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## CooSpo H9ZEU

# COOSPO H9Z Rechargeable Heart Rate Monitor User Manual

Model: H9ZEU

## INTRODUCTION

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Thank you for choosing the COOSPO H9Z Rechargeable Heart Rate Monitor. This device is designed to provide accurate, real-time heart rate data to help you optimize your training and achieve your fitness goals. With its advanced sensor technology, dual connectivity (Bluetooth 5.0 and ANT+), and comfortable design, the H9Z is an essential tool for athletes and fitness enthusiasts alike. Please read this manual carefully to ensure proper use and maintenance of your device.

## PACKAGE CONTENTS

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Before you begin, please verify that all items are present in your package:

- COOSPO H9Z Heart Rate Sensor
- Adjustable Chest Strap
- USB Charging Cable
- User Manual (this document)

# IMBALLAGGIO E ACCESSORI



Image: Contents of the COOSPO H9Z package, showing the heart rate sensor, chest strap, charging cable, and user manual.

## SETUP

### 1. Charging the Device

The COOSPO H9Z features a built-in rechargeable lithium-ion battery. Before first use, or when the battery is low, charge the device using the provided USB charging cable.

1. Connect the magnetic charging cable to the charging contacts on the back of the H9Z sensor.
2. Plug the USB end of the cable into a 5V DC power adapter or a computer's USB port.
3. The LED indicator on the sensor will illuminate during charging. It will turn green when fully charged.
4. A full charge provides up to 50 hours of battery life.

### 2. Attaching the Sensor to the Chest Strap

The H9Z sensor attaches to the chest strap via two snap buttons.

1. Align the two snap buttons on the back of the sensor with the corresponding connectors on the chest strap.
2. Press firmly until the sensor clicks securely into place.

### 3. Wearing the Chest Strap

For accurate heart rate measurement, the chest strap must be worn correctly.

1. Moisten the electrode areas on the back of the chest strap with water or electrode gel. This improves conductivity.
2. Place the chest strap directly against your skin, just below your pectoral muscles. The COOSPO logo on the sensor should be facing forward and upright.
3. Adjust the strap length to ensure a snug but comfortable fit. The strap is adjustable from 25 to 36 inches.



Image: The COOSPO H9Z Heart Rate Monitor, illustrating the sensor attached to the chest strap, ready for use.

# OPERATING INSTRUCTIONS

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## 1. Powering On/Off

The H9Z automatically powers on when worn and detects a heart rate signal. It powers off automatically when removed from the body and no heart rate is detected for a period of time.

## 2. Connecting to Devices and Apps

The COOSPO H9Z supports both Bluetooth 5.0 and ANT+ connectivity, allowing it to connect to a wide range of devices and fitness applications simultaneously.

- **Bluetooth Connection:** Enable Bluetooth on your smartphone, GPS bike computer, or sports watch. Open your preferred fitness app (e.g., Wahoo, Zwift, Strava, Elite HRV) and navigate to the sensor pairing or device connection settings. Select the COOSPO H9Z from the list of available devices.
- **ANT+ Connection:** For devices supporting ANT+, the H9Z will automatically broadcast its signal. On your ANT+ compatible device (e.g., certain bike computers, gym equipment), search for new sensors and select the H9Z.

The H9Z can support two simultaneous Bluetooth connections and multiple ANT+ connections.

# TECNOLOGIA BLUETOOTH 5.0 E ANT+

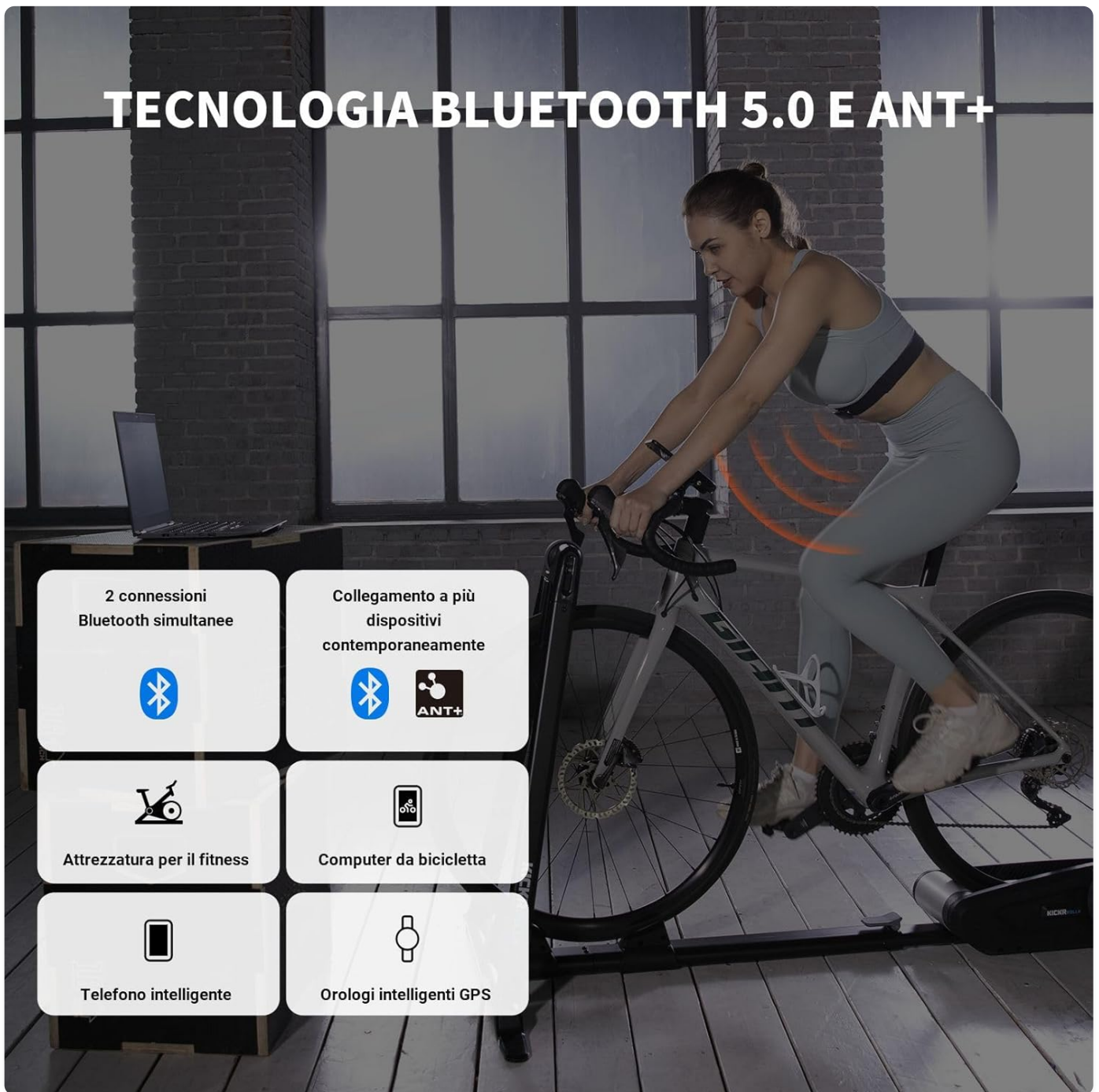


Image: A woman using the COOSPO H9Z while cycling, demonstrating its compatibility with various devices via Bluetooth 5.0 and ANT+ technology.

## 3. Heart Rate Zone Indication

The H9Z features a 5-color LED light that indicates your current heart rate zone, helping you stay within your target intensity for optimal training results.

- **Zone 1 (Very Light):** Light Blue (<60% Max HR)
- **Zone 2 (Light):** Blue (60%-70% Max HR)
- **Zone 3 (Moderate):** Green (70%-80% Max HR)
- **Zone 4 (Hard):** Orange (80%-90% Max HR)
- **Zone 5 (Maximum):** Red (90%-100% Max HR)

# FUNZIONE ZONA DI FREQUENZA CARDIACA



Image: Illustration of the COOSPO H9Z's heart rate zone function, showing how the LED color changes based on training intensity.

## 4. CoospoRide / Heartool App Support

For enhanced functionality and data analysis, download the CoospoRide or Heartool app on your smartphone. These apps allow you to:

- View detailed exercise analysis, including heart rate trends, calories burned, and training zones.
- Customize settings such as maximum heart rate and heart rate alerts.
- Monitor the battery level of your H9Z device.

# COOSPORIDE/ HEARTOOL SUPPORTO

È possibile impostare la vibrazione e la funzione LED tramite l'app coosporide.



Image: Screenshots demonstrating the user interface of the Coosporide and Heartool apps, showing how they support the COOSPO H9Z.

## MAINTENANCE

### 1. Cleaning the Chest Strap

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

### 2. Cleaning the Sensor

Wipe the sensor clean with a soft, damp cloth. Do not use abrasive cleaners or solvents. Ensure the charging contacts are clean and dry before charging.

### 3. Storage

Store the H9Z sensor and chest strap in a cool, dry place when not in use. Do not store the sensor attached to the strap,

as this can drain the battery.

## 4. Waterproofing

The H9Z sensor is IP67 waterproof, meaning it is protected against temporary immersion in water (up to 1 meter for 30 minutes). However, it is **not recommended for swimming** as continuous submersion or strong water pressure can affect performance or cause damage.

### IP67\*

#### IMPERMEABILE

\*NON utilizzare per il nuoto.



### 50 ORE

#### DURATA DELLA BATTERIA

\*Per la ricarica utilizzare un adattatore di alimentazione da DC 5V o la porta USB del computer.



Image: Visual representation of the COOSPO H9Z's IP67 waterproof rating and its rechargeable battery feature.

## TROUBLESHOOTING

### • No Heart Rate Reading:

- Ensure the chest strap electrodes are moistened and making good skin contact.
- Check if the sensor is securely snapped onto the strap.
- Verify the sensor battery is charged.

- Try re-pairing the device with your app/device.
- **Inaccurate Heart Rate Data:**
  - Ensure the chest strap is snug but not too tight.
  - Re-moisten the electrodes.
  - Avoid strong electromagnetic interference from other electronic devices.
  - Ensure the sensor firmware is up to date via the CoospoRide/Heartool app.
- **Device Not Connecting:**
  - Make sure Bluetooth/ANT+ is enabled on your receiving device.
  - Ensure the H9Z is powered on (worn on the body).
  - Move closer to the receiving device.
  - Close and reopen the fitness app.
  - Restart your receiving device.
- **Battery Drains Quickly:**
  - Ensure the sensor is detached from the chest strap when not in use.
  - Fully charge the device before each long session.
  - Avoid extreme temperatures during storage and use.

## SPECIFICATIONS

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<b>Model Number</b>	H9ZEU
<b>Dimensions (Sensor)</b>	Approx. 12.5 x 2.2 x 10.6 cm
<b>Weight (Sensor)</b>	Approx. 94 grams
<b>Connectivity</b>	Bluetooth 5.0, ANT+
<b>Battery Type</b>	Rechargeable Lithium Polymer
<b>Battery Life</b>	Up to 50 hours
<b>Waterproof Rating</b>	IP67 (Not for swimming)
<b>Material</b>	Nylon (Strap)
<b>Color</b>	Black
<b>Sensor Type</b>	PPG, Pedometer

## WARRANTY AND SUPPORT

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### Limited Warranty

COOSPO offers a 12-month quality warranty service for the H9Z Heart Rate Monitor from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance.

### Customer Support

If you have any questions or encounter issues with your COOSPO H9Z Heart Rate Monitor, please do not hesitate to

contact our customer support team. We are committed to providing assistance and will respond to your inquiries within 24 hours.

Please refer to the contact information provided on the COOSPO official website or your purchase platform for the most up-to-date support channels.

