

## moofit HW401

# moofit HW401 Heart Rate Monitor Armband User Manual

Model: HW401

## 1. PRODUCT OVERVIEW

The moofit HW401 is an advanced optical heart rate monitor armband designed to provide accurate real-time heart rate data for various fitness activities. Its precise optical sensor technology ensures high accuracy, helping you optimize your training results. The device supports both Bluetooth and ANT+ connectivity, allowing seamless integration with a wide array of fitness equipment and applications.



Figure 1: moofit HW401 Heart Rate Monitor Armband

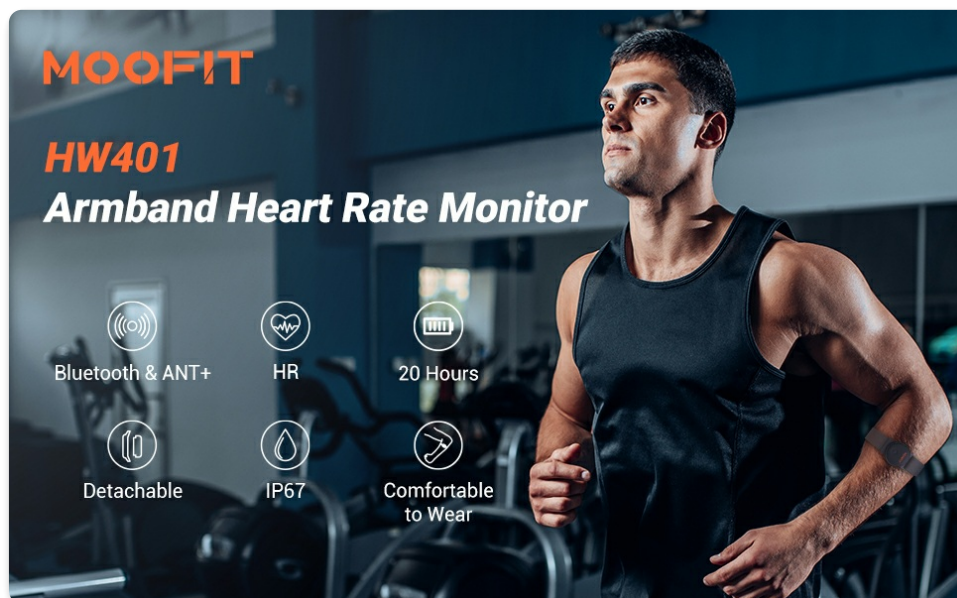


Figure 2: moofit HW401 in use during a workout

## 2. What's Included

Your moofit HW401 package contains the following items:

- Optical Heart Rate Sensor
- Armband Strap
- Charging Cable
- Getting Started Guide



Figure 3: Package Contents and Device Dimensions

## 3. GETTING STARTED

### 3.1 Charging the Device

The HW401 heart rate monitor features a rechargeable battery and comes with a magnetic charging cable. A full charge provides over 20 hours of continuous use.

1. Connect the magnetic charging cable to the charging contacts on the back of the sensor.
2. Connect the USB end of the cable to a standard USB power adapter (not included) or a computer USB port.
3. The device will indicate charging status (refer to LED indicators in section 3.4).

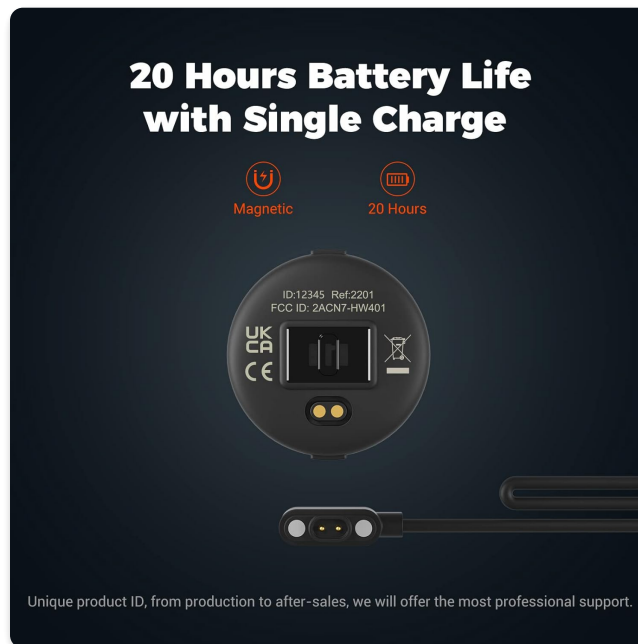


Figure 4: Magnetic Charging Connection



Figure 5: Battery Life and Charging Method

### 3.2 Attaching the Sensor to the Armband

The sensor unit is detachable from the armband for charging and cleaning.

1. Align the sensor with the circular opening on the armband strap.
2. Gently press the sensor into the opening until it clicks securely into place. Ensure the optical sensor on the back of the unit is facing outwards.

### 3.3 Wearing the Armband

For optimal performance, wear the armband on your upper arm, ensuring the optical sensor is in direct contact with your skin. The strap is adjustable to fit various arm sizes.



Figure 6: Proper Placement of the Armband

### 3.4 Powering On/Off and LED Indicators

The HW401 features an LED light to indicate its status:

- **Turn-on:** Press the start-up button. The LED light will flash blue quickly until a heart rate is detected, then the blue light will flash slowly.
- **Turn-off:** Press the start-up button again. The LED will flash red and the device will enter the shutdown state.

## 4. PAIRING AND CONNECTIVITY

The moofit HW401 supports both Bluetooth and ANT+ dual-mode connectivity, allowing it to connect to a wide range of fitness equipment and applications.

### 4.1 Bluetooth & ANT+ Dual Mode

This dual-mode capability ensures broad compatibility with various devices, including smartphones, bike computers, and fitness equipment.



Figure 7: Bluetooth and ANT+ Connectivity

## 4.2 Connecting to Apps and Devices

The HW401 is compatible with iOS 7.0 or above and Android 4.3 or above. It works with most mainstream health and fitness apps.

1. Ensure your moofit HW401 is powered on and within range of your device.
2. Enable Bluetooth on your smartphone or fitness device.
3. Open your preferred fitness app (e.g., Wahoo Fitness, Endomondo, Polar Beat, DDP Yoga, Mapmyfitness, iCardio).
4. Navigate to the sensor pairing or device connection settings within the app.
5. Select the moofit HW401 from the list of available devices to pair.



Figure 8: Third-Party App Compatibility

Video 1: moofit HW401 Armband Overview and Setup. This video demonstrates the unboxing, assembly, charging, and pairing process of the moofit HW401 heart rate monitor with a smartphone application.

## 5. USING YOUR HEART RATE MONITOR

The moofit HW401 records real-time heart rate data, allowing you to analyze your fitness data and maximize your training results.

### 5.1 During Exercise

Whether for outdoor fitness training, indoor cycling, or group training, the HW401 precisely determines your heart rate and calorie consumption.





Figure 9: High-Precision Optical HR Sensor in Action



Figure 10: Versatility Across Various Sports

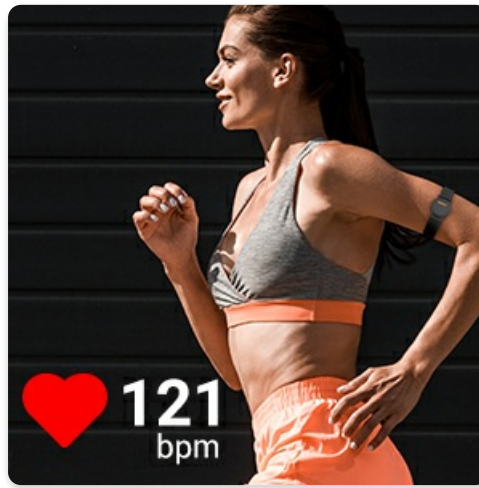


Figure 11: Real-time Heart Rate Monitoring

## 6. CARE AND MAINTENANCE

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### 6.1 Cleaning

The moofit HW401 is IP67 sweat and waterproof, allowing for easy cleaning after workouts. Simply rinse the sensor and armband under tap water. Ensure the device is dry before charging or storing.

Video 2: Sweat and Waterproof Feature Demonstration. This segment of the video shows the moofit HW401 being rinsed under water, highlighting its IP67 rating for sweat and water resistance.

### 6.2 Battery Care

- Charge the device regularly, even if not in frequent use, to maintain battery health.
- Avoid extreme temperatures during charging and storage.

### 6.3 Storage

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

## 7. TROUBLESHOOTING

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- **Device not turning on:** Ensure the device is fully charged. Press and hold the start-up button for a few seconds.
- **Cannot find device during pairing:**
  - Ensure Bluetooth is enabled on your smartphone/device.
  - Make sure the HW401 is powered on and the blue LED is flashing.
  - Move the device closer to your smartphone/fitness equipment.
  - Restart both the HW401 and your pairing device.
- **Inaccurate heart rate readings:**
  - Ensure the armband is worn snugly on your upper arm, with the optical sensor in direct contact with your skin.
  - Clean the optical sensor area on the back of the device.
  - Avoid excessive movement or vibrations that might interfere with the optical sensor.
- **Short battery life:** Ensure the device is fully charged before each use. Check if any background apps



are excessively draining power from the connected device.

## 8. SPECIFICATIONS

Feature	Description
Brand	moofit
Model Number	HW401
Sensor Type	Optical
Connectivity	Bluetooth & ANT+ Dual Mode
Water Resistance	IP67 (Sweat & Waterproof, not suitable for swimming)
Battery Life	20+ Hours (continuous use)
Battery Type	Lithium-Ion Polymer
Charging Method	Magnetic Charging Cable
Compatible Devices	Smartphones (iOS 7.0+, Android 4.3+), Bike Computers, Fitness Equipment
Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Item Weight	1.94 ounces
Manufacturer	Wantacme

## 9. WARRANTY AND SUPPORT

For warranty information and technical support, please contact the manufacturer, Wantacme, or visit the official moofit website. Keep your purchase receipt for any warranty claims.