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CooSpo H6M

COOSPO H6M Heart Rate Monitor Chest Strap User Manual

This manual provides detailed instructions for the COOSPO H6M Heart Rate Monitor Chest Strap, covering setup, operation, maintenance, and troubleshooting to ensure optimal performance and accurate heart rate tracking.

1. Product Overview

The COOSPO H6M Heart Rate Monitor Chest Strap is designed to provide accurate heart rate data for various fitness activities. It features advanced sensor technology for precise readings and offers seamless connectivity with popular fitness apps and devices.



Figure 1: COOSPO H6M Heart Rate Monitor Chest Strap

2. Product Features

- **Precision Heart Rate Tracking:** Equipped with an advanced HR sensor for ultra-precise readings, ideal for

optimizing training zones and monitoring progress.

- **Comfortable Wear:** Crafted with soft, breathable materials and an adjustable strap for a secure and comfortable fit. Lightweight and barely noticeable.
- **Seamless Connectivity:** Effortlessly syncs with your favorite fitness apps and devices via Bluetooth or ANT+ for real-time monitoring.
- **Multi-Sport Compatibility:** Suitable for runners, cyclists, and fitness enthusiasts, accurately tracking heart rate across various sports.
- **IP67 Waterproof & 400H Battery:** IP67 rating supports rainy day training and is workable in sweat. Not suitable for swimming or soaking in water. Features a CR2032 changeable battery providing approximately 400 hours of continuous use (based on 1 hour/day).



Figure 2: IP67 Waterproofing for daily use and sweat resistance.



Figure 3: Bluetooth 4.0 and ANT+ connectivity for wide compatibility.



Figure 4: Key features including IP67 waterproof and dustproof, adjustable strap for comfort, and long battery life.

3. Package Contents

The COOSPO H6M Heart Rate Monitor Chest Strap package includes the following items:

- H6M Heart Rate Sensor (1)
- Adjustable Chest Strap (1)
- CR2032 Battery (Pre-installed or included)
- User Manual (This document)

4. Setup

4.1 Installing the Battery

The COOSPO H6M uses a CR2032 coin cell battery. Ensure the battery is correctly inserted with the positive (+) side facing upwards. If replacing, carefully open the battery compartment cover, remove the old battery, and insert the new one.

4.2 Wearing the Heart Rate Monitor

1. Moisten the electrode area on the back of the chest strap with water or electrode gel. This improves

conductivity and ensures accurate heart rate detection.

2. Place the heart rate monitor around your chest, just below your pectoral muscles. The sensor unit should be centered on your chest.
3. Adjust the strap length to ensure a snug but comfortable fit. It should be tight enough to stay in place during activity but not restrict breathing.

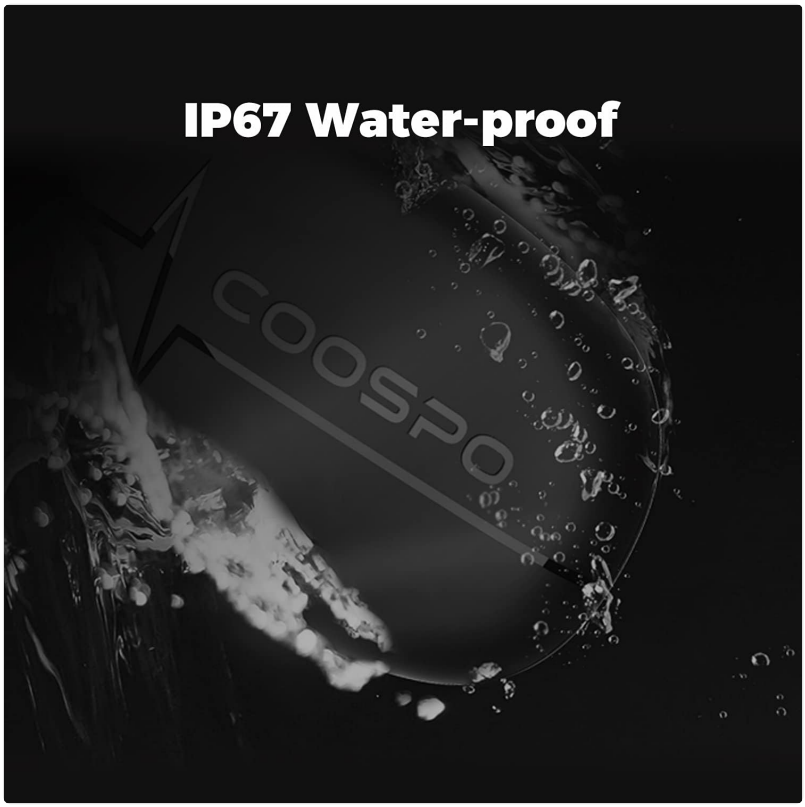


Figure 5: Proper steps for wearing the COOSPO H6M Heart Rate Monitor.

5. Operating Instructions

5.1 Connecting to Devices/Apps

The COOSPO H6M supports both Bluetooth and ANT+ connectivity, allowing it to pair with a wide range of fitness devices and applications.

- **For Bluetooth Connection:**
  a. Ensure Bluetooth is enabled on your smartphone, smartwatch, or fitness device.
  b. Open your preferred fitness app (e.g., Strava, Wahoo Fitness, Polar Beat, Peloton, DDP Yoga App).
  c. Navigate to the app's sensor or device pairing settings.
  d. Select the COOSPO H6M from the list of available devices. The device name will typically appear as "COOSPO H6M" or similar.
  e. Once connected, your heart rate data will be displayed in real-time within the app.
- **For ANT+ Connection:**
  a. Ensure your cycling computer, GPS watch, or other fitness device supports ANT+.
  b. Go to the sensor pairing menu on your device.
  c. Select "Heart Rate" or "HRM" and initiate a search for new sensors.
  d. The COOSPO H6M should appear and connect automatically.

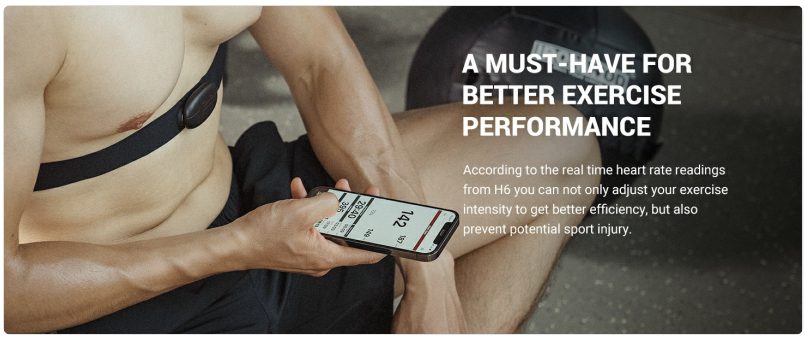


Figure 6: Real-time heart rate monitoring on a smartphone.

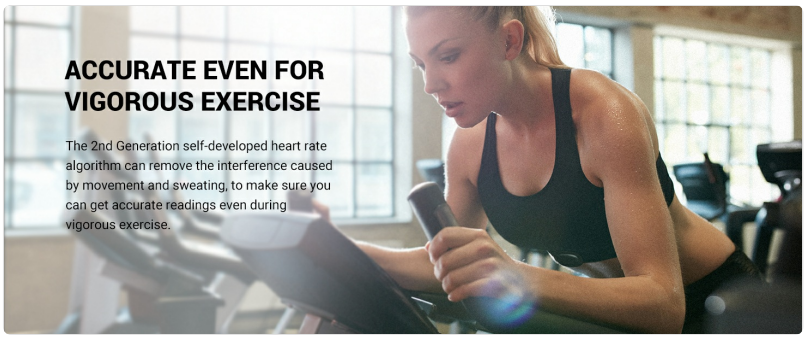


Figure 7: Accurate heart rate tracking during vigorous exercise.

6. Maintenance

6.1 Cleaning the Chest Strap

After each use, rinse the chest strap with clean water to remove sweat and salt residue. Hang it to dry. Do not machine wash, tumble dry, iron, or bleach the strap. Avoid prolonged exposure to direct sunlight.

6.2 Battery Replacement

When the battery level is low, your connected device or app may indicate a weak signal or loss of connection. To replace the CR2032 battery:

1. Use a coin to twist open the battery cover on the back of the sensor unit.
2. Remove the old CR2032 battery.
3. Insert a new CR2032 battery with the positive (+) side facing up.
4. Align the battery cover and twist it clockwise to securely close it.

7. Troubleshooting

Problem	Possible Cause	Solution
No heart rate reading or erratic readings.	Electrodes not sufficiently moistened. Poor contact with skin. Low battery. Interference from other devices. Dry winter conditions affecting conductivity.	Ensure electrodes are thoroughly moistened before wearing. Adjust strap for a snug fit. Replace the CR2032 battery. Move away from strong electromagnetic fields. In dry conditions, apply more water to the electrode area.

Problem	Possible Cause	Solution
Cannot pair with device/app.	Bluetooth/ANT+ not enabled on device. Sensor not active (not worn or electrodes dry). Already paired with another device. Device/app compatibility issue.	Verify Bluetooth/ANT+ is on. Wear the strap and moisten electrodes. Disconnect from other devices. Check app/device compatibility list. Restart your device/app.

8. Specifications

Specification	Detail
Brand	CooSpo
Model Name	H6M
HRM Type	Chest Heart Rate Monitor
Wireless Connectivity	Bluetooth & ANT+
Sensor Dimension	2.56" x 1.37" x 0.39"
Adjustable Length of Strap	25.6" ~ 37.4"
Weight (with strap)	48.4 Grams
Waterproof Grade	IP67
Battery Type	CR2032 (Included)
Battery Life	Up to 400 Hours
Compatible Devices	Smartphones, Cycling Computers, GPS Watches
Material	Acrylonitrile Butadiene Styrene (ABS)

9. Warranty and Support

For warranty information and technical support, please refer to the official CooSpo website or contact their customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims.
CooSpo Official Website: www.coospo.com

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