Manuals+ — User Manuals Simplified.

ALATECH CS012 Heart Rate Strap User Guide

Contents

ALATECH

ALATECH CS012 Heart Rate Strap

Monitors your heart rate and sends the heart rate signal to the compatible display devices or Apps via Bluetooth® / ANT+ dual mode wireless technology.

1. heart rate sensor

2. strap

3. electrode area

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

BATTERY REPLACEMENT
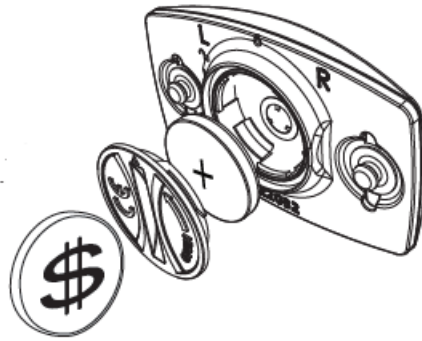
1. Use a coin to twist the battery cover counterclockwise to 🔓 .
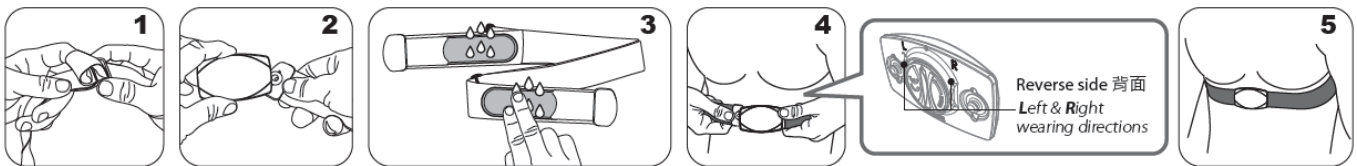2. Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
3. Place the battery cover (▶ points to 🔓). Use a coin to twist the cover clockwise to close (● points to ▶)

HOW TO WEAR

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

APP USE AND SENSOR PAIRING/APP

A separate application is required to receive and view heart rate data on mobile devices. It is recommended to use AlaFitness app but it is also possible to use other apps that support Bluetooth 4.0 or ANT+.
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 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 AlaFitness and follow the on-screen instructions to register on app and set up User's 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 number1 of your sensor to connect to AlaFitness.
6. Select [NEXT STEP] > [Start] and follow the on-screen instructions to complete the operation.

NOTE

1. CS011 shows as [HRM sensor Vxx].
2. CS012 shows as [HRM DUAL 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. If you want to connect the CS012 model wirelessly with ANT+, please refer to the instructions of the ANT+ device.
6. This device is water-resistant but DOES NOT measure heart rate in water.

TROUBLE SHOOTING

Why can't I connect my sensor in App?

1. When you are using Bluetooth® connection, please make sure the Bluetooth Setting on your device has been turned on.
2. Make sure the App you downloaded is compatible with Bluetooth 4.0 devices.
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. Keep the transmission distance between your sensor and your device/smartphone is within 2 m.
5. Check the battery. If exhausted, please replace the battery

CARE AND MAINTENANCE

1. Please store the strap and the heart rate sensor separately when not in use. Refer to attached figure and hold the plastic part to detach the strap from the sensor, don't pull the strap directly otherwise it could be damaged.
2. Store the strap laying flat and do not fold from electrode areas of the strap for extended periods.
3. After every use, clean the strap with hand gently and carefully. Use of detergents with optical brightening agents, moisturizing soaps or fabric softener is not recommended. DO NOT soak, iron, dry clean or bleach the strap. Also DO NOT twist and stretch the strap. Dry the strap with a soft towel after every wash and then lay flat to dry in a cool place. DO NOT expose the strap to direct sunlight.
4. Dry the heart rate sensor with a soft towel, DO NOT wash.

SPECIFICATIONS

Model	CS011	CS012
Wireless tech	Bluetooth®	Bluetooth®, ANT
Dimension of sensor	W62×H38×D12.5mm	
Weight of sensor	16.1 g (CR2032 included	
Length of strap	Maximum: 900±20mm, Minimum: 600±20mm	
IP rating	IPX7	
Operating temperature	-10~50°C (14~122°F)	
In the box	Sensor, Strap, 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, strap, etc.
4. If any serial number has been removed or defaced.
5. If it is damaged after the warranty expires.

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.

Documents / Resources

ALATECH CS012 Heart Rate Strap [pdf] User Guide
CS012 Heart Rate Strap, CS012, Heart Rate Strap, Rate Strap, Strap