**CooSpo COOSPO H9Z**

# COOSPO H9Z Heart Rate Monitor Chest Strap User Manual

Model: COOSPO H9Z
Brand: CooSpo

## 1. Introduction

Thank you for choosing the COOSPO H9Z Heart Rate Monitor Chest Strap. This device is designed to provide accurate and real-time heart rate data, helping you optimize your training and monitor your fitness progress. This manual provides essential information on how to set up, operate, maintain, and troubleshoot your H9Z monitor.




Image: The COOSPO H9Z Heart Rate Monitor Chest Strap, featuring the main sensor unit and adjustable chest strap.

## 2. Safety Information

Please read all safety warnings and instructions before using this product to ensure proper operation and to prevent injury or damage.

- **Not for Medical Use:** This device is intended for recreational and fitness purposes only and is not a medical device. It should not be used for diagnosing, treating, or preventing any medical condition.
- **Water Resistance:** The COOSPO H9Z is IP67 waterproof, meaning it is resistant to sweat and splashes.**DO NOT use it for swimming or submerging it in water.**
- **Battery Safety:** Do not attempt to disassemble or replace the built-in rechargeable battery. Dispose of the device according to local regulations.
- **Strap Comfort:** Ensure the chest strap is worn comfortably and not too tight, which could restrict breathing or circulation.

## 3. Package Contents

Verify that all items are present in your product packaging:

- COOSPO H9Z Heart Rate Monitor Sensor
- Adjustable Chest Strap
- USB Charging Cable
- User Manual




Image: Contents of the COOSPO H9Z package, including the sensor, strap, charging cable, and user manual.

## 4. Product Features

- **Precision Heart Rate Tracking:** Equipped with an advanced HR sensor for ultra-precise readings.
- **Rechargeable Battery:** Built-in rechargeable battery offers extended usage (up to 50 hours) on a single charge.
- **Comfortable Wear:** Crafted with soft, breathable materials and an adjustable strap for a secure and comfortable fit.
- **Seamless Connectivity:** Supports Bluetooth 5.0 and ANT+ for data transfer and real-time monitoring with smartphones, smartwatches, and cycling computers.
- **IP67 Waterproof:** Designed to withstand moisture and sweat (not for swimming).
- **Multi-Sport Compatibility:** Accurately tracks heart rate across various sports.
- **Heart Rate Zone Feature:** Smart 5-color LED shows real-time HR zones for easy intensity planning.
- **App Support:** Compatible with popular fitness apps like CoospoRide and Hearttool.




Image: Illustration of the heart rate zone feature, showing different colored LEDs corresponding to various heart rate zones (e.g., Zone 1: Very Light, Zone 5: Maximum).

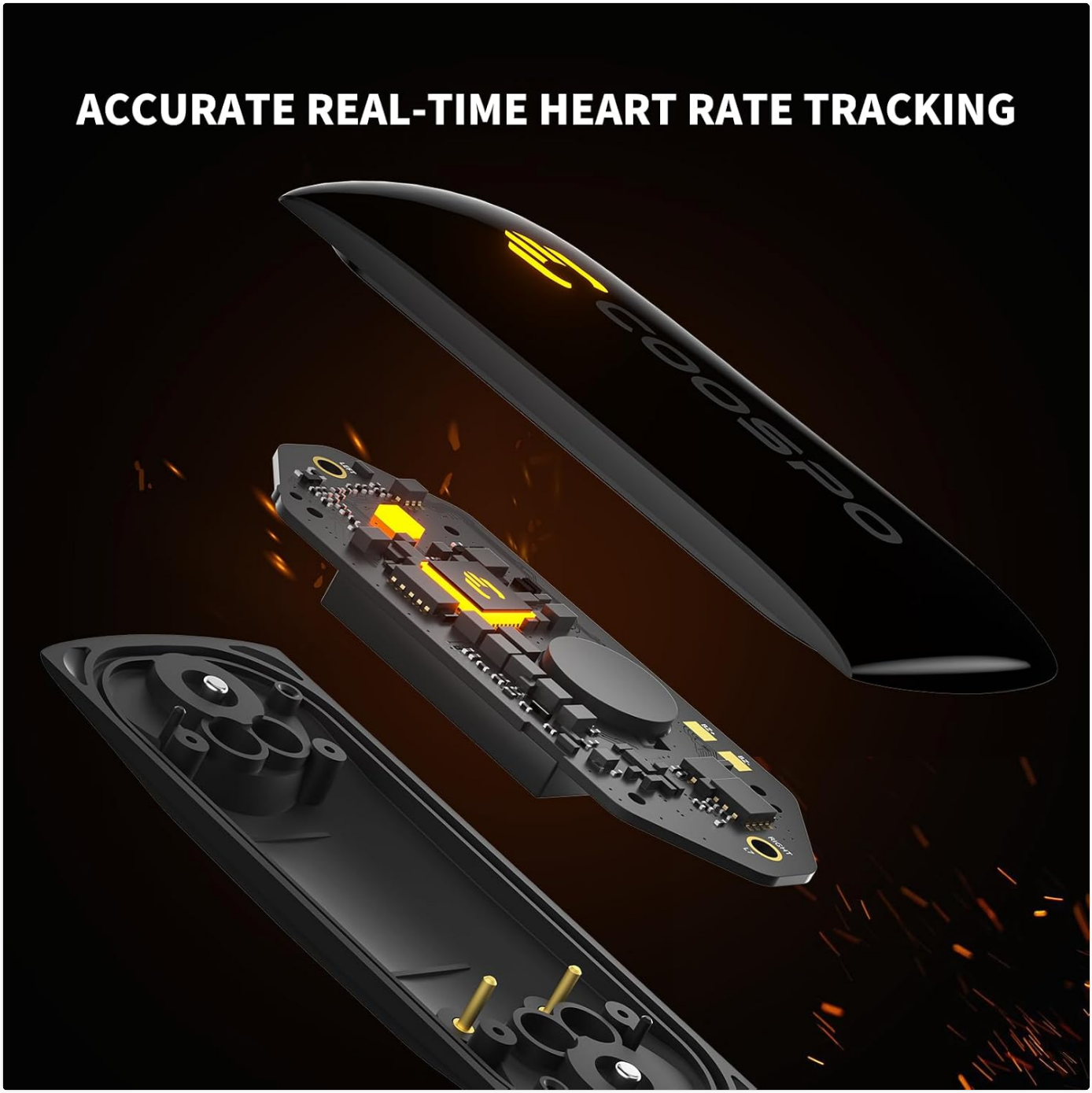



Image: The COOSPO H9Z sensor being charged via its USB cable, highlighting its 50-hour battery life and showing an exploded view of its internal components for accurate tracking.

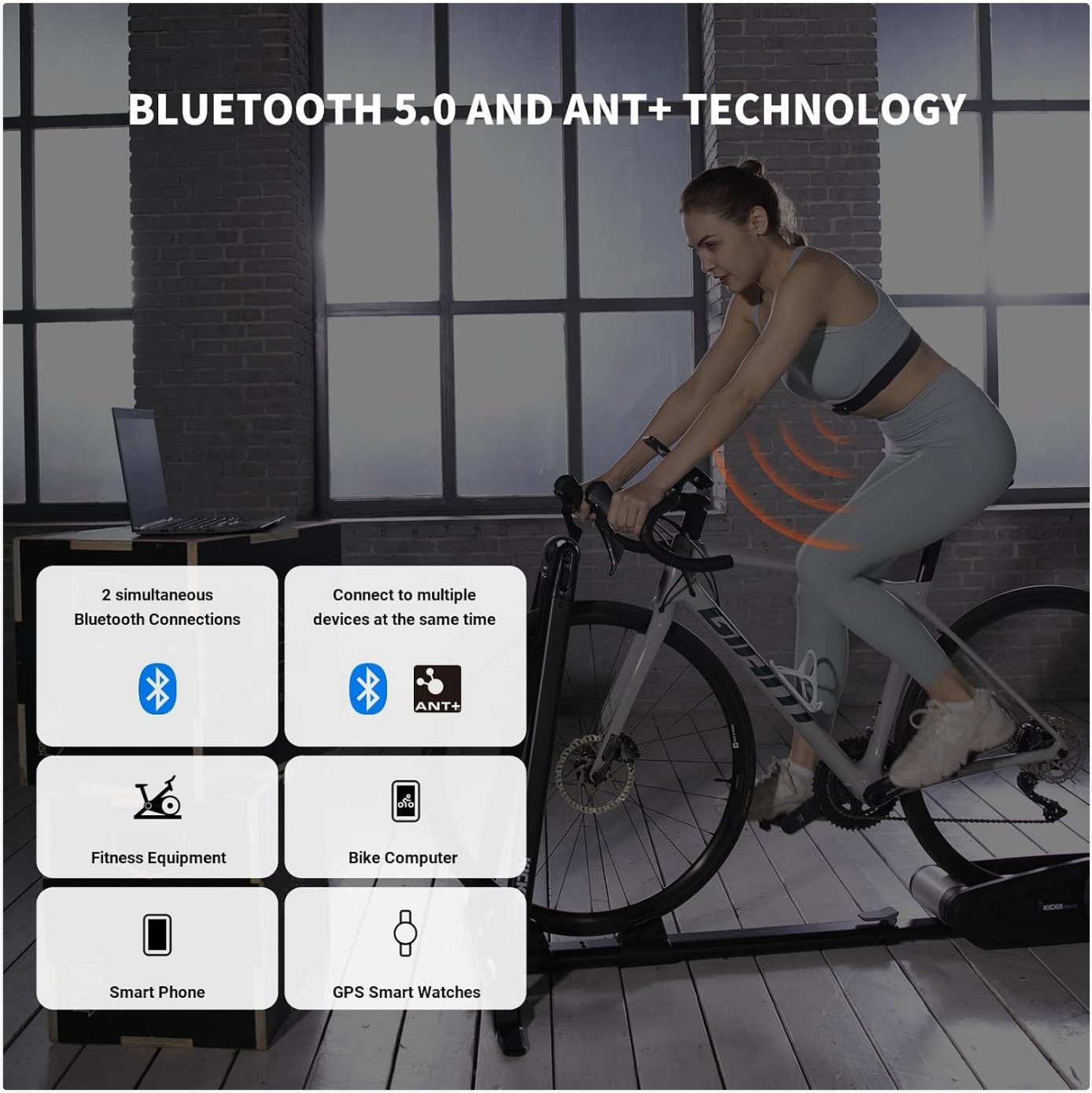



Image: A user cycling with the COOSPO H9Z, demonstrating its seamless connectivity via Bluetooth 5.0 and ANT+ to various devices like smartphones, fitness equipment, bike computers, and GPS smartwatches.




Image: A runner surrounded by icons representing various sports, illustrating the COOSPO H9Z's versatility and compatibility with multiple athletic activities.

## 5. Setup

### 5.1 Charging the Device

Before first use, fully charge the COOSPO H9Z sensor. Connect the provided USB charging cable to the sensor and a DC 5V power adapter or computer USB port. The green LED will turn on when charging is complete.

### 5.2 Attaching the Strap

1. Moisten the two electrode areas on the back of the chest strap with water or electrode gel. This ensures good contact and accurate heart rate detection.
2. Snap the COOSPO H9Z sensor onto the two fasteners on the chest strap. Ensure it is securely attached.

### 5.3 Wearing the Monitor

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 allows for normal breathing.

## 5.4 Initial Pairing with Smart Devices

The COOSPO H9Z supports both Bluetooth 5.0 and ANT+ connectivity, allowing it to pair with a wide range of fitness apps and devices.

1. **Wear the monitor:** Ensure the monitor is worn correctly on your chest to activate it.
2. **Turn on Bluetooth:** On your smartphone or compatible device, enable Bluetooth.
3. **Open Fitness App:** Launch your preferred fitness app (e.g., CoospoRide, Hearttool, Strava, Wahoo, Zwift, Polar Beat, DDP Yoga).
4. **Search for Sensor:** Within the app's settings or device connection menu, search for and select the COOSPO H9Z sensor. It may appear as "H9Z [serial number]".
5. **Confirm Connection:** Once connected, the app will typically display a 'Connected' status, and the sensor's LED may change color or pattern.

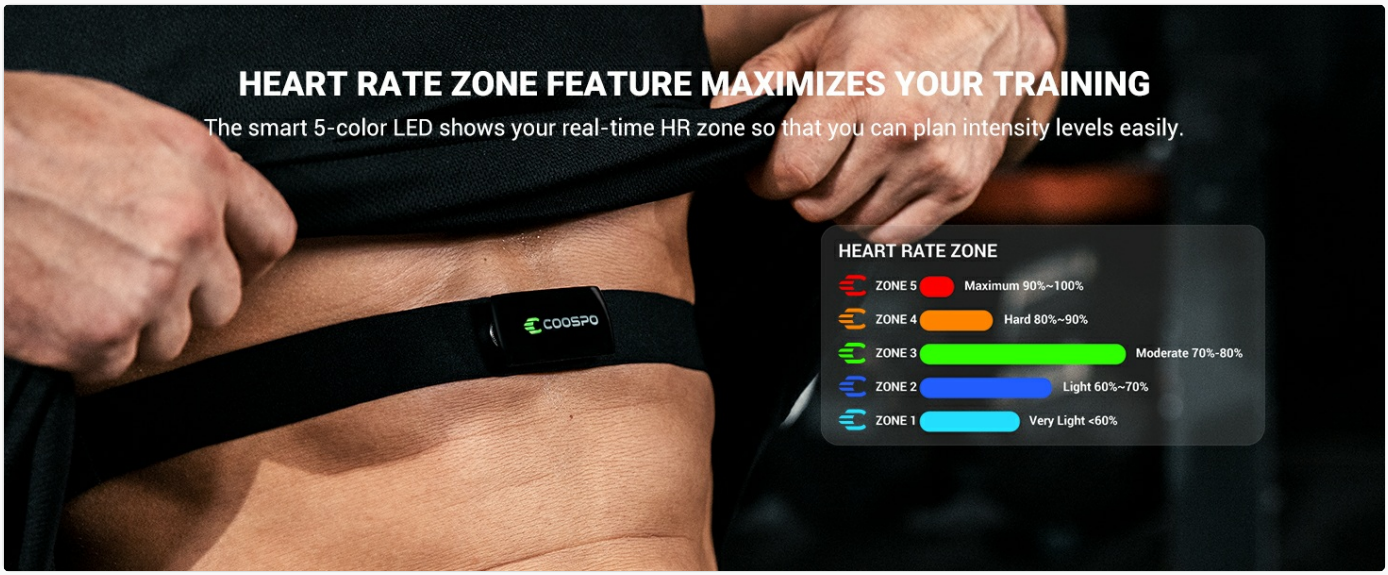



Image: A visual guide demonstrating the correct and incorrect ways to connect the COOSPO H9Z to smartphone applications, emphasizing wearing the sensor and selecting it within the app's Bluetooth settings.




Image: A user wearing the COOSPO H9Z, with a display showing various compatible training applications such as DDP Yoga, Polar Beat, Strava, Wahoo, and Zwift, indicating broad app support.

## 6. Operating the Device

### 6.1 Activating the Monitor

The COOSPO H9Z automatically activates when it detects a heart rate signal. Ensure the electrodes are moistened and the strap is worn correctly for activation.

### 6.2 Understanding LED Indicators

The H9Z features a smart 5-color LED that indicates your current heart rate zone:

- **Zone 1 (Blue):** Very Light (<60% Max HR)
- **Zone 2 (Light Blue):** Light (60%-70% Max HR)
- **Zone 3 (Green):** Moderate (70%-80% Max HR)

- **Zone 4 (Orange):** Hard (80%-90% Max HR)
- **Zone 5 (Red):** Maximum (90%-100% Max HR)

The LED also provides feedback on device status:

- **Two short beeps:** Device starts working.
- **One long beep:** Device stops working.

### 6.3 Using with Apps and Devices

Once paired, your heart rate data will be transmitted in real-time to your connected app or device. Most apps allow you to view your current heart rate, track your workout, and analyze your performance data.

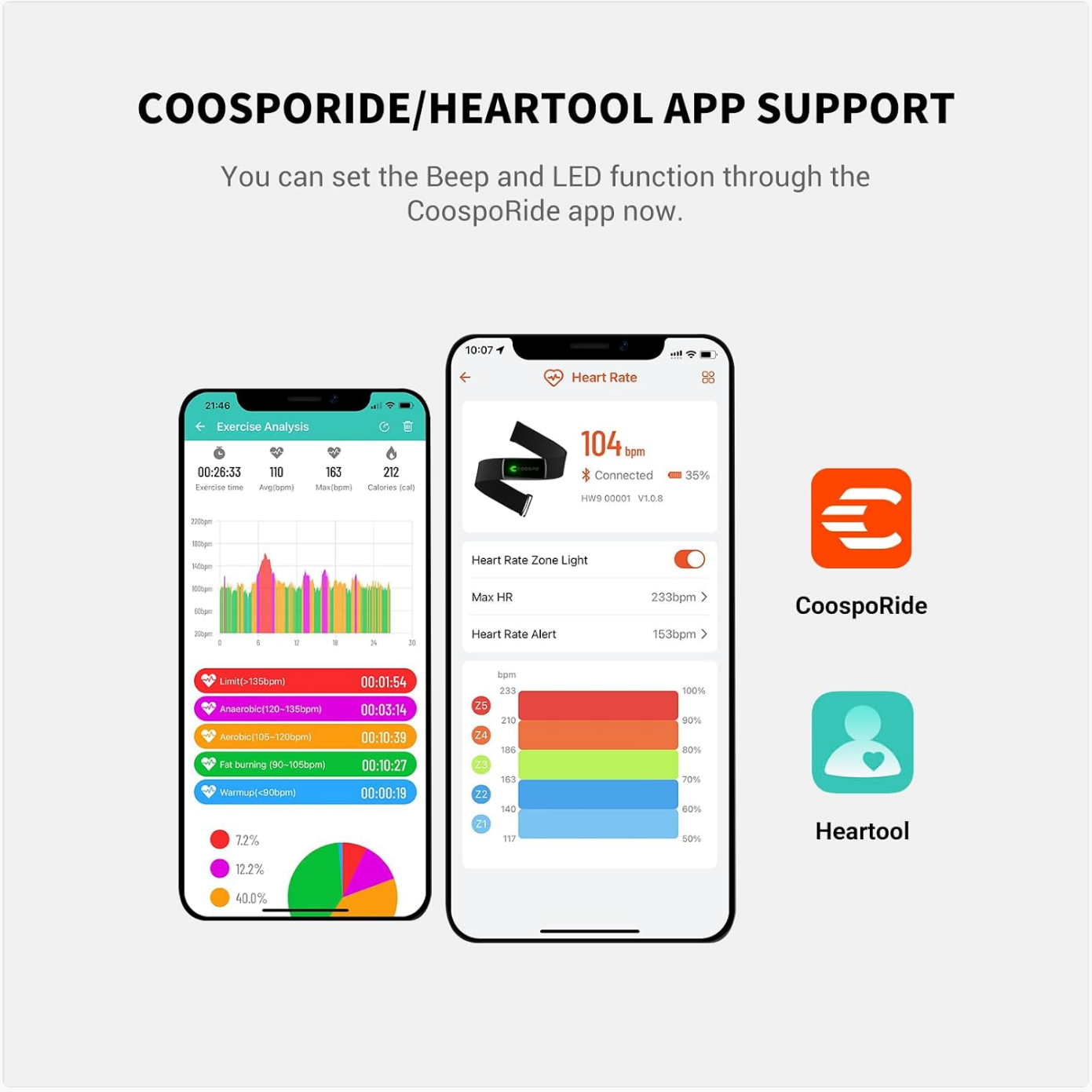



Image: Screenshots of the CoospoRide and Hearttool mobile applications, demonstrating how users can set beep and LED functions and view detailed exercise analysis and heart rate data.

## 7. Maintenance

### 7.1 Cleaning the Strap and Sensor

- After each use, detach the sensor from the strap.
- Rinse the chest strap under running water and hang it to dry. Do not machine wash or tumble dry.
- Wipe the sensor unit with a soft, damp cloth. Do not use abrasive cleaners or solvents.

### 7.2 Storage

Store the sensor and strap in a clean, dry place when not in use. Avoid extreme temperatures and direct sunlight.

### 7.3 Battery Care

- Charge the device regularly, even if not used frequently, to maintain battery health.
- Avoid completely draining the battery before recharging.

## 8. Troubleshooting

If you encounter issues with your COOSPO H9Z, please refer to the following common problems and solutions:

- **No Heart Rate Reading:**
  - Ensure the electrodes on the strap are moistened.
  - Check that the sensor is securely snapped onto the strap.
  - Verify the strap is worn correctly on your chest.
  - Ensure the battery is charged.
- **Cannot Connect to App/Device:**
  - Make sure Bluetooth/ANT+ is enabled on your device.
  - Ensure the sensor is activated by wearing it.
  - Close and reopen the fitness app.
  - Restart your smartphone or device.
  - Forget the device in your phone's Bluetooth settings and try pairing again.
  - Ensure no other devices are actively connected to the sensor.
- **Inaccurate Readings:**
  - Re-moisten the electrodes.
  - Adjust the strap for a snugger fit.
  - Ensure there is no excessive movement or interference.
- **Battery Not Charging:**
  - Check the USB cable and charging port for damage.
  - Try a different USB port or power adapter.

If the problem persists, please contact COOSPO technical support for assistance.

## 9. Specifications

| Feature | Specification |
| --- | --- |

| Feature | Specification |
|---|---|
| Model Number | COOSPO H9Z |
| Connectivity | Bluetooth 5.0, ANT+ |
| Battery Type | Rechargeable Lithium-Ion |
| Battery Life | Up to 50 hours |
| Waterproof Rating | IP67 (Do not use in swimming) |
| Strap Size | 65-95cm (Adjustable) |
| Material | Nylon, Acrylonitrile Butadiene Styrene (ABS) |
| Item Weight | 50 g |
| Color | Black |

## 10. Warranty and Support

COOSPO products are designed for reliability and performance. While specific warranty details are not provided in this manual, COOSPO offers professional technical support to assist with any problems or help needed.
For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact the COOSPO support team through the official CooSpo website or your retailer's customer service channels. The COOSPO team is committed to providing a satisfactory solution.

© 2025 CooSpo. All rights reserved.

### 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**