⚡STEPR + HEART RATE STRAP

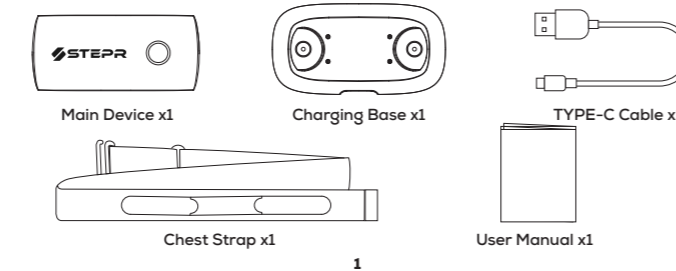**USER MANUAL**

PRODUCT INTRODUCTION

- Thank you for purchasing the STEPR Heart Rate Strap, this is a heart rate strap with wireless Bluetooth and ANT+ functions, it can transmit heart rate data to your STEPR and sports health App in real time via Bluetooth or ANT+, so that you can manage your exercise more scientifically. And the IP67 waterproof can effectively prevent sweat from the device during exercise. This manual can guide you how to use the product, please keep it for reference.

IMPORTANT: This product is for sport purposes only and it is not meant to replace any medical advice. (Patients with cardiac pacing or other implantable devices should consult their doctors for recommendations)

BASIC PARAMETERS

- Connectivity: BLE(25 meters), ANT+ (10 meters)
- Battery: Rechargeable lithium battery 70mAh
- Battery Life: Last 50 hours after being fully charged
- LED: Display different colors in different heart rate zones
- Heart Rate Alarm: Audible alarm (off by default)
- Dimension: 59.5x27x10.4mm
- Host weight: 12g
- Waterproof: IP67
- Operating Temperature: 5℃~40℃

PRODUCT ACCESSORIES

Main Device x1   Charging Base x1   TYPE-C Cable x1

Chest Strap x1   User Manual x1

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HOW TO USE

Notice: When the heart rate monitor is not worn, it will be off and enter sleep mode and cannot be searched. Once the heart rate monitor is worn correctly, it will be automatically turned on and work.

WEARING

1. Moisten the electrode areas of the chest strap.

2. Attach the connector to the chest strap, pay attention to distinguish the left and right.

   L   R

3. Adjust the strap length to fit tightly but comfortably, make sure that the moist electrode areas are firmly against your skin, pay attention to distinguish the left and right position(L towards left, R towards right).(As the figure show)

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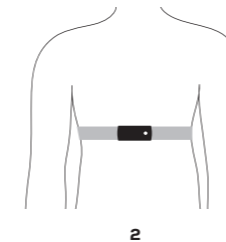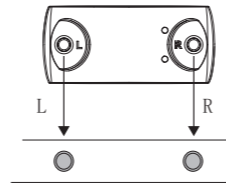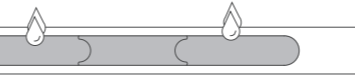
HEART RATE ZONE LED COLOR

⚡STEPR ○ ▬ LED

Once the heart rate monitor is worn correctly, it will be automatically turned on and the LED will flashes white(Heart rate alarm function is turned on: When the device is turned on, it will not beep. Heart rate alarm function is turned off: When the device is turned on, it will beep). When the heart rate is detected, the LED will display different colors according to the heart rate zones, as the table shown below:

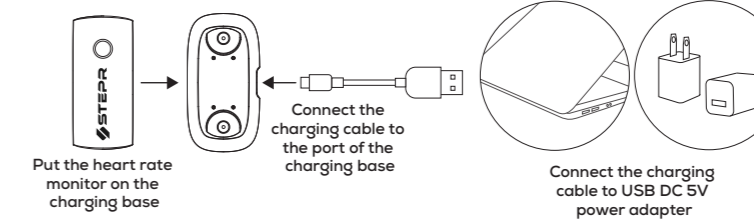| ZONE	COLOR	ZONE(DEFAULT)
Zone 1	White	Below 60%MHR
Zone 2	Blue	61%~70% MHR
Zone 3	Green	71%~80% MHR
Zone 4	Orange	81% ~ 90% MHR
Zone 5	Red	Above 91% MHR

* Max Heart Rate Value(MHR)=180bpm(Default)

HEART RATE ALARM

When the heart rate is higher than the alarm value, the device will beep. By default, the alarm mode is turned off and can be turned on through the App settings.

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CHARGING

1. For the first time using the device, it may need to be charged before it can be turned on.
2. Please use DC 5V power adapter to charge the device.
3. The LED shows red during charging, shows green after fully charged.

Put the heart rate monitor on the charging base

Connect the charging cable to the port of the charging base

Connect the charging cable to USB DC 5V power adapter

COMPATIBLE WITH MULTIPLE APPS

MooFit / Endomondo / Sports Tracker / Runtastic / Wahoo Fitness

Applicable Models:

- IOS9.0 or above, iPhone 5s and above models
- Android 4.3 and above, with Bluetooth 4.0

RESPONSIBILITY DISCLAIMER

- The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans,without making an announcement in advance.

- 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,advance.

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