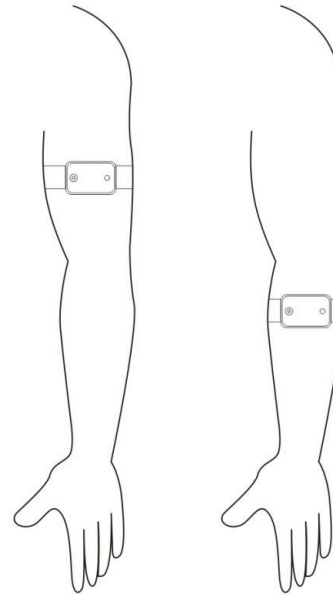


# Button & LED indicator

Operation	Functions	LED Indicator
Button Short press	Turn on	Green
Button Long press	Turn off	Red
System Reset	LED flash once	Blue
(button)Low power	LED flash twice	Purple
HR=0	Default HR zone: Continuous flashing(each 2s)	White
HR=[30,91)		Cyan
HR=[91,109)		Blue
HR=[109,127)		Green
HR=[127,145)		Yellow
HR=[145,163)		Purple
HR=[163,220]		Red
Charging	LED flash once per 2s	Red
Charged	LED always on	Green

# Wear Guidance

- Wear armband on the upper portion of the forearm, sensor should be on the outside or the top of forearm.
- It should be worn snug enough not to move on your arm
- but NOT so tight that it restricts arm circulation.



- **Initial Setup with Bluetooth Smart Fitness Apps**
  1. Set Bluetooth on the device to ON.
  2. Find the Sensor setting menu in the Bluetooth Smart Fitness App.
  3. Connect the device armband by turning it on.
  
- **Initial Setup with Bluetooth Smart devices**(Sports Watches, Fitness Equipment & GYM Team Training System.)
  1. From the device setting menu select “ Add HR sensor”
  2. Connect the device armband by turning it on
  
- **Initial Setup with ANT+ deviecs** (Sports Watches, Fitness Equipment & GYM Team Training System.)

Turn on the armband and move within range of your display device.

Note: Heart rate monitoring will work with most Bluetooth Smart Fitness Apps. Pedometer will other function are only supported in demo APP and will also work with Apps which have integrated the SDK.

## **Compatible Apps**

Wahoo Fitness, Polar Bear, Strava, Zwift, Runtastic Pro, Nike+ Run Club

# Disclaimer

- a. The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacture's continuing research and development plans, without making an announcement in advance
- b. 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.
- c. The movement uses a built-in battery and cannot be replaced. Please use a standard 5V USB interface for charging. If it is not used for a long time, please ensure that it is charged at least once every 3 months.
- d. The product contains a built-in battery. Do not place the product near a fire or throw it into a fire to avoid danger.