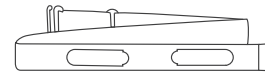


USER MANUAL

Standard Accessories



Heart Rate Monitor X1
(CR2032 Included)



Chest Strap x 1



User Manual x 1

H8-RTN-1.1-21.24



All About Passion

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Product Introduction

H8 supports Bluetooth 5.0 real-time heart rate monitoring. It can transmit heart rate data wirelessly to your smart phone or bike computer.

Note: This product is for sport purposes only and it is not meant to replace any medical advice.

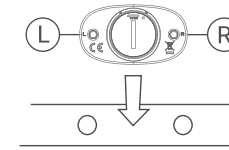
Function and Operation

Wear the Heart Rate Monitor

- 1 Moisten the electrode areas of the chest strap.

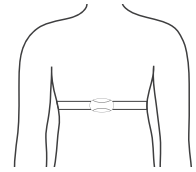


- 2 Attach the connector to the chest strap, marked 'L' towards left.



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- 3 Adjust the strap length to fit tightly but comfortably. Check if the moist electrode areas are firmly against your skin and if the COOSPO logo of the connector is in a central and upright position.



Connect to the App

Turn on Bluetooth: Settings--Toggle Bluetooth to ON position.

Don't look for device or try to pair on this page, just turn on Bluetooth and go to the APP.



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Maintaining

H8 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 Monitor.

- 1 Heart Rate Connector

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

- 2 Chest Strap

Clean the strap under running water after each 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 rapid aging of the strap and shorten the service life).

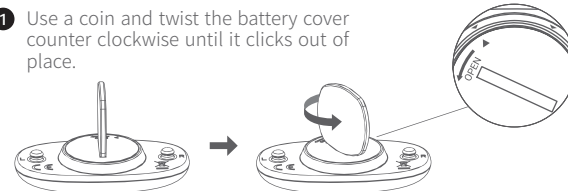
Do not stretch the strap or bend the electrode areas sharply.

Do not store the heart rate Monitor wet in non-respirable materials to prevent rapid oxidation. Dry and store the strap and the connector.

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Battery Replacement

- 1 Use a coin and twist the battery cover counter clockwise until it clicks out of place.

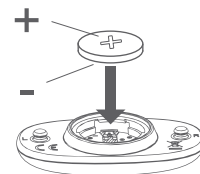


- 2 Remove battery, and properly dispose of used batteries in accordance with local environmental regulations.



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

To avoid danger, batteries should be kept away from children.



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Specifications

Weight	14.2 g (sensor only)
Wireless	Bluetooth 5.0
Distance	10 m
Size	60 x 33.8 x 12.2 mm (sensor only)
Battery Life	400 hours
Waterproof	IP67
Heart Rate Range	30 - 240 bpm
Strap Adjustable	(L) 65 - 95 cm

Applicable Smart Phones

IOS 7.0 or above, iPhone 4s model or above

Android 4.3 or above with Bluetooth 4.0

Compatible Apps

CoospoRide, Wahoo Fitness, Endomondo, Polar Beat, Adidas Running, UA Run, Zwift, Nike+ Run Club, or other Apps with heart rate display feature.

Note: When using Nike+ Run Club, please refer to the steps of displaying heart rate data in the App running settings.

Disclaimer

- The product described in the use manual is subjected to change without prior notice, due to the manufacture's further development program.
- Our company shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

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