

# Zephyr™ HRM BT™

## USER GUIDE



### PACKAGE CONTENTS

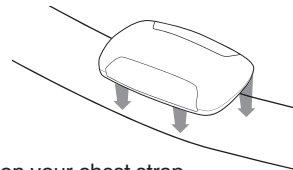
Congratulations on purchasing a Zephyr™ Bluetooth™ Heart Rate Monitor. This package contains the following:

- Zephyr™ Bluetooth™ enabled Heart Rate Monitor.
- Zephyr™ USB charging cradle.
- Zephyr™ patented Smart-Fabric Heart Rate sensing chest strap.

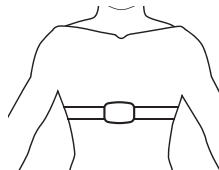
### OPERATING INSTRUCTIONS

#### Wearing your device

- Clip your HxM device to your chest strap



- Put on your chest strap



<sup>1</sup> Putting the strap on will turn your HxM on.

<sup>2</sup> Taking the chest strap off will turn your HxM off.

*Note: In order to ensure a good connection, it might be necessary to sprinkle a small amount of water on the fabric sensors before wearing.*

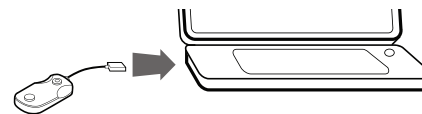
#### Connecting to your Mobile Phone

- Make sure you are wearing your HxM (so that it is turned on).
- You will need to first 'pair' your HxM with your Mobile Phone with passcode "1234". (See your phone manual for Bluetooth pairing instructions) Following this, you'll need to follow the instructions from the provider of the application you are using on your Phone. You should find this information on their website.



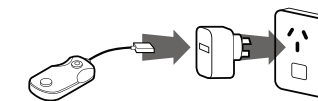
#### Charging the battery

- Clip your device into the cradle.
  - Connect your cradle to a USB port on your PC,



or;

- Connect your cradle to a USB wall charger.



- The green LED indicates that the charger is connected to a power source.
- The red LED indicates that the HxM is charging.
  - The red light will turn off when the device is fully charged.
- 90% charge in 1 hour.
- 100% charge in 3 hours.
- A full battery will give approximately 26 hours of use.

### TROUBLE SHOOTING

#### You cannot connect to your Mobile Phone Application.

- Have you charged the battery in your HxM?
- If you have very dry skin, you may need to moisten the sensors on your chest strap to allow the HxM to turn on. Try connecting again.
- Have you installed the fitness application on your Mobile Phone correctly?

#### You lose the connection to your phone during a workout.

- Is the HxM charged?
- Are there other Bluetooth™ devices active within close range?
  - Sometimes if there are a number of Bluetooth™ devices working within close range, they can interfere with the signal from your HxM to your PC. Try moving away, and connect again.

- iii. Have you been sitting in an air-conditioned environment?
- <sup>1</sup> *This can dry out the top layer of your skin very quickly, and make it hard for the HxM to detect your heart rate. Try moistening the sensors.*

## CARE AND MAINTENANCE

### HxM Unit

- i. If required, wipe clean with a moist cloth.
- ii. Detach unit from strap when not in use. This will prevent accidental draining of the battery.
- iii. Do not leave in direct sunlight.
- iv. Do not expose to chemicals.
- v. Do not immerse in water.
- vi. Keep away from fire or other heat sources.

### Strap



- i. Wash after every 30 days of use.
- ii. Using a wash pouch is recommended.
- iii. Machine wash Cool (<40°C).
- iv. Delicate setting
- v. Spin or hang dry
- vi. DO NOT TUMBLE DRY
- vii. DO NOT BLEACH
- viii. DO NOT IRON
- ix. DO NOT DRY CLEAN.

## GUIDE TO SAFE AND EFFECTIVE USE

- a. Please consult your physician before exercising with this device.
- b. Please do not use this device around medical equipment without permission.
- c. Please do not use this device in places where wireless devices are prohibited (for example: on an airplane).

## SPECIFICATIONS

- a. HR range: 25-240 BPM
- b. Battery Life: 26 hours
- c. Charge Time: 1 hr = 90%;  
3 hrs = 100%
- d. Charge Cycles: 300
- e. Transmit Range: 10 Meters
- f. Frequency: 2.4 – 2.4835 GHz
- g. Output power: 2 mW
- h. Garment washes: 50
- i. Operating limits
  - i. Temperature: 10°C – 50°C (14°F - 122°F)
  - ii. Humidity: 5 – 95%

### BLUETOOTH

- a. Version 2.0
- b. Protocol SPP
- c. Passkey '1234'

## WARRANTY

- a. Zephyr™ provides a limited 12 month warranty for the Zephyr™ Bluetooth™ HxM product. Zephyr™ warrants to the original purchaser of this product that it will replace, repair or refund the cost of this product or any part proven to be defective in material or workmanship, for up to 12 months from the date of purchase. In no event shall Zephyr™ be liable for direct, indirect, incidental or consequential damages arising out of use of this product, and any recovery is limited to the purchase price.
- b. Warranty claims will be initiated by e-mailing warranty@Zephyr-technology.com.
- c. During the warranty period, if this product does not work properly under normal use and care conditions, and if this is caused by a design, material or workmanship defect,

Zephyr™ will decide to replace or repair the product at their discretion according to the following conditions. If the returned product is found not within the range of warranty, Zephyr™ retains the right to charge a handling fee.

- i. The warranty is effective only when proof of purchase can be provided.
- ii. If Zephyr™ repairs or replaces the product, the repaired or replaced product will continue to be covered for the balance of the warranty period.
- iii. If it is deemed that the device has not been used or maintained as recommended, and is considered reasonable, the warranty will not apply to this product.

- iv. If the product has been altered in any way by non-Zephyr™ authorized personnel, the warranty will not apply to this product.
- v. A malfunction or damage caused by use of the Zephyr™ product with other products will not be covered by the warranty.



**This device has been designed to conform to the following:**  
FCC Part 15  
RTTE Directive 1999/5/EC  
This product complies with RoHS 2002/95/EC  
This device contains transmitter module FCC ID: QOQWT12 and IC: 5123A-BGTWT12A. 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.  
*Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.*