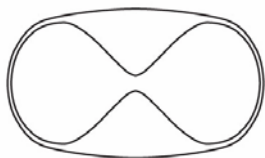


# i-gotU HRM-10 Heart Rate Monitor User Manual

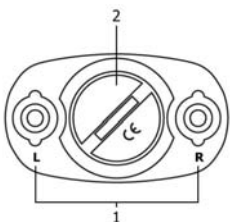
## I. Device Overview

### Transmitter

- Front view

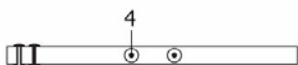


- Back view



1. Left & Right wearing directions
2. Battery cover  
(Battery model: 3V CR 2032 is required for use.)

### Strap



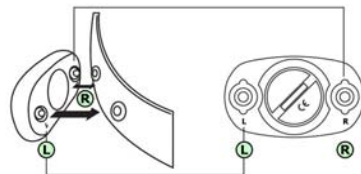
3. Electrodes
4. Fastening buttons

## II. How to Wear the Heart Rate Monitor

1. Wet the electrodes as shown below.

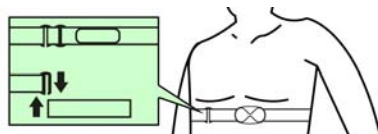


2. Attach the transmitter to the strap.

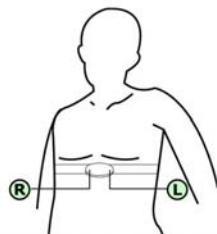


**Warning:** Inaccurate heart rate data will be detected if the device is worn in wrong directions.

3. Fasten up with the clips on both ends. Adjust the strap to assure it's not too tight or loose, so as to detect accurate heart rate data.



4. Wear it slightly below your chest. Adjust the sensor position to the center of your body, while electrodes must be pressed against your skin.



### Warnings:

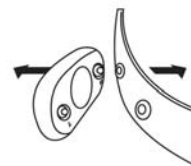
1. Cleaning of transmitter and strap in a washing machine or dryer is

strongly prohibited.

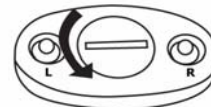
2. Before hand washing the device, detach the transmitter of Heart Rate Monitor where electrodes are located. This part is not washable
3. : While washing the straps, make sure water is no higher than 30°C.
4. : Ironing, bleaching or heating is prohibited.

## III. How to Assemble and Change Battery

1. Detach the transmitter from the strap.



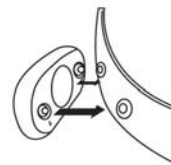
2. Use a coin to unclinch the back cover.



3. Remove the battery inside with a new one.



4. Close the back cover onto the device.



**Note:** Please make sure the back cover is securely sealed to prevent unexpected water leakage.

## IV. Supported Devices & Software

This device is a Bluetooth® 4.0 device, compatible and applicable with many iOS devices, including:

- ◇ iPhone 4S / iPhone 5
- ◇ The New iPad / iPad 4 / iPad mini
- ◇ iPod Touch 5

In addition, this device has been tested to work with various Apps, listed in the following link:

<http://global.mobileaction.com/HRM-support.jsp>



## V. Connect to Heart Rate Monitor

Supported Apps can be downloaded at iTunes App Store. After installing the downloaded App, follow the instructions in App to complete Bluetooth connection to the Heart Rate Monitor.

**Note:** The Bluetooth interface is disabled by default. Bluetooth connection will be established when the Heart Rate Monitor is correctly worn and heart rate is detected.



WEEE

### Note on environmental protection:

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies:

Electrical and electronic devices may not be disposed of with domestic waste.

Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.