CHILEAF CL831

CHILEAF Heart Rate Monitor Armband User Manual

Model: CL831

INTRODUCTION

Thank you for choosing the CHILEAF Heart Rate Monitor Armband. This device provides accurate, real-time heart rate tracking using advanced optical sensor technology. Designed for comfort and ease of use, it is compatible with a wide range of fitness devices and applications, making it an ideal companion for your workouts.

SAFETY INFORMATION

- Consult your physician before beginning any new exercise program.
- This device is not a medical device and should not be used for diagnosing or treating any medical conditions.
- Keep the device away from extreme temperatures, direct sunlight, and corrosive substances.
- Do not attempt to disassemble or modify the device. This will void the warranty.
- While the device is sweatproof and IP68 rated, it is**NOT RECOMMENDED FOR SWIMMING**. Avoid prolonged submersion in water.

PACKAGE CONTENTS

Please check the package to ensure all items are present:

- CHILEAF Heart Rate Monitor Armband (Model: CL831)
- Magnetic USB Charging Cable
- User Manual

PRODUCT OVERVIEW

Familiarize yourself with the components of your heart rate monitor armband.

Image: The CHILEAF Heart Rate Monitor Armband, featuring a sleek black design with a power button and an LED indicator light.

- **Main Unit:** Contains the optical sensor, battery, and electronics.

- **Armband:** Adjustable fabric strap for comfortable wear on the forearm.

- **Power Button:** Used to turn the device on/off and initiate pairing.

- **LED Indicator:** Provides visual feedback on device status (power, connection, battery).

- **Optical Sensor:** Located on the underside of the main unit, it measures heart rate.
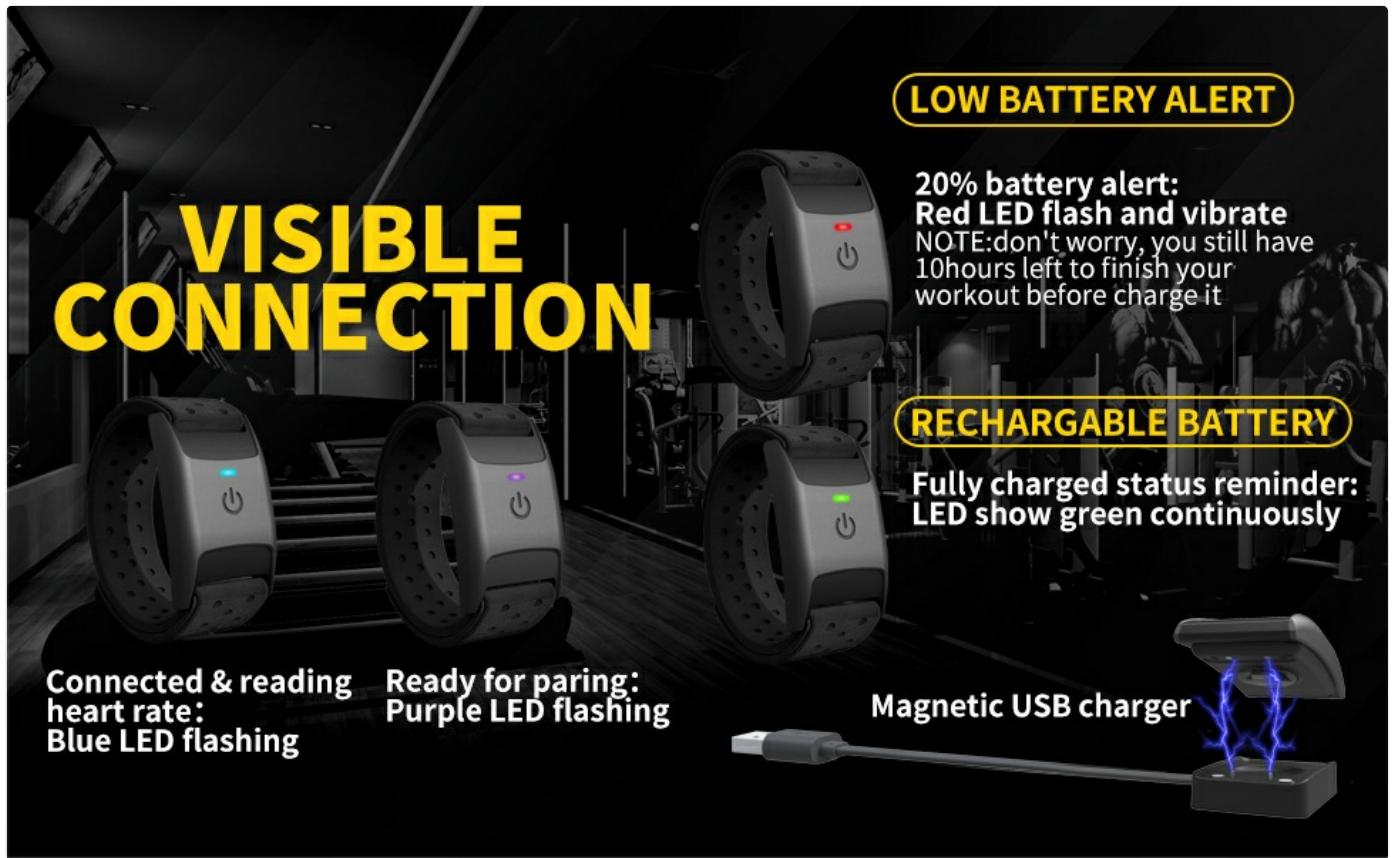
Image: Visual representation of the LED indicator states for connection, pairing, low battery, and fully charged, along with the magnetic USB charger.

SETUP

1. Charging the Device

Before first use, fully charge your CHILEAF Heart Rate Monitor Armband.

1. Connect the magnetic USB charging cable to the charging contacts on the back of the main unit.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The LED indicator will show charging status. A full charge takes approximately 1.5 hours.
4. When fully charged, the LED will indicate a full charge (refer to "Visible Connection" section for specific LED behavior). The device offers up to 60 hours of operation on a single charge.

2. Wearing the Device

For optimal accuracy, wear the armband on your forearm.
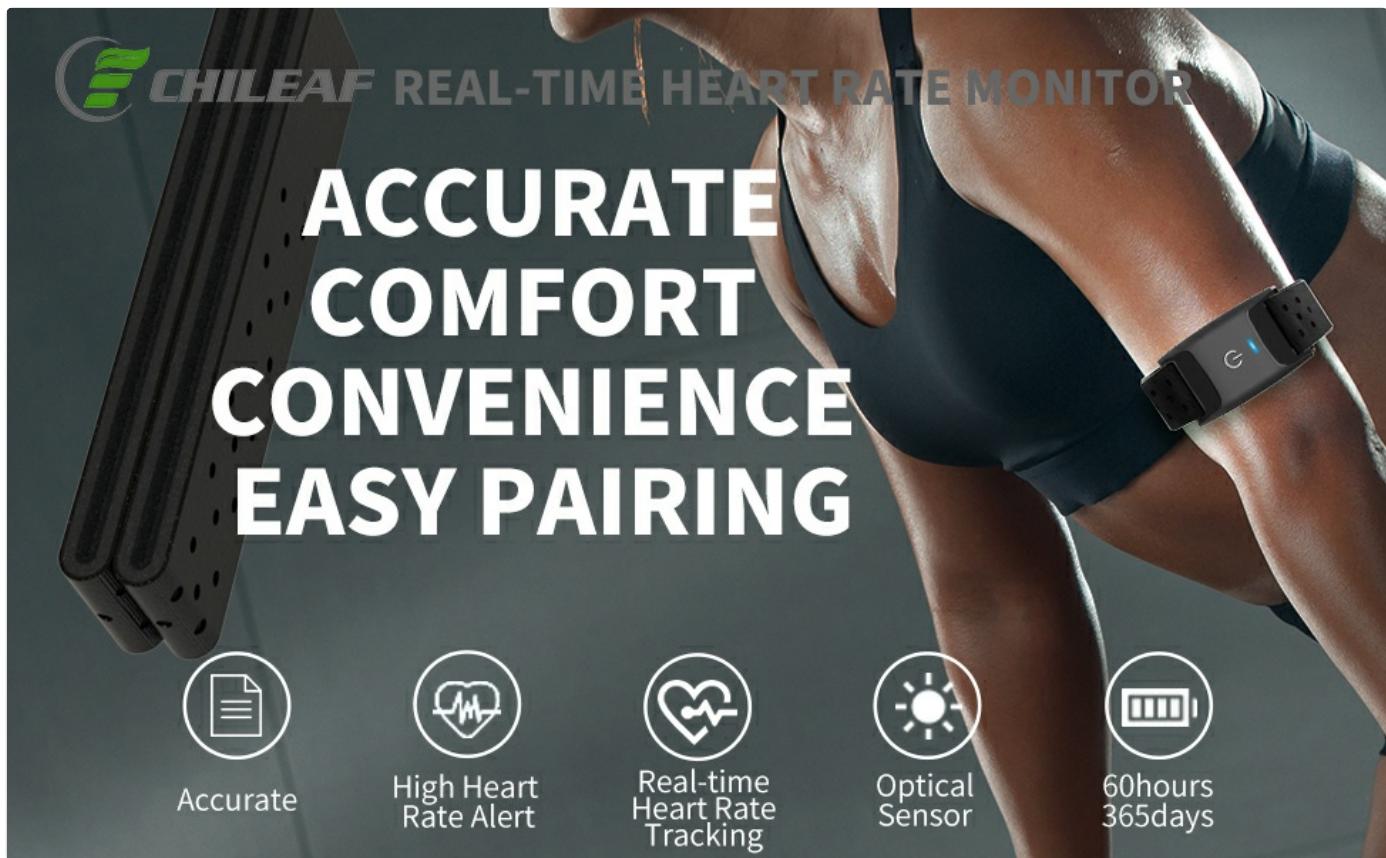
Image: A person wearing the CHILEAF Heart Rate Monitor Armband on their forearm, demonstrating the recommended placement for accurate readings.

- Place the armband on your forearm, either on the inside or outside, about 1-2 inches below the elbow.
- Ensure the optical sensor on the back of the main unit is in direct contact with your skin.
- Adjust the strap to be snug but comfortable. It should not be too tight to restrict circulation, nor too loose to allow movement.
- The armband is designed to fit arm sizes ranging from 7.09 to 12.6 inches (18-32 cm).

3. Powering On/Off

- **To Power On:** Press the power button once. The LED indicator will light up, indicating it's active and searching for a connection.
- **To Power Off:** Press and hold the power button for 3 seconds. The device will vibrate and the LED will turn off, confirming it has powered down.

OPERATING INSTRUCTIONS

1. Connectivity and Pairing

The CHILEAF Heart Rate Monitor Armband supports both Bluetooth and ANT+ connectivity, allowing it to pair with a wide range of devices and applications.

Image: An illustration showing the CHILEAF Heart Rate Monitor Armband's compatibility with various devices and apps via Bluetooth and ANT+.

1. **Enable Bluetooth/ANT+ on your device:** Ensure Bluetooth is enabled on your smartphone, tablet, GPS bike computer, or sports watch. For ANT+ devices, ensure ANT+ is active.

2. **Initiate Pairing:**

   - Turn on the CHILEAF armband. The LED will flash, indicating it's ready for pairing.

   - On your fitness app or device, navigate to the sensor pairing or heart rate monitor section.

   - Select the CHILEAF Heart Rate Monitor (it may appear as "CHILEAF CL831" or similar) from the list of available devices.

   - Confirm the pairing. Once connected, the LED indicator on the armband will change to a steady blue light, indicating a successful connection and heart rate reading.

3. **Compatible Devices & Apps:** Works seamlessly with Garmin, Wahoo, Peloton, NordicTrack, Polar, and most 3rd party fitness apps like Strava, Zwift, DDP Yoga, and more.

Image: A step-by-step guide illustrating how to pair the heart rate monitor with a smartphone app, including turning on Bluetooth, downloading an app, wearing the monitor, turning it on, and saving the paired sensor.

2. Understanding LED Indicators

The LED light provides important status updates:

- **Blue LED Flashing:** Device is powered on and searching for a connection.
- **Blue LED Steady:** Connected to a device and reading heart rate.
- **Purple LED Flashing:** Ready for pairing.
- **Red LED Flashing & Vibration:** Low battery alert (20% remaining). You typically have about 10 hours of use left.
- **Green LED Steady:** Fully charged status reminder.

3. High Heart Rate Alert

The device features a vibration alert for high heart rate, set by default to 180 bpm. This feature helps you stay within your target heart rate zones during intense activity.
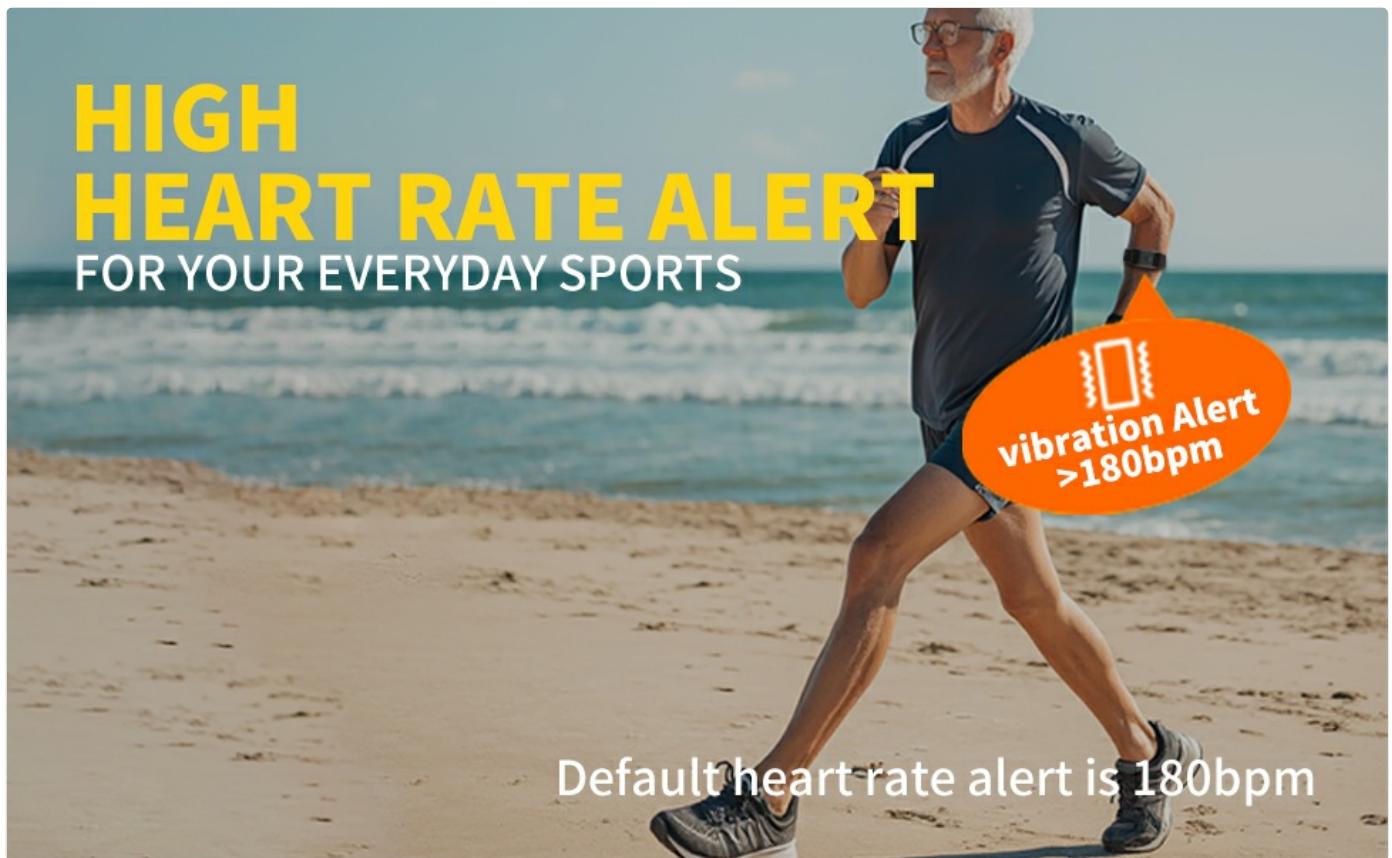
Image: A visual showing a person running with an overlay indicating a vibration alert for heart rates above 180 bpm.

MAINTENANCE

- **Cleaning:** After each use, especially after intense workouts, gently wipe the main unit and the fabric strap with a damp cloth. Do not use abrasive cleaners or harsh chemicals. Ensure the charging contacts are clean and dry before charging.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. If storing for an extended period, charge the device to about 50% before storage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device won't power on.	Low battery.	Charge the device for at least 1.5 hours.
Cannot pair with my device.	Bluetooth/ANT+ not enabled; device out of range; already paired to another device.	Ensure Bluetooth/ANT+ is on. Bring devices closer. Disconnect from other devices. Restart both devices.
Inaccurate heart rate readings.	Improper placement; sensor dirty; excessive movement.	Adjust armband for snug fit. Clean sensor. Minimize arm movement during measurement.
LED not lighting up.	Device off or battery depleted.	Press power button. Charge the device.

SPECIFICATIONS

Feature	Detail
Model Name	CL831
Brand	CHILEAF
Sensor Type	Optical
Connectivity	Bluetooth, ANT+
Battery Life	Up to 60 hours (operational)
Charging Time	Approx. 1.5 hours
Water Resistance	IP68 (Sweatproof, not recommended for swimming)
Arm Size Range	7.09 - 12.6 inches (18-32 cm)
Product Dimensions	0.15"L x 0.1"W x 0.4"H (Main Unit)
Material	Metal (main unit), Fabric (strap)
Color	Black

WARRANTY AND SUPPORT

The CHILEAF Heart Rate Monitor Armband comes with a **1-year warranty** from the date of purchase, covering manufacturing defects.

For technical support, warranty claims, or any questions regarding your device, please contact CHILEAF customer service through the retailer's platform or visit the official CHILEAF store on Amazon: CHILEAF Store.

Please have your purchase receipt and product model number (CL831) ready when contacting support.