



Handleiding

Hartslagmeter met borstband





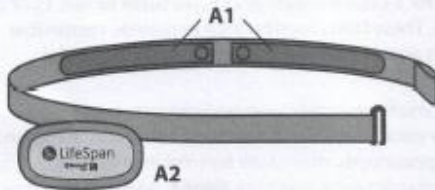
## Heart Rate Monitor with Chest Strap

For safe use and product knowledge, please completely read this Product Owner's Manual. v.1.0.

### Parts Included

**Strap:** The electrode areas (fig.A1) on the inside of the strap detect heart rate.

**Sensor:** The electrodes send the heart rate signal to the receiving device. (fig.A2)

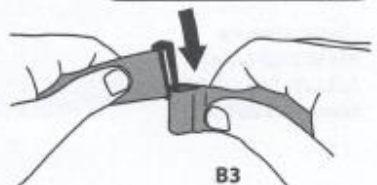
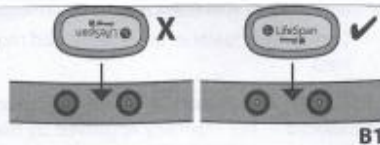


### Precautions

- If you have an allergic reaction or skin irritation when you are using the sensor, stop using it and consult your doctor.
- With moisture and abrasion, black printing on the surface of sensor might come off and stain light-colored clothing.
- Do not use perfume or insect repellent on skin areas where the heart rate sensors are worn.

### Instructions

1. Fasten the sensor to the strap by snapping into place. The LifeSpan logo of the sensor should be in the upright position. (fig. B1)
2. Please moisten the electrode areas (fig.A1) for best results.
3. Adjust the length of the strap, so that you can wear it comfortably and it can be securely fastened right below your chest. (fig. B2)
4. Secure the strap around your chest just below the chest muscle, and attach the hook to the other end of the strap. (fig. B3)



### Getting started

The Heart Rate Monitor is compatible with Bluetooth 4.0/ANT+. It can connect to LifeSpan Fitness products equipped with Bluetooth 4.0 that have an integrated heart rate receiver built into the console.

It can also be paired with mobile devices through iOS and Android (APPs).

When you use the heart rate sensor for the first time, you need to pair the heart rate sensor with your receiving device.

### Caring for your Heart Rate Strap

The Heart Rate Monitor is a high-tech instrument that should be handled with care. Follow the care instructions to ensure reliable measurement and maximize the longevity of the heart rate sensor.

**Sensor:** Detach the sensor from the strap after every use and dry the connector with a soft towel. Clean the sensor with a mild soap and water when needed. Never use alcohol or any abrasive material (e.g., steel wool or cleaning chemicals).

**Strap:** Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water when needed. Do not use moisturizing soaps, because residue will be left on the strap. Do not stretch the strap or bend the electrode areas sharply.

Dry and store the strap and the sensor separately to maximize the battery life. Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor in non-breathing materials, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate sensor to direct sunlight.

### Technical Specifications

Battery type : CR2032 (900 hours)

Operating temperature : 0-50 °C / 32-122 °F



### Changing Battery

To change the battery, use a coin to turn the battery cover counter-clockwise to "▲". (fig. C1)

Insert a new battery (CR2032) with the positive pole (+) facing up. Make sure the plastic sealing ring is seated in the groove to ensure water resistance.

To close, replace the battery cover with the arrow pointing to "▲" and turn the battery cover clockwise to "▲".

**Warning:** Keep battery away from children. If it is swallowed, contact the doctor immediately. The battery should be disposed in compliance with local regulation.

**Caution:** Risk of explosion if you insert battery with incorrect type.

## **Nauwkeurige meting van je hartslag tijdens het trainen**

Wil jij graag doelgericht en effectief trainen? Dan kan je het beste tijdens de training je hartslag meten met de LifeSpan Bluetooth 4.0/ANT+ hartslagmeter met borstband. Of je nu op een van onze loopbanden, crosstrainers, hometrainers, of recumbent bikes in het zweet werkt, de hartslagmeter meet je hartslag heel nauwkeurig. Zo kan je ook in de gaten houden of je in het voor jou juiste hartslagbereik traint, mannen 220 – hun leeftijd en vrouwen 226 – hun leeftijd.

## **Doelgericht en effectief trainen**

De hartslagmeter is waterdicht en kan worden gekoppeld aan de LifeSpan app. Zo verander je je smartphone makkelijk en snel in een fitness tracker. Hij is compatibel met Bluetooth/ANT+ en stuurt zo je gegevens naar je fitnessapparaat en je smartphone. Je hebt je gegevens dus altijd bij de hand. Dankzij de handige borstband kan je comfortabel trainen. De hartslagmeter reageert direct op je lichaam en kan tot 50°C worden gebruikt. Hij heeft een levensduur van 30 maanden, 1 uur per dag. Ga voor een doelgerichte en effectieve training met deze betrouwbare hartslagmeter van LifeSpan.