



# ALATECH CS008 Heart Rate Strap User Manual

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The logo for ALATECH, featuring the brand name in a bold, italicized, sans-serif font with a registered trademark symbol.

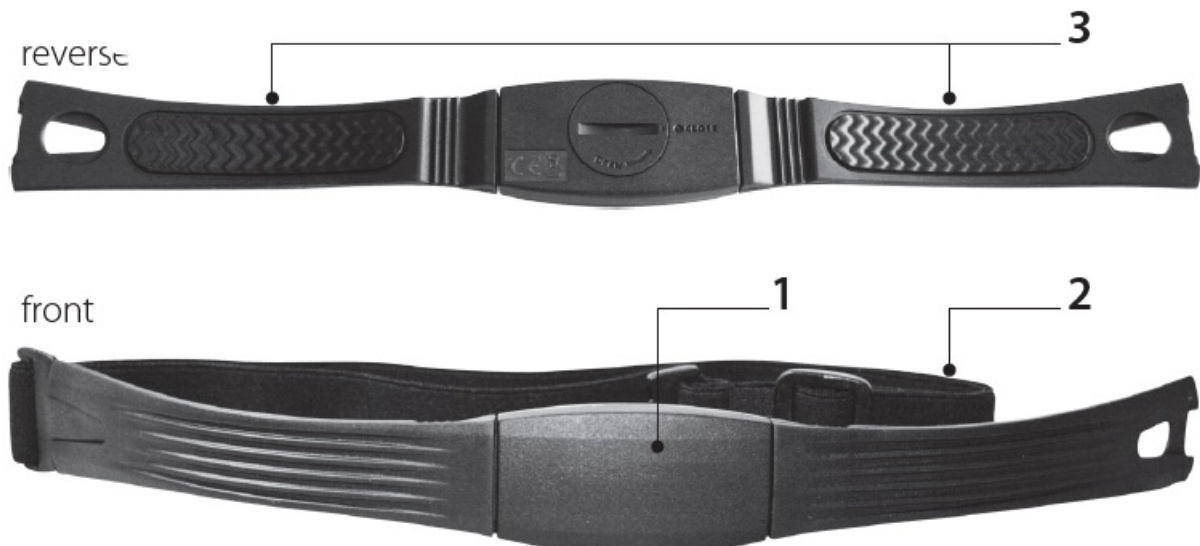
**ALATECH CS008 Heart Rate Strap**






Monitors your heart rate and sends the heart rate signal to the compatible display devices or Apps.

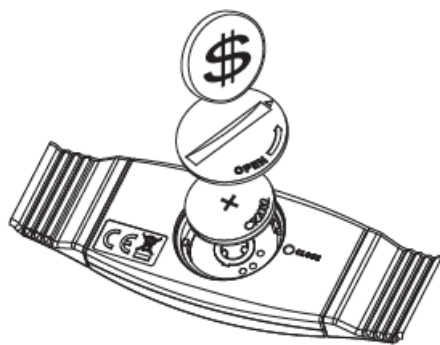
1. heart rate chest strap
2. elastic belt
3. electrode area

This device is for recreational use only; it is not a medical device.

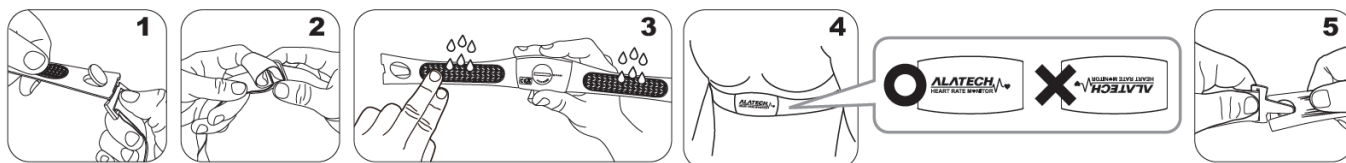


## BATTERY REPLACEMENT

1. Use a coin to twist the battery cover counterclockwise to OPEN.
2. Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
3. Place the battery cover (  points to two o'clock position). Use a coin to twist the cover clockwise to close (  points to  ).



## HOW TO WEAR



1. Attach one end of the chest strap to the elastic belt.
2. Adjust the elastic belt length to a suitable personal length and snug enough to stay in place during your workout.
3. Wet both electrode areas on the back of the chest strap.
4. Make sure the logo is in upright position and the wet electrodes are pressed against your skin when you are wearing the chest strap.
5. Tie the sensor just below your chest and attach the hook to the other end of the chest strap.

## APP USE AND SENSOR PAIRING/APP



A separate application is required to receive and view heart rate data on mobile devices<sup>1</sup>. It is recommended to use AlaFitness app but it is also possible to use other apps that support Bluetooth 4.0. System requirements of app installation:

- Support iOS 11.0 or later
- Support Android 5.1 or later
- Built-in Bluetooth 4.0 or later

Below introducing you how to pair with your device<sup>1</sup> via Bluetooth® within AlaFitness.

1. Wear the sensor correctly below your chest.
2. Turn on your device's Bluetooth® before pairing and each use.

3. Open AlFitness and follow the on-screen instructions to register on app and set up User Profile.
4. Swipe left and select one Sport mode Pairing the Device: [Heart Rate Sensor].
5. On the displayed device list, find and select the ID number2 of your sensor to connect to AlFitness.
6. Select [NEXT STEP] > [Start] and follow the on-screen instructions to complete the operation.

## **NOTE**

1. This function is only available to the CS010 model.
2. CS010 shows as [HRM sensor Vxx].
3. For each use, you may need to pair the heart rate sensor with your receiving device.
4. Make sure your sensor is within 10 cm of your device /smartphone and there are no other Bluetooth sensors in the same range of 20 m while the App is trying to pair with your sensor.
5. The CS008 model only works with the fitness equipment integrated with 5KHz heart rate receiver, please refer to the instructions of the fitness equipment.
6. This device is water-resistant but DOES NOT measure heart rate in water.

## **TROUBLE SHOOTING**

### **Why can't I connect my sensor?**

1. If you are using CS010, please make sure the Bluetooth Setting on your device has been turned on, and the App you downloaded is compatible with Bluetooth 4.0 devices.
2. If you are using CS008, please make sure that the fitness equipment you want to connect to is compatible with a 5 KHz heart rate chest strap.
3. Before each use, make sure that the both sides electrode areas of Heart Rate Strap are well moistened, and you wear it as instructed.
4. Please make sure your sensor, device, and /or equipment are within the specific transmission distance.
5. Check the battery. If exhausted, please replace the battery.

## **CARE AND MAINTENANCE**

1. Keep the chest strap and elastic belt in a cool and dry place when not in use and store it lying flat.
2. Never put the chest strap in the washing machine or dryer and DO NOT use alcohol or detergents\*.
3. After every use, hand wash the chest strap in water. Be sure the battery cover is properly tightened before washing. Never bend the chest strap sharply or twist and stretch the elastic belt.
4. Dry the chest strap with a soft towel after every wash and then lay flat to dry in a cool place. DO NOT expose to direct sunlight.
5. Alcohol, solvents or even water-based cleaning solutions may change the strength and elasticity of rubber of the chest strap.

## **SPECIFICATIONS**

Model	CS008	CS011
Wireless tech.	5 KHz	Bluetooth®
Transmission distance	within 100 cm / 100 / 100	within 2 m / 2
Physical dimension	W269.9×H32.1×D12mm	
Physical weight	43.6 g (CR2032 included)	
Length of strap	Maximum	645±20mm, Minimum 345±20mm
IP rating ,	IPX7	
Operating temperature	-10~50°C (14~122°F)	
In the box	Chest Strap, Elastic Belt, User Manual, CR2032	

## PRODUCT WARRANTY

We thank you for purchasing. We provide a one-year manufacturer's warranty from the date of purchase.

### Warranty period:

We provide repair service free of charge but such service will be limited to normal use only. Any damage caused by misuse of users shall not be covered by the warranty hereof.

1. We offer a risk free 90 day warranty on all replacement parts that we offer for you.
2. User will pay for postage of replacement products from home to our service center. (Please pack properly)

### Non-Warranty Repair Policy: (User needs to pay for the repairs.)

1. If malfunction or damage is caused by improper use, disassembly and modification.
2. If damage is caused by accident, abuse, misuse, flood, fire, earthquake, any other natural disasters or human negligence.
3. Due to normal wear and tear of consumptive parts such as battery, chest strap, elastic belt, etc.
4. If any serial number has been removed or defaced.
5. If it is damaged after the warranty expires.

Model		Date of purchase															
		YYYY				/		MM		/		DD					
Serial No.		<b>SN:</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>															
<table border="1"> <tr> <td>Dealer's Stamp</td> <td> Customer Service  <b>ALATECH TECHNOLOGY LIMITED</b>  39F, No.758, Jungming S. Rd.  Taichung City 40255, Taiwan  40255 忠明南路 758 號 39 樓  TEL: +886-4-2260 8341#14  9:30-17:30, PST, M-F  (only applicable in Taiwan.) </td> </tr> <tr> <td></td> <td> Manufacturer  <b>Zhejiang ALA Fitness Technology LTD.</b>  No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang, China </td> </tr> </table>														Dealer's Stamp	Customer Service <b>ALATECH TECHNOLOGY LIMITED</b> 39F, No.758, Jungming S. Rd. Taichung City 40255, Taiwan 40255 忠明南路 758 號 39 樓 TEL: +886-4-2260 8341#14 9:30-17:30, PST, M-F (only applicable in Taiwan.)		Manufacturer <b>Zhejiang ALA Fitness Technology LTD.</b> No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang, China
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## FCC STATEMENT

### Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (FCC) rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by doing one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### FCC Caution


Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC exposure compliance requirement, please follow operation instruction as documented in this manual.

- The serial number is printed directly on the back of device.

## Documents / Resources

	<p><a href="#">ALATECH CS008 Heart Rate Strap</a> [pdf] User Manual CS008 Heart Rate Strap, CS008, Heart Rate Strap, Rate Strap, Strap</p>
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