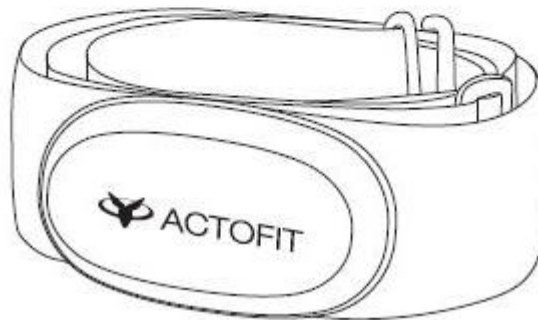


# USER MANUAL

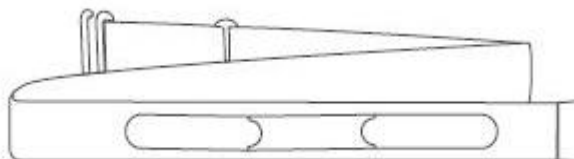
Version No.: V1.0



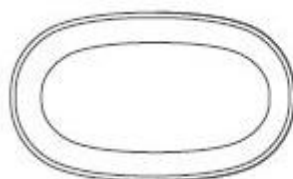
Thank you for purchasing this Heart Rate Sensor. This device supports both Bluetooth 4.0 and ANT+ technology, real-time monitoring heart rate, and data is transmitted wirelessly to your phone or sports watch. With Actofit App, records and stores your every movement heart rate.

**\*IMPORTANT:** This product is for fitness purposes only and doesn't replace any medical devices.

## Device Overview



Chest Strap x1



Heart Rate Connector x1  
(Installed CR2032)

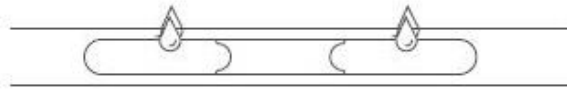


User Manual x1

## How to use

### Wear the Heart Rate Sensor

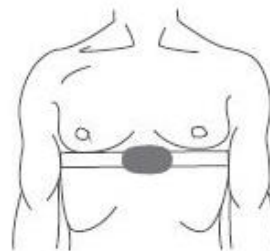
- 1 Moisten the electrode areas of the chest strap;



- 2 Attach the connector to the chest strap, make sure the "L" side to the the left.;



- 3 Adjust the strap to a length that fit tightly but also comfortable, and make sure the moist electrode areas attaches to your skin.



2

## Compatible with most popular Apps

Actofit / Endomondo / Strava / Sports Tracker  
Runtastic / Wahoo Fitness

## Caring for your device

Actofit device is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor.

### Heart rate connector

Detach the connector from the strap after every use and dry the connector with a soft towel. Do not use cleaning chemicals.

### Chest strap

Rinse the strap under running water after every use and hang to dry. Cleaning of strap in a washing machine or dryer is strongly prohibited.

\*Never use cleaning chemicals. (Cleaning chemicals may cause chest fast aging, shorten service life).

\*Do not stretch the strap or bend the electrode areas sharply.

\*Do not store the heart rate sensor wet in non-breathing material, to prevent snap oxidation. Dry and store the strap and the connector.

3

## Batteries

This device uses the CR2032 battery, which has been installed in the heart rate connector. The battery life is 800 hours.

### Battery replacement

Twist the battery door counter clockwise with a coin until it clicks out



Remove the battery, and the battery according to the location of the regulations to dispose of the battery correctly.



Replace the battery positive (+) side up. Use a coin to twist the battery door back into place.



To avoid any danger, please keep the batteries away from your children.

## Heart Rate Sensor specifications

Weight	55 g	Battery Life	800 Hours
Heart Rate Range	30~240 BPM	Water Proof	IP67
Wireless Transmission	Bluetooth 4.0 & ANT+	Size	59.5X33.5X10.5 mm
Transmission Distance	Bluetooth 4.0: 10 m ANT+: 6 m	Strap Adjustable	L: 65~95 cm

All technology will be subject to actual.

### Suitable model:



iOS7.0 system version above, iPhone 4s or later.



Any Bluetooth 4.0 enabled Android device with Android 4.3 or later.



ANT+ decoding devices which support heart rate profile(HRP), pls go to <https://www.thisisant.com/directory/> for the compatible devices.