CooSpo HW807 Armband Heart Rate Monitor

COOSPO HW807 Heart Rate Monitor Armband User Manual

Model: HW807 | Brand: CooSpo

Introduction

The COOSPO HW807 Heart Rate Monitor Armband is designed to provide accurate heart rate monitoring for various fitness activities. Utilizing advanced optical sensor technology, it tracks real-time heart rate data, heart rate variability (HRV), and heart rate zones. This manual provides comprehensive instructions for setting up, operating, maintaining, and troubleshooting your HW807 device.





Figure 1: COOSPO HW807 Heart Rate Monitor Armband.

Setup

What's Included

Your COOSPO HW807 package includes:

- COOSPO Soft Arm Strap *2
- COOSPO Heart Rate Monitor Sensor *1
- User Manual *1
- Charge Cable *1

Charging the Device

Before first use, fully charge your HW807. The device features a magnetic USB charging cable for convenience. A full charge provides up to 20 hours of battery life.



Figure 2: Magnetic USB charging port on the HW807.

To charge:

1. Connect the magnetic end of the charging cable to the charging pins on the back of the HW807 sensor.
2. Plug the USB end of the cable into a standard USB power adapter or computer USB port.
3. The device's LED indicator will light up to show it's charging.

Wearing the Device

The HW807 armband is designed for comfortable and accurate heart rate monitoring when worn on the arm. It features an adjustable strap to ensure a secure fit.

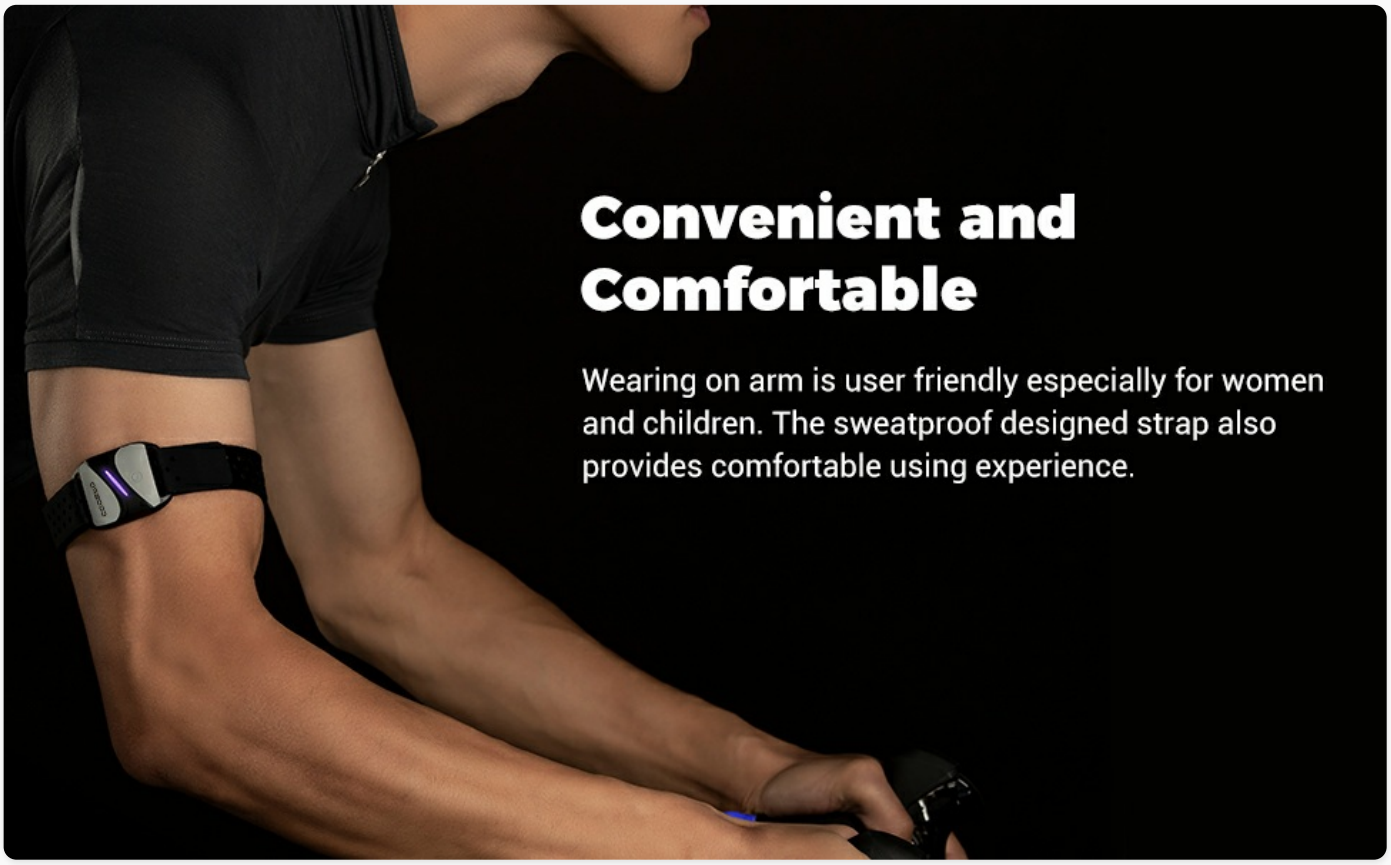


Figure 3: Proper placement of the HW807 armband on the arm.

To wear:

1. Place the sensor on your forearm or upper arm, ensuring the optical sensor on the back is in direct contact with your skin.
2. Adjust the strap to be snug but not uncomfortably tight.

Operating Instructions

Power On/Off

- **Power On:** Short press the button on the device. The LED indicator will light up.
- **Power Off:** Long press the button until the device vibrates and the LED turns off.

Heart Rate Zone Tracking

The HW807 features a 5-color LED indicator that visually represents your current heart rate zone, allowing you to monitor your exercise intensity at a glance without needing to check a connected device.



Figure 4: LED color indications for different heart rate zones.

- **Blue:** < 60% Max HR
- **Green:** 61%–70% Max HR
- **Yellow:** 71%–80% Max HR
- **Purple:** 81%–90% Max HR
- **Red:** 91%–100% Max HR

The device also supports Heart Rate Variability (HRV) function.

Connectivity (Bluetooth 5.0 & ANT+)

The HW807 is compatible with a wide range of devices and fitness applications via Bluetooth 5.0 and ANT+ technology. This includes smartphones, GPS bike computers (Garmin, Wahoo, XOSS), sports watches, and gym equipment (Peloton, Concept2, Nordic treadmill, Bowflex Max Trainer, Pro-Form treadmill, iFIT, Echelon).

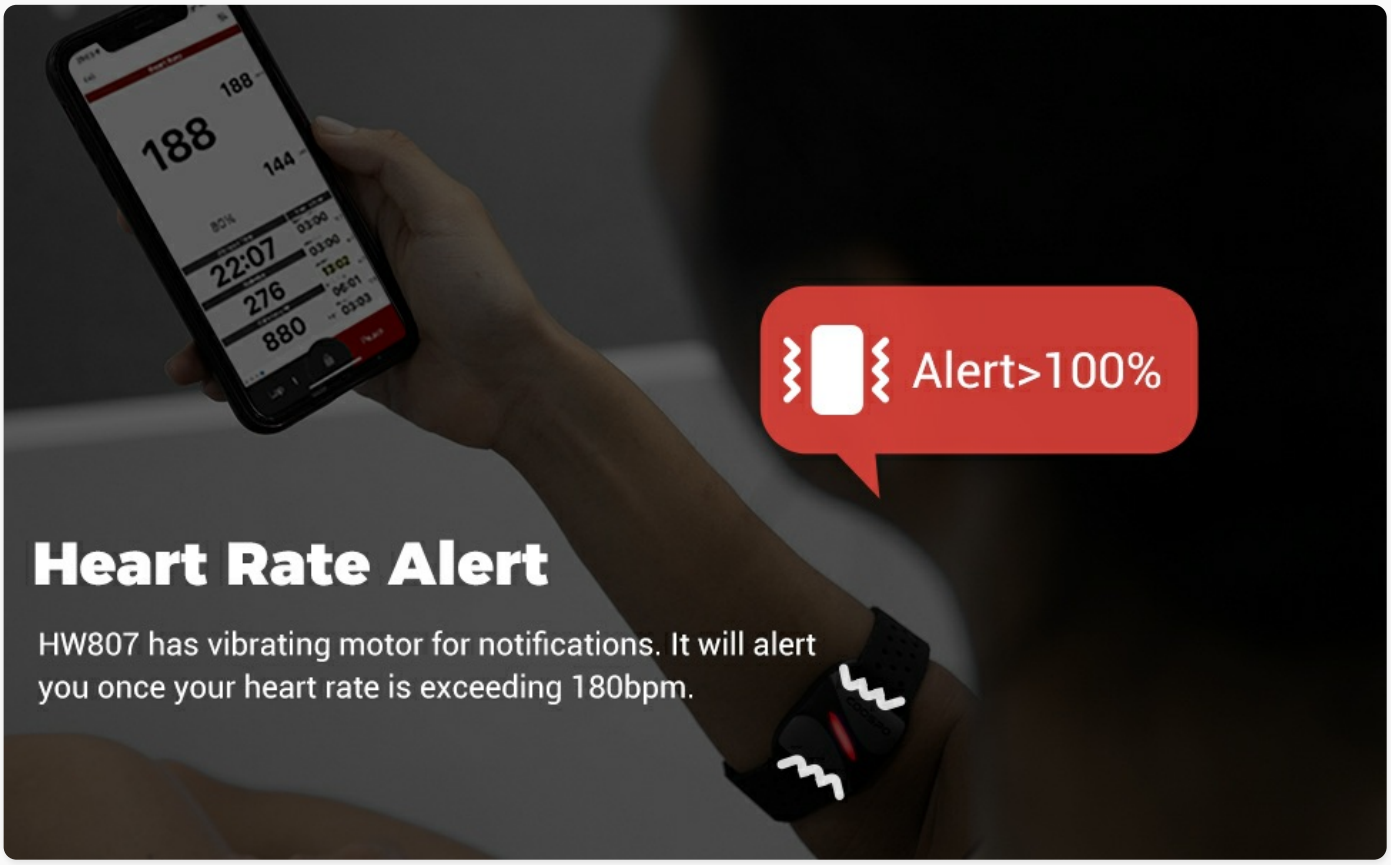


Figure 5: The HW807 connecting to various fitness devices and apps.

App Usage & Pairing

The HW807 works seamlessly with popular fitness apps such as Wahoo Fitness, Strava, Polar Beat, DDP Yoga, HR monitor, CooSporide, and Heartool. Ensure Bluetooth is enabled on your device before attempting to pair.

Connecting with Kinomap App

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Video 1: Instructions on how to connect your COOSPO heart rate monitor with the Kinomap App. This video demonstrates powering on the device, enabling Bluetooth, navigating the Kinomap app to add fitness equipment, and successfully connecting the heart rate sensor for training.

Connecting with Wahoo App

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Video 2: A guide to connecting your COOSPO heart rate monitor with the Wahoo App. The video shows the process of opening Bluetooth, launching the Wahoo app, and linking the heart rate sensor to begin a workout.

Connecting with DDP Yoga App

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Video 3: Instructions for connecting your COOSPO heart rate monitor with the DDP Yoga App. This video demonstrates how to enable Bluetooth, open the DDP Yoga app, and pair the heart rate monitor to track your workout performance.

Connecting with Zwift App

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Video 4: A step-by-step guide to connecting your COOSPO heart rate monitor with the Zwift App. The video shows how to ensure Bluetooth is active, open Zwift, and pair the heart rate sensor for an immersive virtual cycling experience.

Using the Heartool App

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Video 5: This video demonstrates how to use the Heartool App with your COOSPO HW807 heart rate monitor. It covers putting on the sensor, turning on Bluetooth, adding the device in the app, setting heart rate zones and alerts, and starting/ending an exercise session to view data.

Heart Rate Alert

The HW807 has a vibrating motor for notifications. It will alert you once your heart rate exceeds 180bpm (or a customized maximum heart rate setting in the Heartool app).

Maintenance

Cleaning

After each use, especially after sweating, gently wipe the sensor and strap with a damp cloth. Ensure the optical sensor area is clean for accurate readings. Do not use abrasive cleaners or chemicals.

Water Resistance

The HW807 has an IP67 waterproof rating, meaning it can withstand splashes, rain, and brief immersion. It supports training in rainy conditions but is not recommended for swimming.



Figure 6: The HW807 is IP67 water resistant, suitable for use in rain.

Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

Troubleshooting

Problem	Possible Cause	Solution
Device not powering on	Low battery; button not pressed correctly.	Charge the device fully. Ensure the button is pressed firmly for a short duration to power on.
Cannot connect via Bluetooth/ANT+	Bluetooth/ANT+ off on receiving device; device already paired; interference.	Ensure Bluetooth/ANT+ is enabled. Unpair from other devices. Move away from potential interference sources. Restart both devices.
Inaccurate heart rate readings	Poor skin contact; dirty sensor; incorrect placement.	Ensure the sensor is snug against the skin. Clean the optical sensor. Try adjusting the position on your arm.
Device not vibrating for alerts	Alert settings not configured; heart rate not reaching threshold.	Check heart rate alert settings in the Heartool app. Ensure your heart rate reaches the set maximum.

Specifications

- **Brand:** CooSpo
- **Model Name:** HW807 COOSPO Armband Heart Rate Monitor
- **Material:** Plastic
- **Color:** Grey
- **Product Dimensions:** 5.3"L x 2.4"W x 1.5"H
- **Item Weight:** 10 Grams
- **Battery Life:** Up to 20 Hours
- **Sensor Type:** Optical
- **Battery Description:** Lithium-Ion
- **Water Resistance:** IP67
- **Connectivity:** Bluetooth 5.0, ANT+
- **Compatible Devices:** Smartphones (Peloton, Polar Beat, Wahoo, Strava, Zwift, DDP Yoga, Heartool, CooSporide), Sports Watches (Garmin Edge/Forerunner/Fenix series), GPS Bike Computers (COOSPO BC107/BC200, XOSS), Fitness Equipment (Peloton bike, Concept2, Nordic treadmill, Bowflex Max Trainer, Pro-Form treadmill, iFIT, Echelon)

Warranty and Support

Warranty

COOSPO provides a 12-month warranty for the HW807 Heart Rate Monitor Armband. Please retain your proof of purchase for warranty claims.

Customer Support

For any technical assistance, troubleshooting, or warranty-related inquiries, please contact COOSPO customer service. COOSPO is happy to provide a free replacement cable service for users who purchase within 12 months.
You can also refer to the official User Manual (PDF) available online for more detailed informationUser Manual (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.

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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