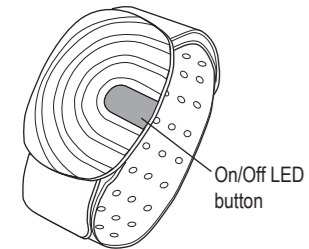


# Bowflex™ Heart Rate Armband

(Version V1.0)


## USER MANUAL



### Product Introduction

Thank you for purchasing the Bowflex™ Heart Rate Armband. This device transmits the real-time heart rate data through a Bluetooth® connection to a heart rate receiving device or App. This will help you manage your fitness level and exercise routine. (This product is for sport purposes only and it is not meant to replace any medical advice.)

**WARNING! Use the values calculated or measured by this device for reference purposes only. The heart rate reported is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

 **Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.**  
**SAVE THESE INSTRUCTIONS.**

### Specifications

Product size: 46.78x34.58x11.58mm

Weight: 55g

Power: Rechargeable lithium battery

Water resistance: IP67 (can withstand immersion in 1 meter of water for 30 minutes)

Working temperatures: 0° C ~ 45° C

Transmission: BLE

### Function and Operation

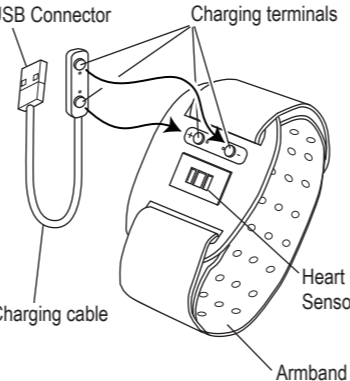
**To turn on:** Push the On/Off LED button. The LED will flash blue quickly, indicating that the armband has been activated and is searching for a heart rate. As the armband calculates the heart rate, the LED will flash slowly.

**To turn off:** Push the On/Off LED button when not in use. The LED will flash red quickly, then enter the shutdown state.

### Power:

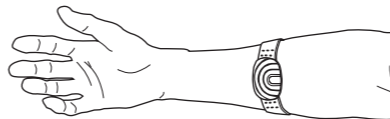
a. If you press the On/Off LED button and the LED flashes red several times, the battery is low and should be charged.

b. The LED will flash red and green while charging. When fully charged, the LED will be green continuously.



### Compatible Apps

Bowflex™ Max Intelligence™ App, Wahoo Fitness, Runtastic, and Strava



### Wearing:

The Heart Rate Armband should be worn on the upper portion of your forearm, with the Heart Rate Sensor to the inside of your forearm. It should be snug enough not to move around on your arm, but not so tight that it restricts blood circulation.

**Note:** Be sure to remove the protective cover from the Heart Rate Sensor before use.


### Setup with Bluetooth® enabled devices

(fitness machine)  
1. Activate the fitness machine.  
2. Push the On/Off LED button to connect the heart rate armband.


### Setup with Bluetooth® Apps

1. Enable Bluetooth® on the device with the App.
2. Open the Bluetooth® App.
3. Find the Sensor Settings menu in the App.
4. Push the On/Off LED button to connect the heart rate armband to the App.

### FCC Compliance

 **Changes or modifications to this unit 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.

 **DO NOT** dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

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