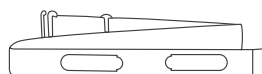


USER MANUAL

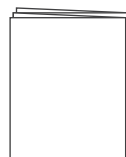
Standard Accessories



Heart Rate Monitor x 1
(CR2032 battery installed)



Chest Strap x 1



User Manual x 1

Product Introduction

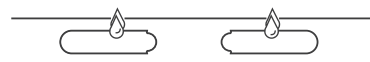
H6 captures real-time heart rate data by Bluetooth and ANT+. It can pair with your favorite training Apps, GPS watches and bike computers. This user manual will help you to use the product better, please keep it for reference.

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

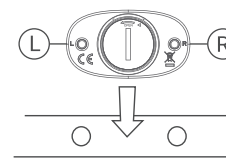
Function and Operation

Wear the Heart Rate Monitor

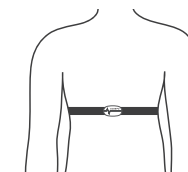
- 1 Moisten the electrode areas of the chest strap.



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



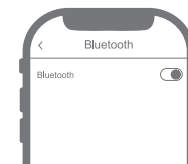
- 3 Adjust the strap length to fit tightly but comfortably. Check if the moist electrode areas are firmly against your skin and if the COOSPO logo of the connector is in a central and upright position.



Connect to the App

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

Don't search device or try to pair on this page, just turn on Bluetooth and go to the App.



About Connecting to the ANT+ Watch

- 1 Refer to the "Wear the heart rate Monitor" wear heart rate Monitor correctly.
- 2 Find and add H6 in the ANT+ device list.

H6-RTN-11-2124



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- 3 Start training as prompted by the watch and check your heart rate in real time on the display.

Both ANT+ and Bluetooth compatibility allow wireless connection to both smartphones and GPS devices at the same time or separately.

Maintenance

H6 is a high-tech instrument that should be handled with care. Please follow the caring instructions to ensure reliable measurement and 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.

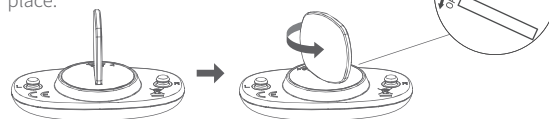
Never use cleaning chemicals.
(Cleaning chemicals may cause rapid aging of the strap and shorten the service life).

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.

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.



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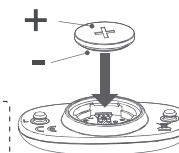
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Specifications

Weight	15 g
Battery Life	400 hours
Heart Rate Range	30 - 240 bpm
Waterproof	IP67
Wireless	Bluetooth 4.0 & ANT+
Size	60 x 33.8 x 12.2 mm
Distance	Bluetooth: 10 m ANT+: 6 m
Strap Adjustable	(L) 65 - 95 cm

- 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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Applicable Smart Phones

- Apple 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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