CooSpo COOSPO Armband Heart Rate Monitor HW9

COOSPO HW9 Bluetooth 5.0 ANT+ Heart Rate Monitor Armband User Manual

Model: HW9 | Brand: CooSpo

Introduction

The COOSPO HW9 Heart Rate Monitor Armband is an optical heart rate sensor designed to provide accurate heart rate and calorie burn data for various fitness activities. It features advanced optical technology, Bluetooth 5.0 and ANT+ connectivity for broad compatibility, and a comfortable armband design. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your HW9 device.



The COOSPO HW9 Heart Rate Monitor Armband.

Setup

Charging the Device

Before first use, fully charge your COOSPO HW9. The device provides up to 35 hours of battery life on a single charge. Use the provided magnetic charging cable and connect it to a DC 5V power adapter or a computer USB port. The LED indicator will show charging status.



Magnetic charging cable and battery life indication.

Wearing the Armband

For optimal accuracy, wear the armband on your forearm or bicep. Ensure the sensor is in direct contact with your skin and the armband is snug but comfortable. Avoid wearing it over clothing.



Visual guide for wearing the armband correctly.

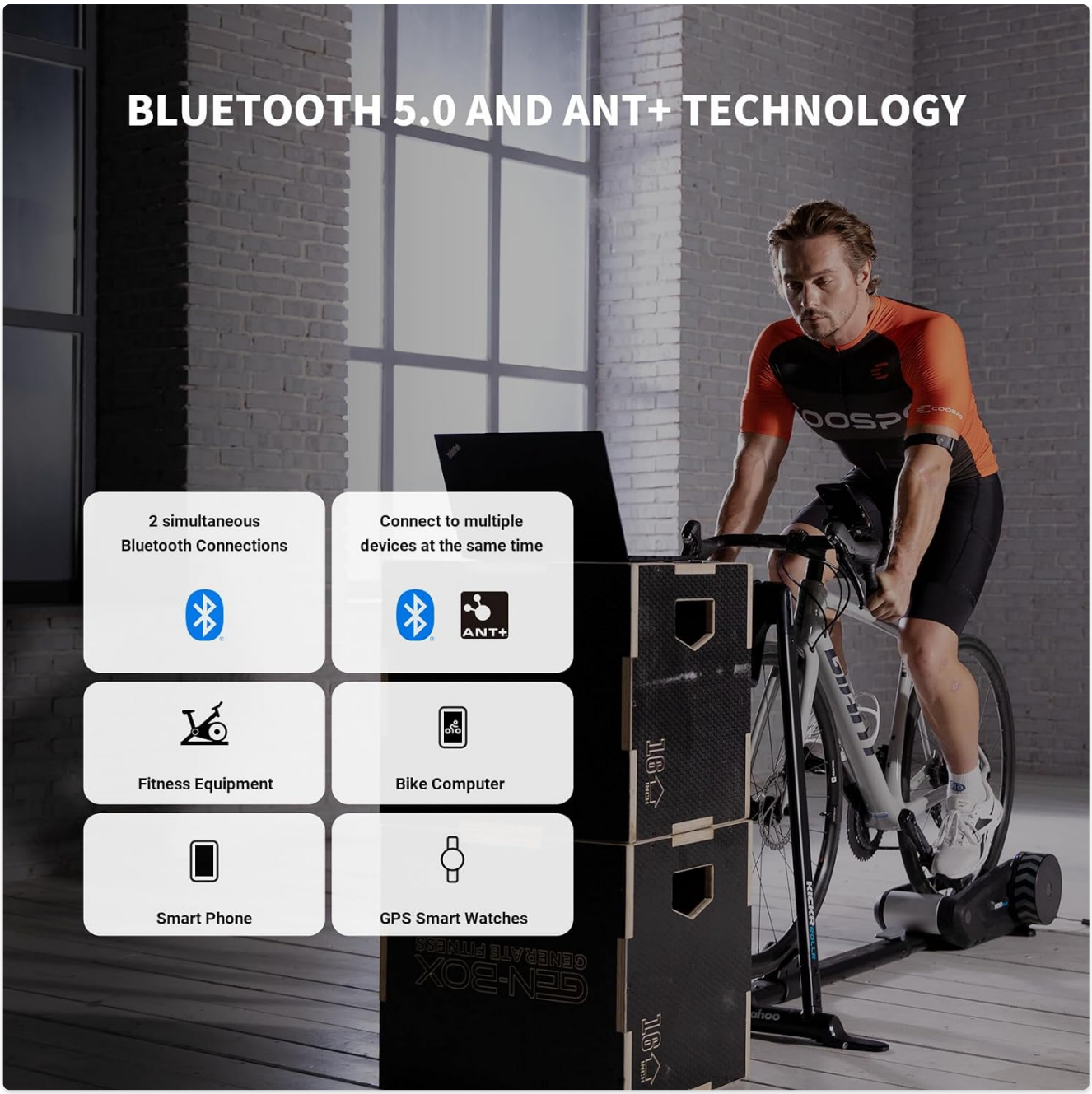
Power On/Off

- To power on: Short press the button on the device.
- To power off: Long press the button on the device.

Operating Instructions

Connectivity (Bluetooth & ANT+)

The COOSPO HW9 supports both Bluetooth 5.0 and ANT+ protocols, allowing connection to a wide range of devices simultaneously. You can connect to GPS bike computers, fitness apps, fitness devices, and running watches. The latest technology enables two simultaneous Bluetooth connections.



The HW9 connects to various devices via Bluetooth and ANT+.

Heart Rate Zone Monitoring & HRV Function

The HW9 features a 5-color LED indicator light that visually represents your current heart rate zone, allowing you to quickly assess and optimize your workout intensity. The device also supports Heart Rate Variability (HRV) function, providing additional data for advanced training analysis.



LED indicator for heart rate zones.

Max Heart Rate Customization & Vibration Alert

Through the Heartool or Coosporide App, you can customize your maximum heart rate value. This ensures that the device's heart rate zone calculations are tailored to your personal physiology. The HW9 armband includes a vibration warning feature that activates when your heart rate exceeds your set maximum value, providing a safety alert during intense training.



Optical sensor, HRV support, and vibration reminder.

Recommended Applications

The COOSPO HW9 is compatible with over 200 popular fitness applications, including Wahoo Fitness, Strava, Polar Beat, Peloton, Zwift, DDP Yoga, HR monitor, CooSporide, and Elite HRV. These applications enhance your training experience by providing detailed data analysis and tracking.



CoospoRide and Heartool apps for enhanced functionality.

Maintenance

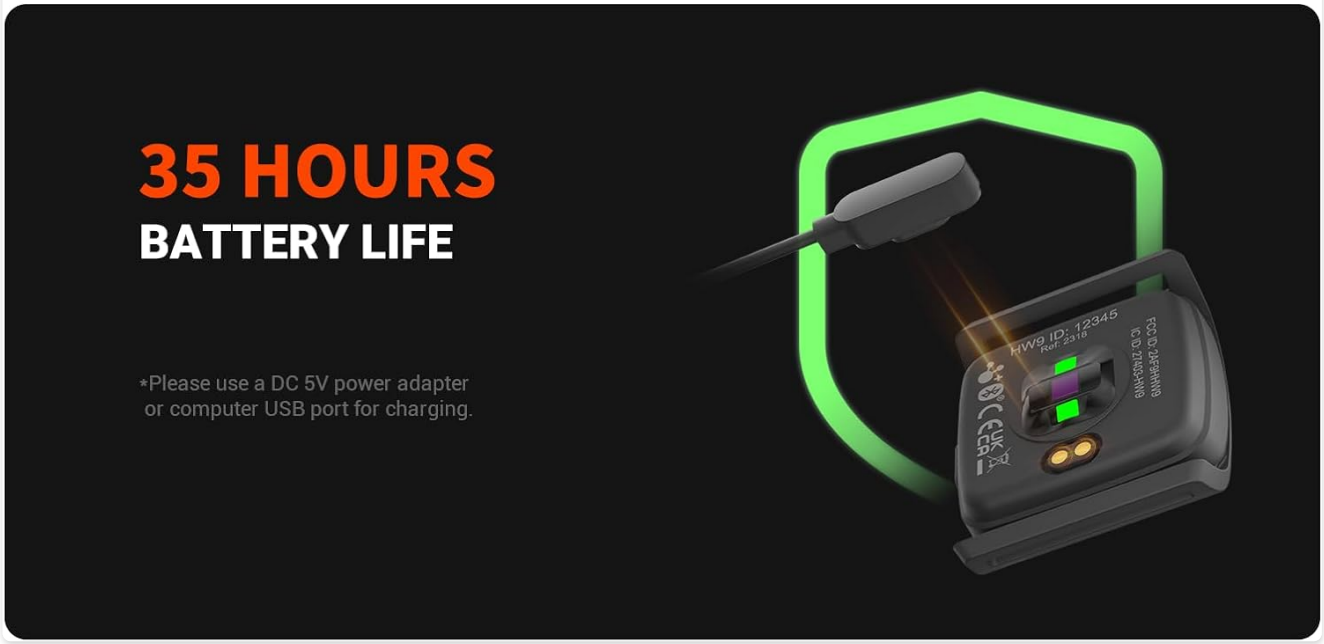
Cleaning and Care

After each use, especially after intense workouts, gently wipe the sensor and the armband with a soft, damp cloth. Ensure the device is dry before storing or charging. Avoid using harsh chemicals or abrasive materials for cleaning.

Water Resistance

The COOSPO HW9 has an IP67 waterproof rating, meaning it is resistant to sweat and splashes. It can withstand immersion in water up to 1 meter for 30 minutes. However, it is **not recommended for use in swimming** or prolonged submersion.





The HW9 features IP67 waterproof rating.

Troubleshooting

- **Device not powering on:** Ensure the device is fully charged. Short press the button to power on.
- **Inaccurate heart rate readings:** Ensure the armband is worn snugly on the forearm or bicep, with the sensor in direct contact with the skin. Clean the sensor area. Avoid excessive movement of the armband during activity.
- **Connectivity issues (Bluetooth/ANT+):** Ensure Bluetooth/ANT+ is enabled on your connecting device. Try restarting both the HW9 and the connecting device. Re-pair the devices if necessary. Ensure no other devices are interfering with the connection.
- **Vibration alert not working:** Check the settings in the Heartool or Coosporide App to ensure the maximum heart rate alert is enabled and set to your desired value.
- **Battery not holding charge:** Ensure you are using a DC 5V power adapter or a computer USB port for charging. If issues persist, contact customer support.

Specifications

Feature	Detail
Model Number	COOSPO Armband Heart Rate Monitor HW9
Dimensions	10 x 7 x 3 cm
Weight	10 g
Battery Type	Lithium Ion (included)
Battery Life	Up to 35 hours
Sensor Type	Optical
Connectivity	Bluetooth 5.0, ANT+
Waterproof Rating	IP67 (not for swimming)
Material	Plastic

Warranty and Support

The COOSPO HW9 Heart Rate Monitor Armband is backed by COOSPO's 1-year exchange warranty and lifetime technical support. For any problems, questions, or assistance, please feel free to reach out to our customer support team. Contact information can typically be found on the product packaging or the official CooSpo website.

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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

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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