CooSpo H6

COOSPO H6 Heart Rate Monitor Chest Strap User Manual

1. INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of your COOSPO H6 Heart Rate Monitor Chest Strap. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

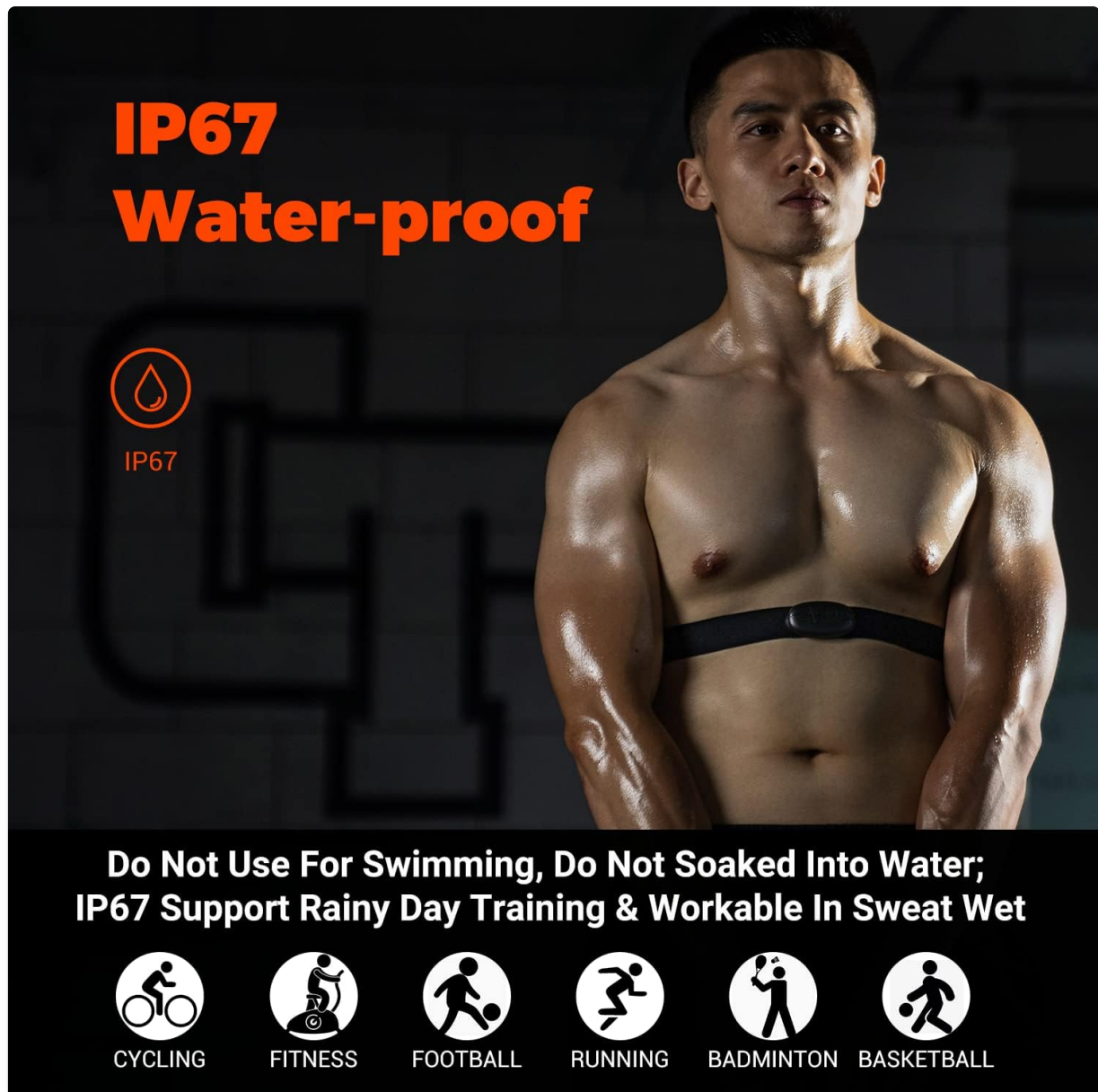Image 1.1: The COOSPO H6 Heart Rate Monitor Chest Strap.

2. PRODUCT OVERVIEW

The COOSPO H6 is a high-performance heart rate monitor designed to provide accurate real-time heart rate data during exercise. It features dual-mode connectivity (Bluetooth 4.0 and ANT+) for broad compatibility with various fitness devices and applications.

Key Features:

- **Accurate Heart Rate Data:** Provides ±1 BPM precision for effective training.
- **Dual-Mode Connectivity:** Supports both Bluetooth 4.0 and ANT+ for stable connections.
- **Wide Compatibility:** Works with most fitness apps, bike computers, sports watches, and gym equipment.

- **IP67 Water-resistant:** Designed to withstand sweat and rain (not suitable for swimming).
- **Long Battery Life:** Up to 300 hours of operation with a replaceable CR2032 battery.

Image 2.1: The H6 monitor is IP67 water-resistant, suitable for training in various conditions.

3. SETUP

3.1 Battery Installation

The COOSPO H6 uses a CR2032 coin cell battery. The device typically comes with a battery pre-installed. If you need to replace it, follow the instructions in the Maintenance section.

3.2 Preparing the Chest Strap

Before each use, it is crucial to moisten the electrode areas on the back of the chest strap with water. This ensures good conductivity and accurate heart rate readings.
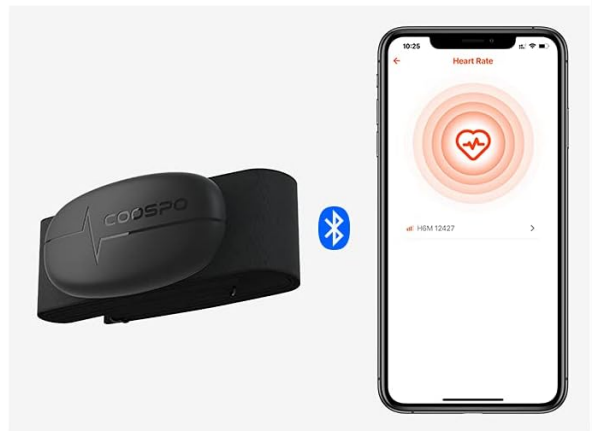
How to wear?

❶ Moisten the electrode area of the chest strap with water.

❷ Wear it under your chest muscle.

❸ Adjust the strap length to a comfortable wear.

❹ Make sure you pair the sensor via the Bluetooth of your fitness APP.

Image 3.1: Step-by-step guide for wearing the heart rate monitor.

4. HOW TO WEAR

1. **Moisten Electrodes:** Apply water to the two electrode areas on the back of the chest strap.

2. **Position the Strap:** Place the chest strap directly against your skin, just below your pectoral muscles. The sensor module should be centered on your chest.

3. **Adjust for Comfort:** Adjust the strap length to ensure a snug but comfortable fit. It should be secure enough not to slip during activity.

Comfortable and Convenient to Wear
Elastic adjustment of tightness

Weight	Thickness	Adjustable
48g	10mm	65-95cm

Image 4.1: The H6 strap is designed for comfortable and adjustable wear.

5. OPERATING INSTRUCTIONS

5.1 Connecting to Devices/Apps

The COOSPO H6 uses Bluetooth 4.0 and ANT+ for wireless connectivity. To connect:

1. Ensure the chest strap is worn correctly and the electrodes are moistened. This activates the sensor.
2. Open your preferred fitness app (e.g., Strava, Wahoo Fitness, Peloton App) or turn on your compatible bike computer or sports watch.
3. Navigate to the sensor pairing or device connection settings within the app or device.
4. Search for new sensors. The COOSPO H6 will typically appear as "H6M-******" (Bluetooth) or as an ANT+ heart rate sensor.
5. Select the sensor to pair.**Note:** For smartphones, connect the heart rate sensor directly within the fitness app, not through the phone's general Bluetooth settings.

Bluetooth4.0&ANT+

Image 5.1: The H6 supports dual Bluetooth and ANT+ connectivity for various devices.

6. COMPATIBILITY

The COOSPO H6 Heart Rate Monitor is compatible with a wide range of devices and applications:

- **Third-Party Apps:** Strava, Wahoo Fitness, Polar Beat, DDP Yoga, HR monitor, Openrider, Zwift, Runtastic, Coosporide, and many others.
- **Bike Computers:** Garmin, CooSpo, and other GPS bike computers supporting ANT+ or Bluetooth.
- **Sports Watches:** Most BLE (Bluetooth Low Energy) / ANT+ compatible sports watches.
- **Gym Equipment:** Peloton bike, Concept2, Nordic treadmill, Bowflex Max Trainer, Pro-Form treadmill, iFIT treadmill, Echelon, and others.

Third-party APP Compatible
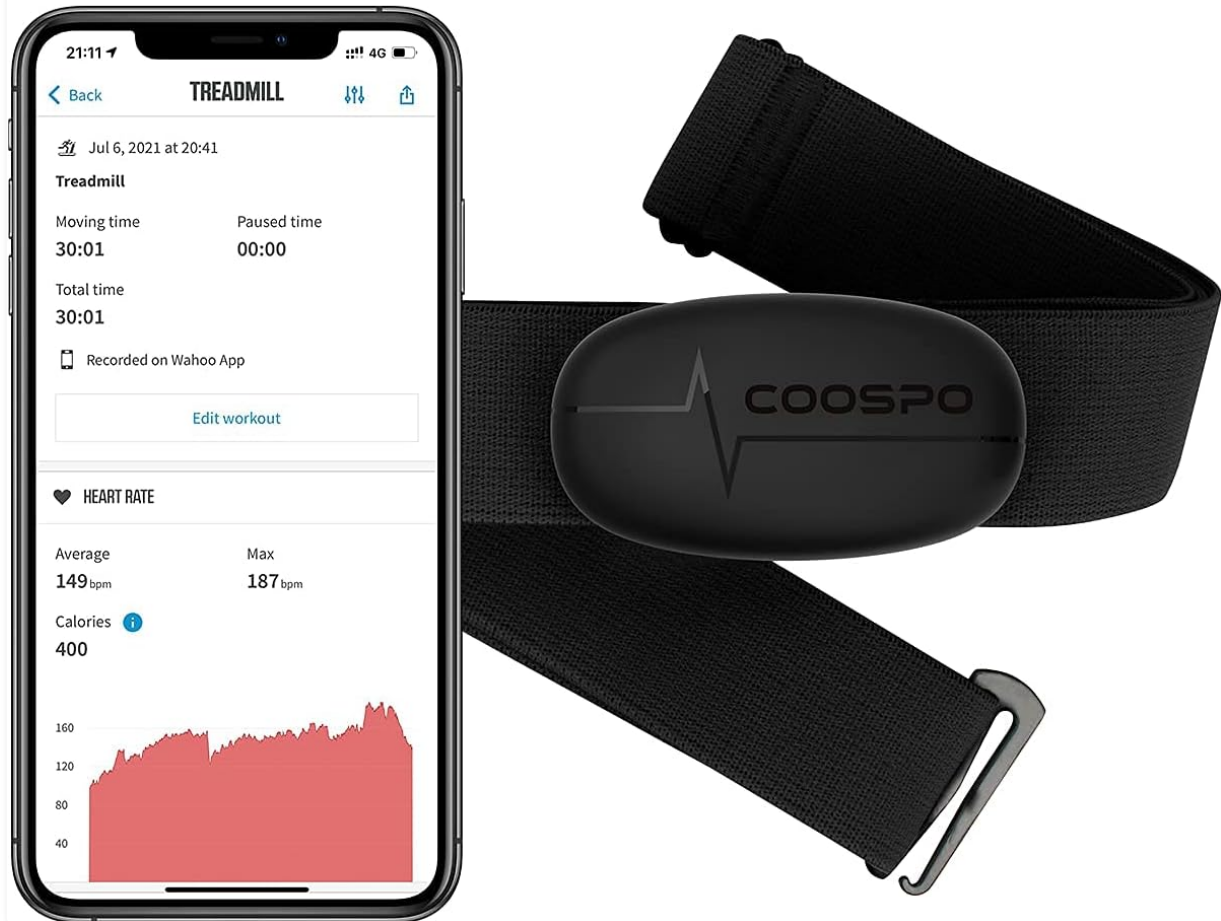

Supports over 200 third-party apps...

Image 6.1: The H6 is compatible with a wide range of third-party fitness applications.

7. MAINTENANCE

7.1 Cleaning the Chest Strap

After each use, detach the sensor module from the chest strap. Rinse the chest strap under running water and hang it to dry. Do not machine wash or tumble dry. Avoid using strong detergents or chemicals, as they can damage the electrodes.

7.2 Battery Replacement

The COOSPO H6 uses a CR2032 coin cell battery. When the battery is low, the device's performance may become inconsistent or it may fail to connect. To replace the battery:

1. Locate the battery cover on the back of the sensor module.
2. Use a coin or a small flat-head screwdriver to twist the battery cover counter-clockwise until it unlocks.
3. Carefully remove the old CR2032 battery.
4. Insert a new CR2032 battery with the positive (+) side facing upwards.

5. Align the battery cover and twist it clockwise until it is securely closed.

Image 7.1: The COOSPO H6 battery compartment for CR2032 battery replacement.

8. TROUBLESHOOTING

- **No Heart Rate Reading / Inconsistent Readings:**

  - Ensure the electrodes on the chest strap are thoroughly moistened.
  - Check that the chest strap is worn correctly and snugly against your skin.
  - Verify the battery is not depleted. Replace if necessary.
  - Ensure there are no strong electromagnetic interference sources nearby.

- **Cannot Pair with Device/App:**

  - Make sure the sensor is active (worn and electrodes moistened).
  - For smartphones, pair the sensor within the fitness app, not directly through the phone's Bluetooth settings.
  - Ensure Bluetooth/ANT+ is enabled on your receiving device.
  - Try restarting your receiving device and the fitness app.
  - Check if the battery needs replacement.

- **Device Disconnects Frequently:**
    - Ensure the battery is not low.
    - Maintain close proximity between the sensor and the receiving device.
    - Check for potential interference from other wireless devices.

9. SPECIFICATIONS

Feature	Detail
HRM Type	Chest Heart Rate Monitor
Wireless Connectivity	Bluetooth 4.0 & ANT+
Sensor Dimensions (L x W x H)	2.56" x 1.37" x 0.39" (6.5 cm x 3.5 cm x 1 cm)
Adjustable Strap Length	25.6" ~ 37.4" (65 cm ~ 95 cm)
Weight (with strap)	48.4g
Waterproof Grade	IP67 (Splash-proof, not for swimming)
Battery Type	CR2032 (Included)
Battery Life	Up to 300 Hours
Material	Plastic
Color	Black

Close skin material

Adjustable size

Strap Adjustable: (L)25.6-37.4inch

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Adjustable length of strap	25.6"~37.4"
Weight	48.4g with strap included
Waterproof grade	IP67
Battery type	CR2032(Included)

Image 9.1: Detailed product dimensions and specifications.

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official CooSpo website. Keep your purchase receipt as proof of purchase for any warranty claims.

Related Documents - H6

[COOSPO H6 Heart Rate Monitor User Manual](#)
Comprehensive user manual for the COOSPO H6 Heart Rate Monitor, detailing standard accessories, product introduction, function and operation, maintenance, battery replacement, specifications, applicable smartphones, compatible apps, disclaimer, and FCC compliance. Learn how to use your H6 for accurate heart rate tracking during sports.

	[COOSPO H9Z Heart Rate Monitor User Manual](#) User manual for the COOSPO H9Z Heart Rate Monitor, detailing its features, setup, connectivity, and maintenance.
	[COOSPO H808S User Manual: Your Guide to Heart Rate Monitoring](#) Comprehensive user manual for the COOSPO H808S heart rate monitor. Learn how to set up, use, and maintain your device for accurate heart rate tracking during sports and fitness activities.
	[COOSPO H6 Heart Rate Monitor User Manual](#) User manual for the COOSPO H6 Heart Rate Monitor, detailing standard accessories, product introduction, function and operation, connection to apps and ANT+ devices, maintenance, battery replacement, specifications, applicable smartphones, compatible apps, disclaimer, FCC statement, and battery safety.
	[COOSPO H6 Heart Rate Monitor User Manual](#) Comprehensive user manual for the COOSPO H6 Heart Rate Monitor, detailing setup, operation, maintenance, specifications, and app compatibility for fitness tracking.
	[COOSPO H808S Heart Rate Monitor User Manual](#) User manual for the COOSPO H808S Heart Rate Monitor, detailing standard accessories, product introduction, function and operation, maintenance, battery replacement, specifications, compatible apps, and FCC/IC warnings.