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## CooSpo COOSPOH9Z

# COOSPO H9Z Heart Rate Monitor Chest Strap User Manual

Model: COOSPOH9Z

## 1. INTRODUCTION AND OVERVIEW

The COOSPO H9Z Heart Rate Monitor Chest Strap is designed to provide ultra-precise heart rate readings for optimizing your training and monitoring progress. It features seamless connectivity via Bluetooth 5.0 and ANT+, a long-lasting rechargeable battery, and a comfortable, adjustable design suitable for various sports activities.



Figure 1: COOSPO H9Z Heart Rate Monitor Chest Strap.

### Key Features:

- **Precision Heart Rate Tracking:** Equipped with an advanced HR sensor for ultra-precise readings.
- **Rechargeable & Long-Lasting Battery:** Built-in rechargeable battery for extended usage.
- **Comfortable Wear:** Soft, breathable materials and an adjustable strap for a secure and comfortable fit.
- **Seamless Connectivity:** Syncs effortlessly with fitness apps and devices via Bluetooth or ANT+.
- **IP67 Waterproof:** Designed to withstand moisture and sweat (not for swimming).

- **Multi-Sport Compatibility:** Ideal for runners, cyclists, and various fitness activities.
- **Easy Setup & Intuitive Interface:** Simple to set up and navigate.

## 2. WHAT'S IN THE BOX

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The COOSPO H9Z package includes all necessary components to get you started with your heart rate monitoring. Please verify all items are present upon unboxing.

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Video 1: COOSPO H9Z Rechargeable Chest Strap Heart Rate Monitor - Unboxing and Overview. This video demonstrates the contents of the product package and provides a brief introduction to the heart rate monitor.

### Package Contents:

- 1 x COOSPO H9Z Heart Rate Monitor Sensor
- 1 x Elastic Nylon Chest Strap
- 1 x USB Charging Dock
- 1 x User Manual

## 3. SETUP AND WEARING INSTRUCTIONS

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Proper setup and wearing of your COOSPO H9Z are crucial for accurate heart rate measurement. Follow these steps to ensure optimal performance.

# BLUETOOTH 5.0 AND ANT+ TECHNOLOGY

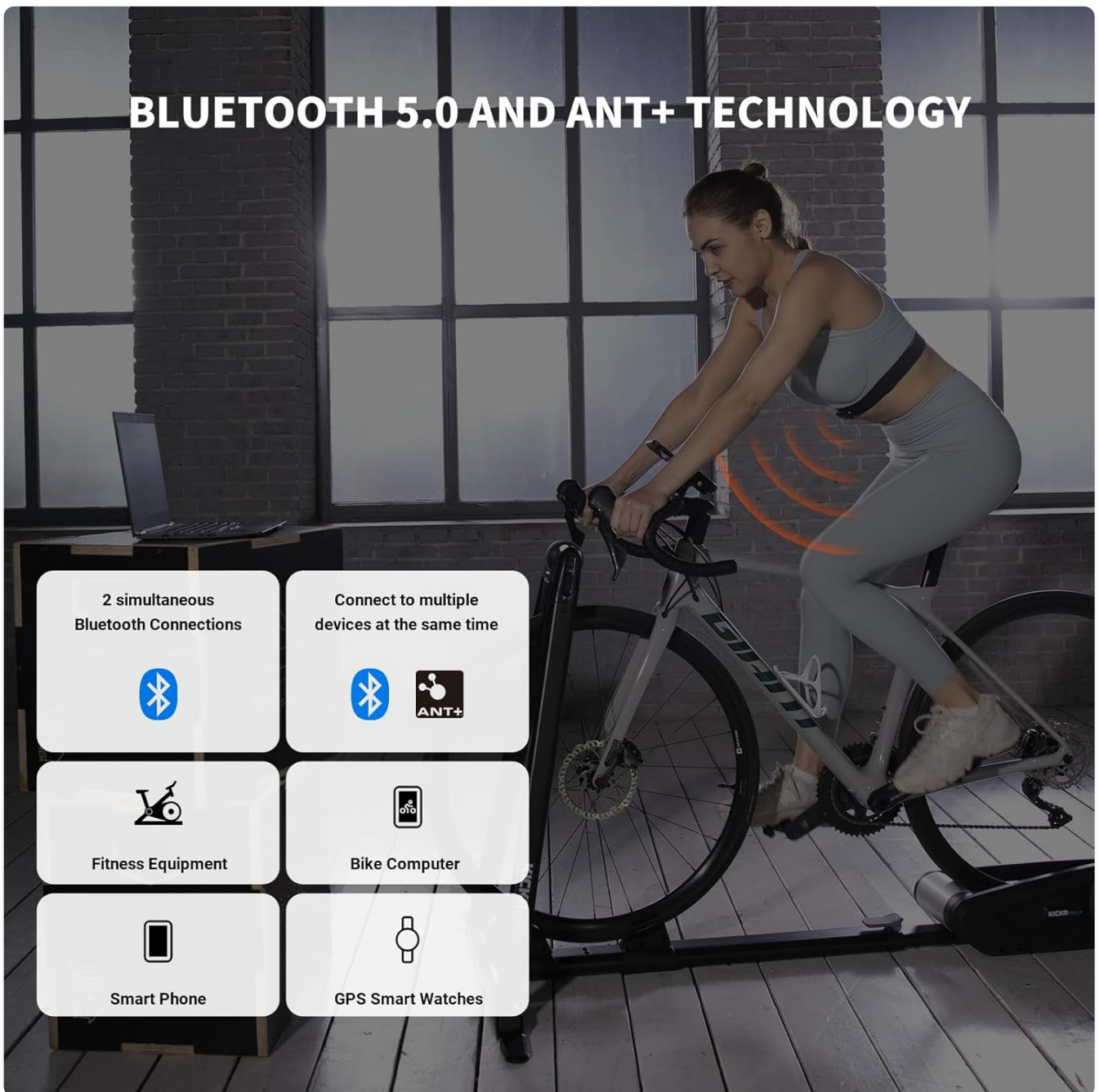


Figure 2: Step-by-step guide on how to use the COOSPO H9Z heart rate monitor.

1. **Attach the Sensor:** Take the H9Z sensor and firmly snap it onto the two studs on the elastic chest strap.
2. **Moisten Electrodes:** Fully wet both sides of the electrode area on the back of the chest strap with water or electrode gel. This improves conductivity and ensures accurate readings.
3. **Position the Strap:** Place the chest strap directly against your skin, just below your pectoral muscles. The sensor should be centered on your chest.
4. **Adjust for Comfort:** Adjust the length of the strap to ensure a snug yet comfortable fit. It should be tight enough not to slip during activity but not so tight as to restrict breathing.
5. **Automatic Power On:** The H9Z automatically powers on when worn correctly and detects a heart rate signal.

For best results, ensure the electrodes remain moist throughout your workout. If readings become erratic, re-moisten the electrodes.

## 4. OPERATING INSTRUCTIONS: CONNECTING TO DEVICES AND APPS

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

apps, smartwatches, and bike computers. Ensure Bluetooth is enabled on your device before attempting to connect.



Figure 3: The COOSPO H9Z utilizes both Bluetooth 5.0 and ANT+ for broad compatibility with various fitness devices and applications.

#### 4.1. Connecting to Smartphone Apps

The H9Z can connect to over 200 training apps. Below are instructions for some popular ones:



### 4.1.3. Connecting with Zwift App

To use your H9Z with Zwift, ensure Bluetooth is on. Launch Zwift, and from the paired devices screen, tap on the Heart Rate section to search for and connect your COOSPO H9Z.

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Video 4: How to connect COOSPO heart rate monitors with Zwift app. This video illustrates how to pair your heart rate monitor with the Zwift virtual cycling and running application.

### 4.1.4. Connecting with Wahoo App

For Wahoo, enable Bluetooth on your phone. Open the Wahoo app, go to the linked sensors section, and add a new sensor. Your COOSPO H9Z should appear for pairing.

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Video 5: How to connect COOSPO heart rate monitors with Wahoo App. This video demonstrates the steps to connect your heart rate monitor to the Wahoo Fitness application.

### 4.1.5. Connecting with DDP Yoga App

To connect your COOSPO H9Z with the DDP Yoga app, ensure Bluetooth is active on your phone. Open the DDP Yoga app, navigate to the heart rate monitor pairing section, and select your device to connect.

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Video 6: How to connect COOSPO heart rate monitors with DDP Yoga. This video guides you through connecting your heart rate monitor to the DDP Yoga application.

### 4.1.6. Connecting with Kinomap App

For Kinomap, enable Bluetooth is enabled. Open the Kinomap app, go to the equipment management section, and add new equipment. Select "Power sensors" and then your COOSPO H9Z to pair. Once connected, you can start your training.

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Video 7: How to connect COOSPO heart rate monitors with Kinomap App. This video demonstrates how to connect your heart rate monitor to the Kinomap interactive training application.

## 5. MAINTENANCE

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### 5.1. Charging the Device

The COOSPO H9Z features a rechargeable battery. To charge, remove the sensor from the chest strap and place it on the provided USB charging dock. Plug the USB cable into a DC 5V power adapter or a computer USB port.



Figure 5: The COOSPO H9Z sensor placed on its magnetic charging dock.

- Suggested Charge Time: 1-2 hours.
- A green LED light indicates charging is complete.

- The battery offers up to 50 hours of usage on a single charge.

## 5.2. Waterproofing and Care

The COOSPO H9Z is IP67 waterproof, meaning it is protected from dust and can withstand immersion in water up to 1 meter for 30 minutes. It is designed to resist moisture and sweat during workouts.

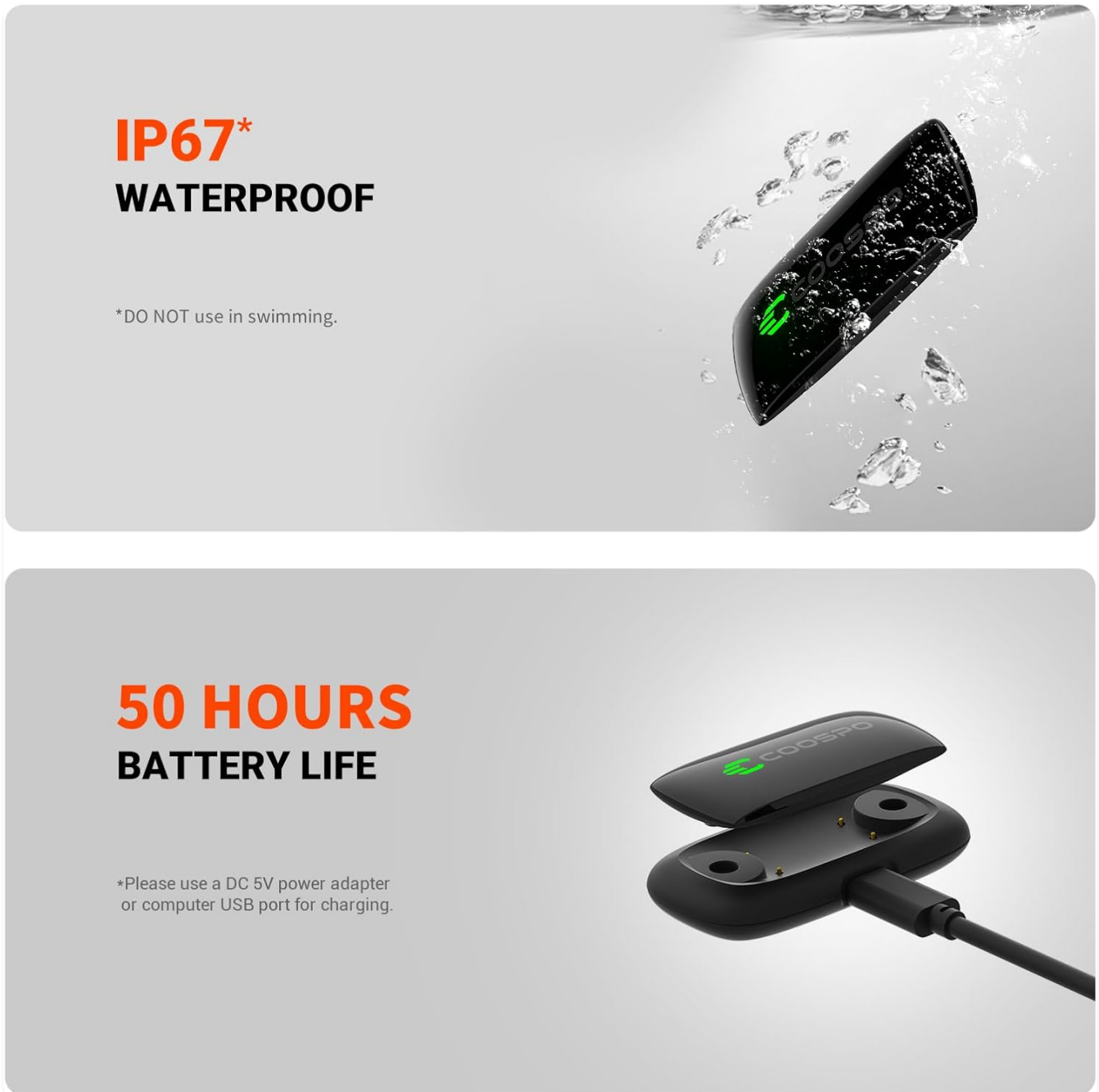


Figure 6: The COOSPO H9Z is IP67 waterproof, making it resistant to sweat and splashes.

**IMPORTANT: Do NOT use the device for swimming.**

## 5.3. Cleaning the Chest Strap

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 the strap, as this may damage the electrodes.

## 6. TROUBLESHOOTING

If you encounter issues with your COOSPO H9Z, please try the following common troubleshooting steps:

- **No Heart Rate Reading:**

- Ensure the electrodes on the chest strap are thoroughly moistened.
- Verify the sensor is correctly snapped onto the strap.
- Check that the strap is worn directly against your skin and is snug.
- Confirm the battery is charged.

- **Connectivity Issues:**

- Make sure Bluetooth (or ANT+) is enabled on your receiving device (phone, smartwatch, bike computer).
- Ensure the COOSPO H9Z is not already connected to another device. It supports two simultaneous Bluetooth connections, but some devices may interfere.
- Restart your receiving device and the COOSPO H9Z (by removing and re-attaching the sensor to the strap).
- Try pairing again from within the app's sensor settings.

- **Inaccurate Readings:**

- Re-moisten the electrodes.
- Ensure the strap is positioned correctly and is not too loose.
- Avoid wearing the strap over clothing, as this can interfere with signal transmission.

If problems persist after trying these steps, please refer to the "Warranty and Support" section for further assistance.

## 7. SPECIFICATIONS

Attribute	Detail
Brand	CooSpo
Model Name	COOSPOH9Z Heart Rate Monitor
Material	Nylon, Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Item Weight	90 Grams
Sensor Type	Wearable
Battery Description	Lithium-Ion (Rechargeable)
Waterproof Rating	IP67
Connectivity	Bluetooth 5.0, ANT+
Compatible Devices	Smartphones, Smartwatches, Bike Computers, Fitness Equipment

## 8. WARRANTY AND SUPPORT

COOSPO is committed to providing high-quality products and excellent customer service. Your COOSPO H9Z Heart Rate Monitor Chest Strap comes with a manufacturer's warranty.

- **Warranty Period:** 12 Months from the date of purchase.

- **Professional Technical Support:** For any problems, questions, or assistance needed, please feel free to contact the COOSPO support team. They are dedicated to providing a satisfactory solution.

Please retain your proof of purchase for warranty claims.