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## Fitcent CL820W

# FITCENT Rechargeable Heart Rate Monitor Chest Strap

Model: CL820W

## INTRODUCTION

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The FITCENT CL820W Heart Rate Monitor Chest Strap is designed to provide accurate and reliable heart rate data for your fitness and training needs. Utilizing advanced technology, it directly processes micro voltage signals from your heart, offering precise measurements unaffected by external factors like light or skin conditions. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your device, ensuring you get the most out of your training.



Figure 1: FITCENT Heart Rate Monitor Chest Strap components.

## SETUP

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### 1. Preparing the Chest Strap

1. **Wet the Electrodes:** Before each use, moisten the electrode areas on the back of the chest strap with a few drops of water or electrode gel. This ensures optimal conductivity and accurate heart rate detection.

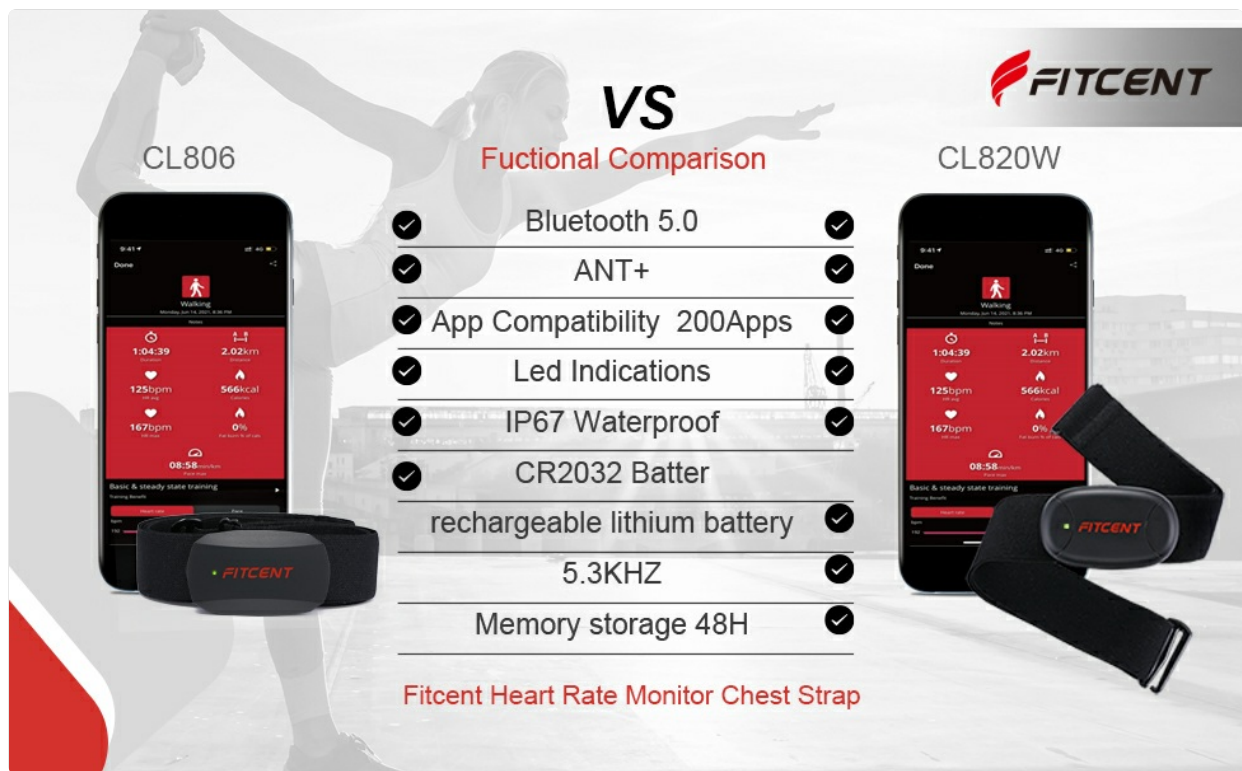


Figure 2: Wetting the electrode area and mounting the sensor.

2. **Attach the Sensor:** Snap the FITCENT sensor onto the two studs located on the chest strap. Ensure it is securely fastened.
3. **Position the Strap:** Place the chest strap around your chest, directly below your pectoral muscles. The sensor should be centered on your sternum. Adjust the strap length for a snug, comfortable fit that does not restrict breathing.

## 2. Initial Pairing with Devices

The FITCENT CL820W supports Bluetooth 5.0, ANT+, and 5.3kHz connectivity, allowing it to pair with a wide range of fitness equipment and applications.

- **For Bluetooth Devices (Smartphones, Smartwatches):**

- a. Ensure Bluetooth is enabled on your device.
- b. Open your preferred fitness app (e.g., Peloton, Strava, Zwift, Polar Beat, Wahoo, Endomondo, Runkeeper, Nike+ Run Club, iCardio Workout Tracker, DDP Yoga, VzFit, Runtastic PRO).
- c. Navigate to the app's sensor or device pairing settings.
- d. Select the FITCENT CL820W from the list of available devices.
- e. The sensor's LED indicator will confirm successful pairing (refer to Operating section for LED indications).

- **For ANT+ Devices (GPS Watches, Bike Computers):**

- a. Ensure your ANT+ device is in pairing mode.
- b. The FITCENT sensor will automatically broadcast its signal.
- c. Confirm the connection on your ANT+ device.

- **For 5.3kHz Compatible Equipment (Treadmills, Gym Equipment):**

- a. Ensure the equipment supports non-coded 5.3kHz heart rate transmission.
- b. The sensor will automatically transmit data to compatible machines without manual pairing.



Figure 3: Connectivity options for the FITCENT Heart Rate Monitor.

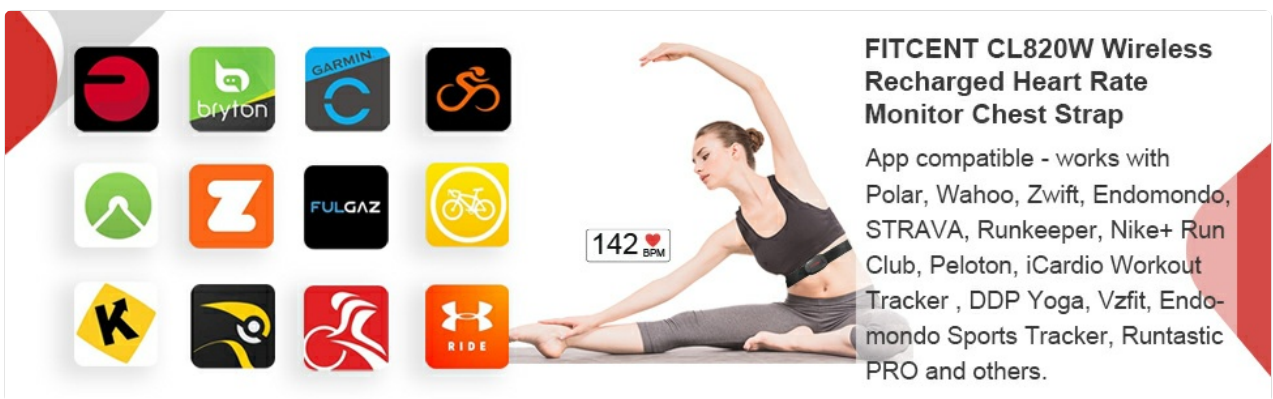


Figure 4: Wide app compatibility for the CL820W.

## OPERATING

### 1. Starting Your Workout

Once the sensor is properly worn and paired, it will automatically begin transmitting your heart rate data to your connected device or fitness equipment. Ensure your device is set to record your activity.



Figure 5: Accurate dynamic heart rate tracking during exercise.

## 2. LED Light Indicator

The FITCENT sensor features an LED light that indicates its status and can help you monitor your training zones:

- **Blue Light:** Warm-up Exercise Section (50%-60% Maximum Heart Rate)
- **Light Blue/Cyan Light:** Weight Loss & Fat Burning Training Section (60%-70% Maximum Heart Rate)
- **Green Light:** Cardiopulmonary Exercise Section (70%-80% Maximum Heart Rate)
- **Yellow Light:** Lactate Tolerance Training Section (80%-90% Maximum Heart Rate)
- **Red Light:** Speed & Strength Training Section (90%-100% Maximum Heart Rate)

CL820W



## LED Light Indicator

Speed & Strength Training Section  
(90%-100% Maximum Heart Rate)

Lactate Tolerance Training Section  
(80%-90% Maximum Heart Rate)

Cardiopulmonary Exercise Section  
(70%-80% Maximum Heart Rate)

Weight Loss & Fat Burning Training Section  
(60%-70% Maximum Heart Rate)

Warm - up Exercise Section  
(50%-60% Maximum Heart Rate)

Figure 6: LED Light Indicator and Heart Rate Zones.

The LED also blinks to indicate active transmission. If the light is not blinking, ensure the electrodes are wet and the sensor is properly attached.

## MAINTENANCE

### 1. Charging the Sensor

The FITCENT CL820W features a rechargeable battery and comes with a wireless charging dock.

- Place the sensor onto the wireless charging dock.
- Connect the charging dock to a USB power source (e.g., computer, wall adapter) using the provided cable.
- A full charge takes approximately 1.5 hours.
- A fully charged sensor can provide up to 30 days of use (based on one hour of workout per day).

**Wireless Charging;  
1.5H Fully charged**



Figure 7: Wireless charging of the FITCENT sensor.

## 2. Cleaning and Storage

To ensure longevity and hygiene, follow these cleaning instructions:

- **After Each Use:** Detach the sensor from the chest strap. Rinse the chest strap under running water to remove sweat and salt residue. Gently wipe the sensor with a damp cloth.
- **Drying:** Hang the chest strap to air dry. Do not machine wash or tumble dry. Allow the sensor to air dry completely before reattaching it to the strap or storing.
- **Waterproof Rating:** The sensor has an IP68 waterproof rating, meaning it can be submerged up to 10 meters underwater. This ensures stable operation even in rainy conditions or during heavy sweating.

 IP67

## Waterproof & Sweatproof Heart Rate Monitor



Figure 8: IP68 Waterproof and Sweatproof design.

- **Storage:** Store the sensor and strap in a cool, dry place when not in use.

## TROUBLESHOOTING

If you encounter issues with your FITCENT Heart Rate Monitor, try the following solutions:

Problem	Possible Cause	Solution
No heart rate reading / Inaccurate data	Dry electrodes, loose strap, sensor not attached, interference.	Moisten electrodes thoroughly. Adjust strap for a snug fit. Ensure sensor is snapped on correctly. Move away from strong electromagnetic fields.
Device not pairing	Bluetooth/ANT+ off, sensor off, app issue, distance.	Ensure sensor is worn and active. Check Bluetooth/ANT+ settings on your device. Restart the app/device. Ensure sensor is within range.

Problem	Possible Cause	Solution
LED light not blinking	Sensor not active, low battery.	Ensure electrodes are wet and sensor is worn. Charge the sensor fully.
Short battery life	Incomplete charging, frequent use.	Ensure sensor is fully charged (1.5 hours). Battery life varies with usage intensity.

If the problem persists, please refer to the Warranty and Support section for further assistance.

## SPECIFICATIONS

Feature	Detail
Model	CL820W
Connectivity	Bluetooth 5.0, ANT+, 5.3 kHz
Battery Type	Rechargeable Lithium Battery
Charging Time	Approx. 1.5 hours for full charge
Battery Life	Up to 30 days (based on 1 hour/day usage)
Waterproof Rating	IP68 (submersible up to 10 meters)
Sensor Weight	26 grams
Strap Adjustment Range	27.6 - 41.3 inches (70 - 105 cm)
Sensor Dimensions (LxWxH)	2.48 x 1.53 x 0.43 inches (approx.)
Operating Temperature	0°C to 50°C (32°F to 122°F)



Figure 9: Sensor and strap dimensions.

## WARRANTY AND SUPPORT

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FITCENT stands behind the quality of its products. Your CL820W Heart Rate Monitor Chest Strap comes with a **1-year warranty** from the date of purchase.

**Warranty Coverage:** This warranty covers defects in materials and workmanship under normal use. It includes an unlimited adjustable replacement strap if needed.

**Customer Support:** If you have any questions, concerns, or require assistance with your device, please do not hesitate to contact FITCENT customer service. Our team is dedicated to providing quick and accurate solutions to your problems.

For additional information, you may also refer to the official [User Guide \(PDF\)](#).