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Fitcent CL830

FITCENT Heart Rate Monitor Armband User Manual

Model: CL830 / ASIN: B09B342FXM

Brand: Fitcent

1. PRODUCT OVERVIEW

The FITCENT Heart Rate Monitor Armband (Model CL830) is an optical heart rate sensor designed to track real-time heart rate, training zones, and calories burned during workouts. It features dual-band technology (Bluetooth and ANT+) for broad compatibility with various fitness devices and applications.



Image: The FITCENT Heart Rate Monitor Armband, red and black, with a green LED indicator light.

2. KEY FEATURES

- **Real-time Heart Rate Tracking:** Monitors heart rate, training zones, and calories burned.
- **Bluetooth & ANT+ Connectivity:** Compatible with smartphones, tablets, GPS watches, and bike computers (e.g., Wahoo, Polar, Garmin).
- **Wide App Compatibility:** Works with over 200 popular fitness apps including Wahoo Fitness, Polar Beat, Peloton, DDP Yoga, Runtastic, Runkeeper, UA Record, Endomondo, and Map My Run.
- **Rechargeable Lithium Battery:** Provides up to 60 hours of use on a single charge (1.5 hours charging time).
- **Optical Sensor Technology:** Utilizes a precision optical heart rate sensor.
- **IP67 Waterproof:** Suitable for various activities, including those involving sweat or light rain.

3. PACKAGE CONTENTS

The package typically includes:

- FITCENT Heart Rate Monitor Armband (CL830 Sensor)
- Charging Cable (Magnetic)
- User Manual

Your browser does not support the video tag.

Video: An unboxing and setup demonstration of the FITCENT Heart Rate Monitor Armband, showing the contents of the package and initial assembly.

4. SETUP AND WEARING INSTRUCTIONS

4.1 Charging the Device

Before first use, fully charge the armband. Connect the magnetic charging cable to the sensor and a USB power source. The LED indicator will show charging status. A solid green light indicates a full charge.

- **Charging Time:** Approximately 1.5 hours.
- **Battery Life:** Up to 60 hours of continuous use.



Image: Illustration showing the magnetic charging cable connected to the FITCENT armband, highlighting the 1.5-hour charging time and 60-hour working time.

4.2 Wearing the Armband

The armband can be worn on the forearm or upper arm. Ensure the sensor is in direct contact with the skin for accurate readings.

1. Attach the sensor module to the armband.
2. Place the armband around your forearm or upper arm, ensuring it is snug but comfortable.
3. The sensor should be positioned on the fleshy part of the arm, away from major bones or joints.
4. Press the FITCENT logo on the sensor to turn it on. The LED indicator will light up.



Image: Diagram illustrating the recommended wearing areas for the armband on the forearm (Brachioradialis, Lateral Carpi Flexor) and upper arm (Biceps, Triceps), and how to turn on the device by pressing the FITCENT logo.

LED Light Indicator

Adjustable Arm Circumference
7-12.5inch/18 - 32 cm

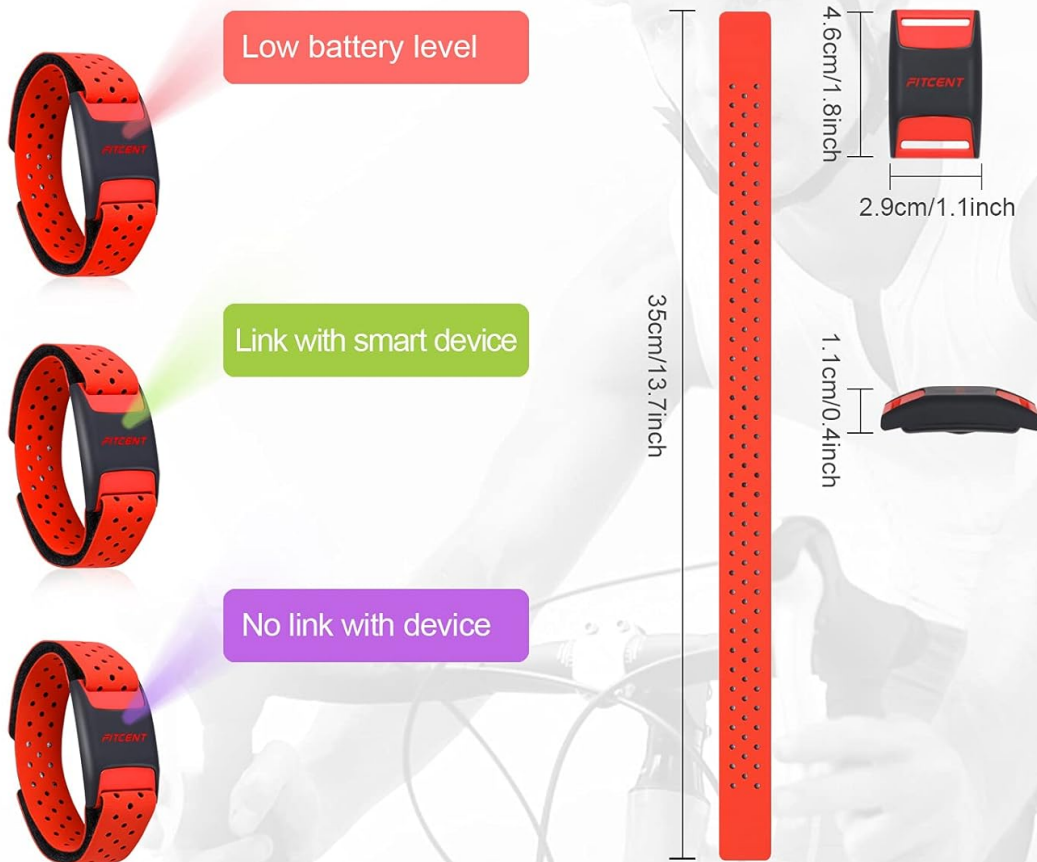


Image: Visual guide to the LED light indicators: Red for low battery, Green for linked with smart device, Purple for no link with device.

5. OPERATING INSTRUCTIONS

5.1 Connecting to Devices and Apps

The FITCENT armband supports both Bluetooth and ANT+ protocols, allowing connection to a wide range of fitness equipment and applications.

- **Bluetooth:** Turn on Bluetooth on your smartphone or tablet. Open your preferred fitness app (e.g., Wahoo Fitness, Peloton). Follow the app's instructions to search for and pair with the FITCENT armband. The LED will turn green upon successful connection.
- **ANT+:** For devices like GPS watches (Garmin) or bike computers (Wahoo, Polar), ensure ANT+ is enabled. The armband will automatically broadcast data that these devices can pick up. Refer to your device's manual for specific pairing instructions.



Image: Illustration showing the FITCENT armband connecting via Bluetooth to a smartphone and tablet, and via ANT+ to a smartwatch, bike computer, and exercise bike.

5.2 Monitoring Heart Rate During Activity

Once connected, your heart rate data will be displayed in real-time on your paired device or application. The armband is suitable for various sports and activities.

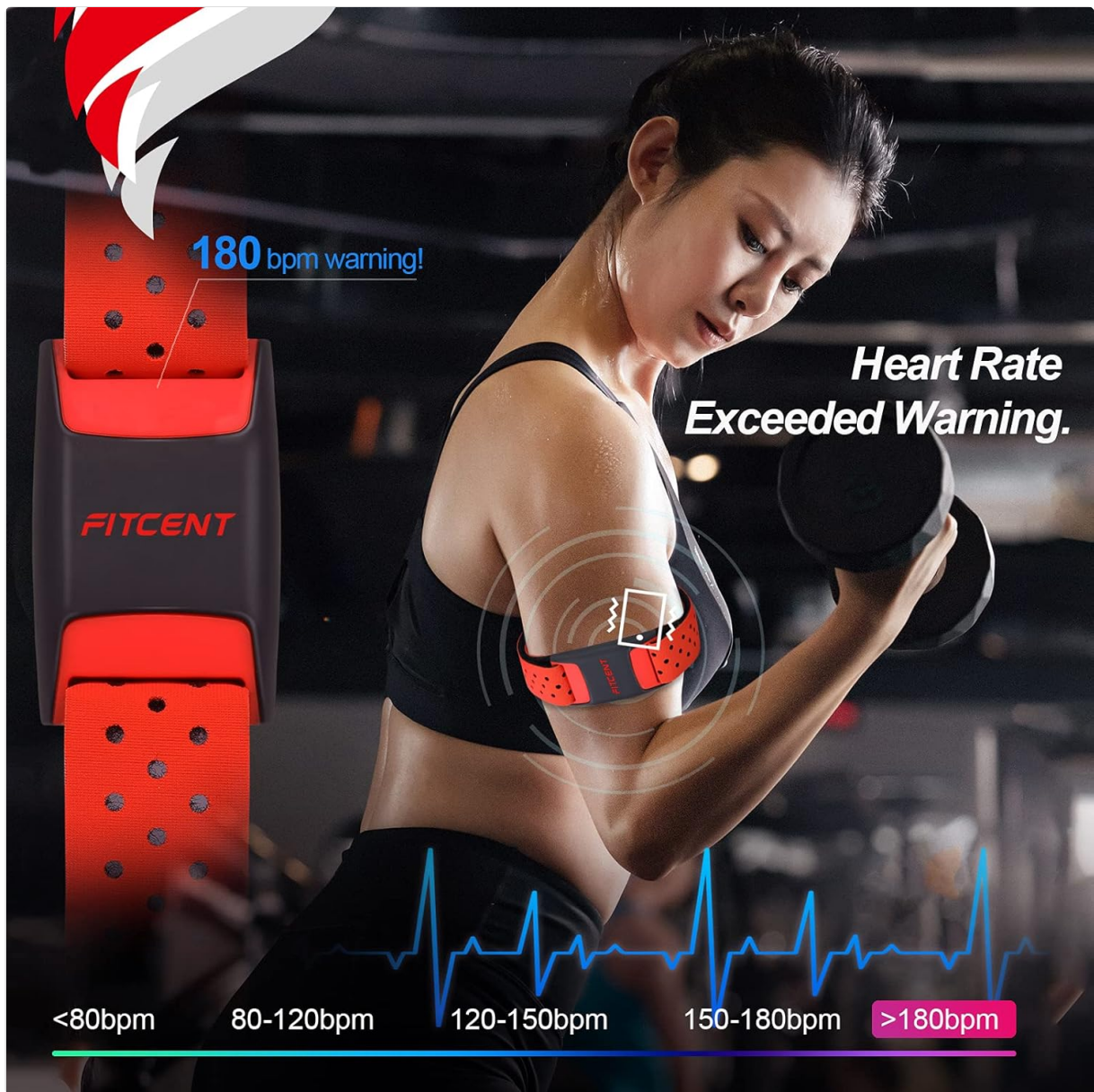


Image: A user on a treadmill wearing the FITCENT armband, with an overlay showing heart rate zones and a warning for heart rate exceeding 180 bpm.



Image: Depiction of the FITCENT armband monitoring various activities including walking, running, cycling, hiking, fitness, spinning, treadmill, yoga, and mountaineering, displaying metrics like steps, distance, calories, and BPM.

6. MAINTENANCE AND CARE

- **Cleaning:** After each use, wipe the sensor and armband with a damp cloth. Do not use abrasive cleaners.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Protective Film:** Ensure the protective film on the sensor's optical lens is removed before use for accurate readings.
- **Water Resistance:** The device is IP67 waterproof, meaning it is resistant to sweat and light splashes, but not suitable for swimming or submersion.



Image: Close-up of the sensor's underside, with a warning to tear off the protective film for optimal performance.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not turning on.	Low battery.	Charge the device for 1.5 hours until the LED is solid green.
Cannot connect to app/device.	Bluetooth/ANT+ off; device out of range; app not compatible; protective film on sensor.	Ensure Bluetooth/ANT+ is on. Bring devices closer. Check app compatibility list. Remove protective film from sensor. Restart both devices.
Inaccurate heart rate readings.	Poor contact with skin; sensor dirty; worn incorrectly.	Adjust armband for snug fit. Clean sensor. Ensure correct wearing position (forearm/upper arm).
Battery drains quickly.	Device left on; aging battery.	Turn off the device after use. If issue persists, contact customer support.

8. SPECIFICATIONS

Specification	Value
Brand	Fitcent
Model	CL830
Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Red
Compatible Devices	Smartphones, GPS watches, Bike computers
Item Weight	0.07 Kilograms
Battery Life	60 Hours
Sensor Type	Optical
Battery Description	Lithium

Specification	Value
Water Resistance	IP67

9. WARRANTY AND SUPPORT

The FITCENT Heart Rate Monitor Armband comes with an unconditional 12-month warranty. For any issues or support, please contact Fitcent customer service.

Contact Information: Refer to the product packaging or the official Fitcent website for the most up-to-date support contact details.