CooSpo HW9

COOSPO HW9 Heart Rate Monitor Armband User Manual

Model: HW9

Your companion for accurate fitness tracking.

Introduction

The COOSPO HW9 is an advanced optical heart rate monitor armband designed to provide precise heart rate and calorie burn data for various fitness activities. Its comfortable design, versatile connectivity, and intelligent features make it an ideal tool for optimizing your workouts and achieving your fitness goals.

What's Included

Your COOSPO HW9 package includes the following components:

- Heart rate monitor sensor (1)
- Arm Strap (2)
- User Manual (1)
- Charge cable (1)



Figure 1: Packaging and Accessories

Setup

Wearing the Armband

For optimal heart rate tracking, wear the armband on your forearm or upper arm. Ensure the sensor is snug but comfortable, allowing the optical sensor to maintain consistent contact with your skin.



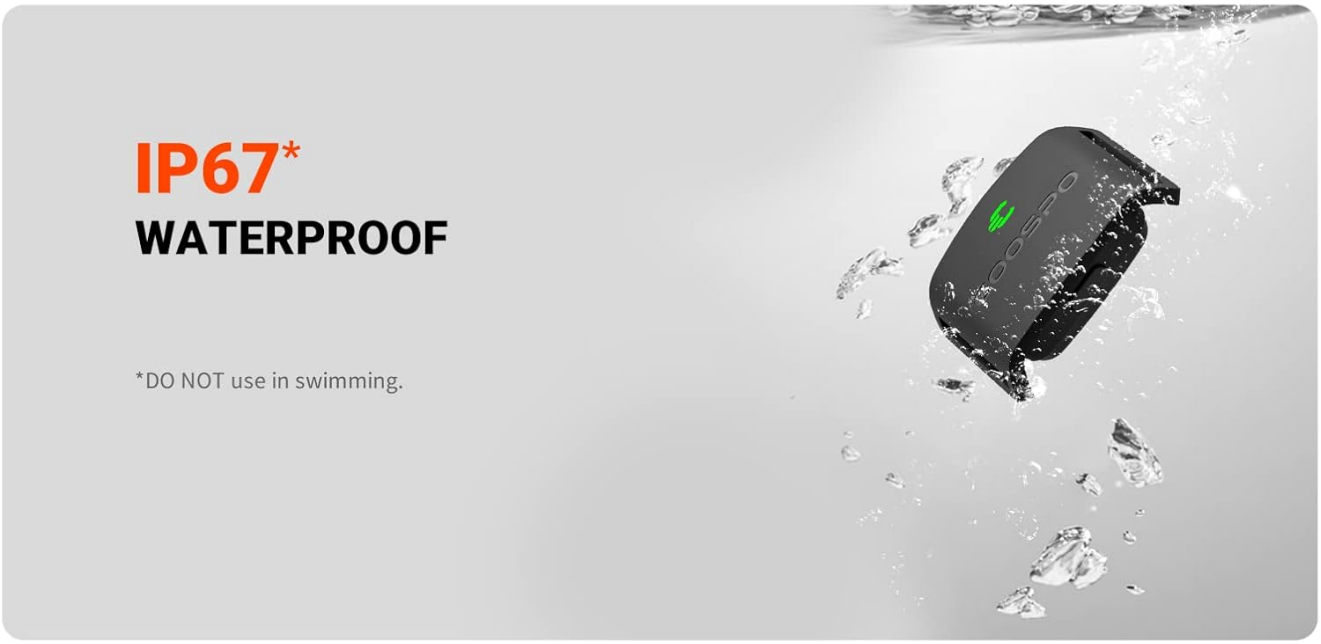
Figure 2: Steps to Wear the Armband

Powering On/Off

- **To Power On:** Short press the button on the device.
- **To Power Off:** Long press the button on the device.

Charging the Device

The COOSPO HW9 features a rechargeable battery that provides up to 35 hours of use. Use the provided magnetic charger to connect the device to a DC 5V power adapter or a computer USB port for charging. This helps extend battery life.



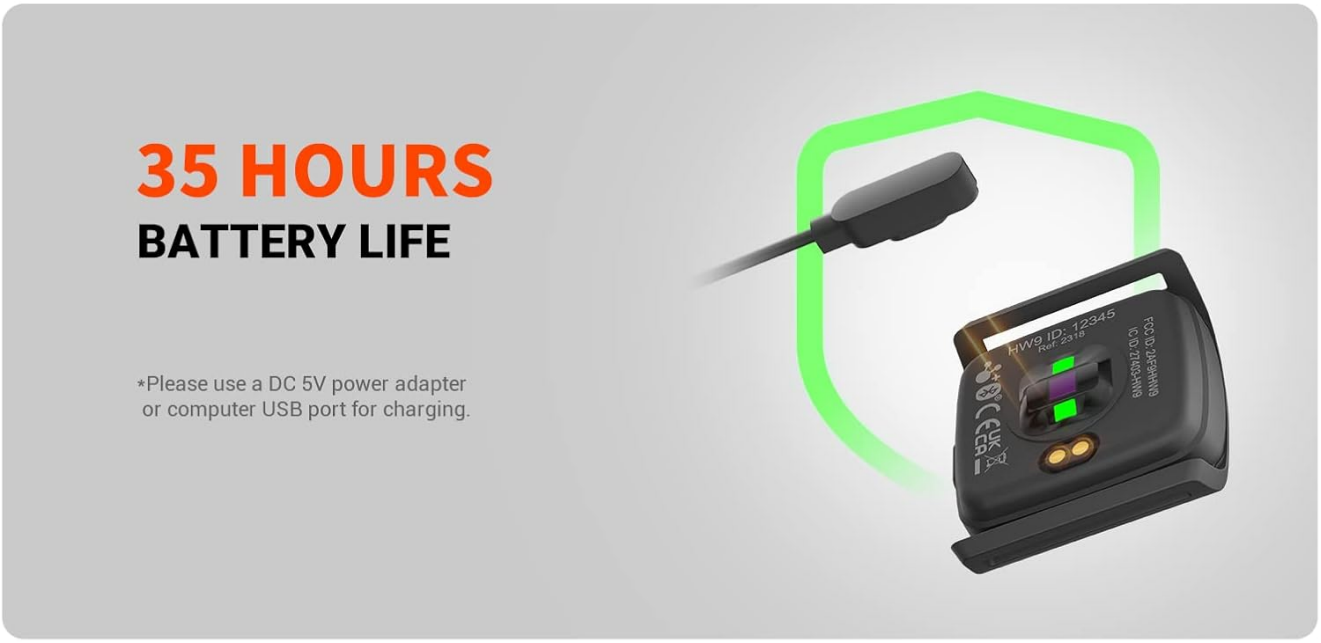


Figure 3: Battery Life and Charging

Operating Instructions

Accurate Heart Rate Tracking

The HW9 utilizes optical heart rate technology to deliver precise heart rate and calorie burn data, with a monitoring error of ±1BPM.



Figure 4: Accurate Real-Time Heart Rate Tracking

Heart Rate Zone Monitoring & HRV Function

The HW9 features a 5-color LED indicator light for Heart Rate Zone Training. This allows you to quickly see your current heart rate zone and optimize your intensity levels. The device also supports Heart Rate Variability (HRV) function.



Figure 5: Heart Rate Zone Feature

Connectivity

Equipped with Bluetooth 5.0 and ANT+ technology, the COOSPO HW9 can connect to a wide range of devices including GPS bike computers, fitness apps, fitness devices, and running watches. It supports two simultaneous Bluetooth connections.



Figure 6: Bluetooth 5.0 and ANT+ Technology

App Compatibility

The COOSPO HW9 is compatible with over 200 popular fitness applications, including Wahoo Fitness, Strava, Polar Beat, DDP Yoga, HR monitor, CooSporide, and Elite HRV.

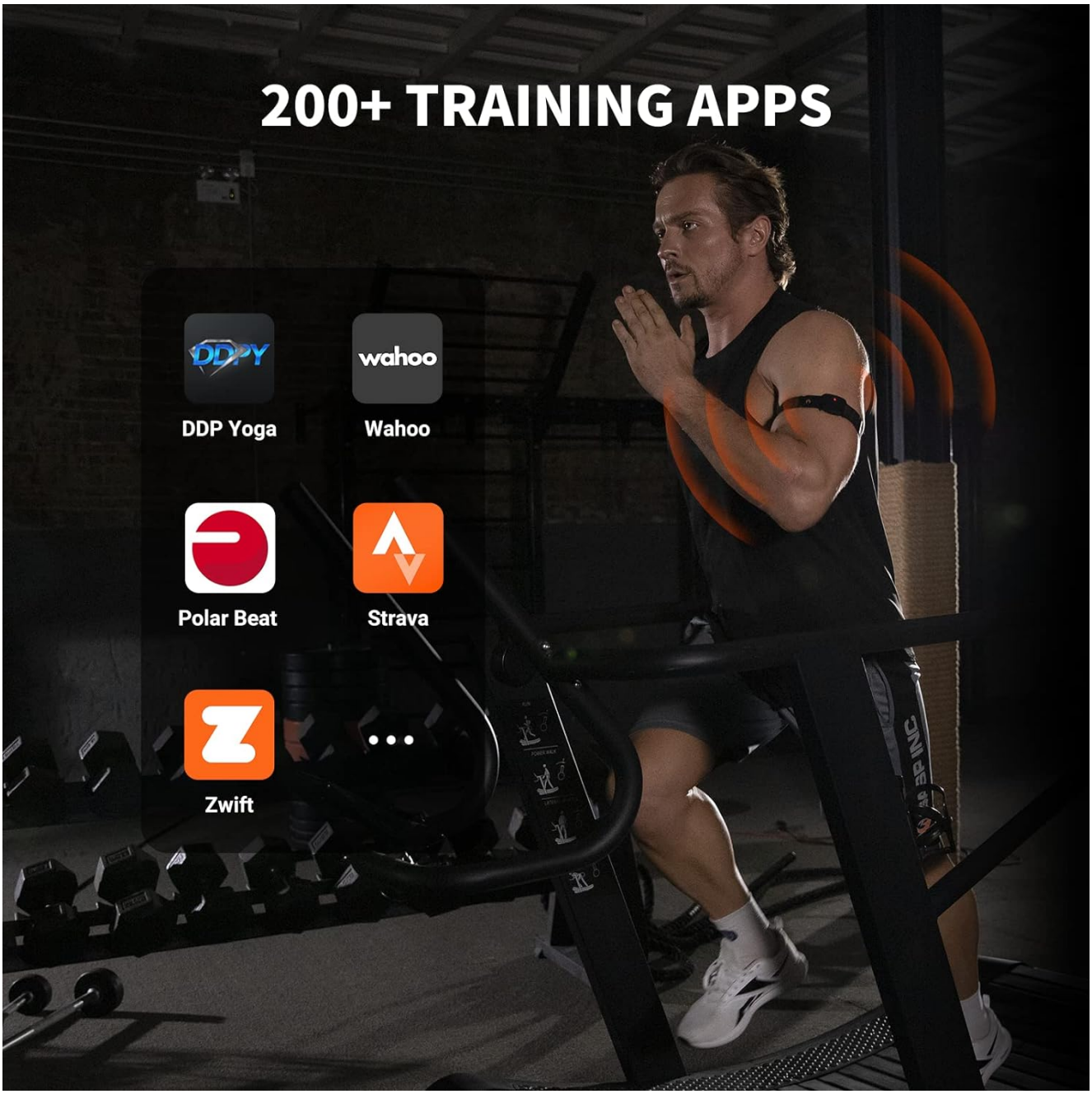


Figure 7: Compatible Training Apps

Max Heart Rate Customization & Vibration

Using the Heartool/Coosporide App, you can customize your real maximum heart rate value with the HW9. This allows for more personalized heart rate zone optimization. When your heart rate exceeds the set maximum value, the HW9 armband will provide a vibration warning to help guard your training safety.

Maintenance

Water Resistance

The COOSPO HW9 is IP67 waterproof. This means it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes. **Note:** Do not use the device for swimming.

Cleaning and Care

After workouts, it is recommended to wipe the sensor and strap clean with a damp cloth. Ensure the device is dry before storing or charging. The strap material (Acrylonitrile Butadiene Styrene (ABS), Nylon) is designed to be soft, breathable, and adjustable for comfort during exercise.



Figure 8: Comfortable Wearing Design and Dimensions

Troubleshooting

If you encounter any issues with your COOSPO HW9, please consider the following:

- **Connectivity Issues:** Ensure Bluetooth and ANT+ are enabled on your receiving device. Try restarting both the HW9 and your device.
- **Inaccurate Readings:** Check that the armband is worn snugly on your arm and the optical sensor is clean and in direct contact with your skin.
- **Battery Not Charging:** Verify the magnetic charging cable is properly connected and the power source (DC 5V adapter or USB port) is functional.
- **App Compatibility:** Ensure you are using one of the recommended apps and that the app is updated to its

latest version.

For further assistance, refer to the official COOSPO support resources or contact customer service.

Specifications

Feature	Detail
Brand	CooSpo
Model Name	COOSPO Real-Zone HW9 Armband Heart Rate Monitor
Material	Acrylonitrile Butadiene Styrene (ABS), Nylon
Color	COOSPO Heart Rate Monitor Armband HW9
Compatible Devices	Smartphones
Screen Size	0.4 Inches
Product Dimensions	4"L x 4"W x 1.4"H
Item Weight	10 Grams
Battery Life	35 Hours
Sensor Type	Optical
Battery Description	Lithium-Ion
Waterproof Rating	IP67

Warranty

The COOSPO HW9 Heart Rate Monitor Armband comes with a 12-month exchange warranty. Please retain your proof of purchase for warranty claims.

Support

For detailed information and additional support, you can refer to the official User Guide PDF available online. The COOSPO Bluetooth 5.0 heart rate armband is compatible with over 200 apps, including Wahoo Fitness, Strava, Polar Beat, DDP Yoga, HR monitor, CooSporide, and Elite HRV. For the best experience, download and utilize the Heartool/Coosporide App to customize settings and view your workout data.
Official User Guide: Download PDF

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

Why is the heart rate indicator light on my CooSpo HW9 not changing color?

The CooSpo HW9 uses a 5-color LED indicator to represent different heart rate zones. If the light is not changing color, it typically means the device has not yet detected a stable heart rate...

Read full answer