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› EZON C022Pro Heart Rate Monitor Armband User Manual

EZON C022Pro

EZON C022Pro Heart Rate Monitor Armband User Manual

Model: C022Pro

1. INTRODUCTION

The EZON C022Pro Heart Rate Monitor Armband is an advanced fitness device designed to provide accurate heart rate tracking for various activities. Featuring a new 4-channel optical heart rate sensor, it minimizes motion artifacts and captures real-time heart rate changes with high sensitivity. Its dual ANT+ and Bluetooth connectivity ensures seamless integration with a wide range of fitness equipment and applications.

This armband is built for comfort and durability, with a lightweight, washable elastic strap and a 30-meter waterproof rating, making it suitable for all-weather conditions and even swimming. The smart LED indicator displays real-time heart rate zones, helping users optimize their workout intensity for different fitness goals.



Image: The EZON C022Pro Heart Rate Monitor Armband, showcasing its sleek black design with a prominent circular LED indicator.

2. WHAT'S IN THE BOX

Upon unboxing your EZON C022Pro Heart Rate Monitor Armband, please ensure all the following components are present:

- Heart Rate Monitor Armband (Main Unit)
- User Manual
- Charging Cable

3. SETUP

3.1 Charging the Device

Before first use, fully charge your EZON C022Pro armband. Connect the provided charging cable to the magnetic charging port on the device and plug the other end into a USB power source (e.g., computer USB port, wall adapter). The LED indicator will show charging status.



Image: Close-up view of the EZON C022Pro's magnetic charging port and its integrated body design, highlighting its 30M waterproof capability.

A full charge provides approximately 12 hours of continuous use, or up to 2 weeks with daily 1-hour workouts.

3.2 Wearing the Armband

For optimal heart rate accuracy, wear the armband on your forearm or upper arm. Ensure the sensor is in direct contact with your skin and the strap is snug but comfortable. The lightweight design (12.2g) ensures minimal interference during your activities.

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Image: A woman wearing the EZON C022Pro heart rate armband on her upper arm during a workout, demonstrating its comfortable fit.

12.2g Ultra-Lightweight And Weightless Wearing

Body Weight
12.2g≈2 one-dollar coins



Image: An illustration emphasizing the ultra-lightweight nature of the EZON C022Pro, weighing only 12.2 grams, comparable to two one-dollar coins.

4. OPERATING INSTRUCTIONS

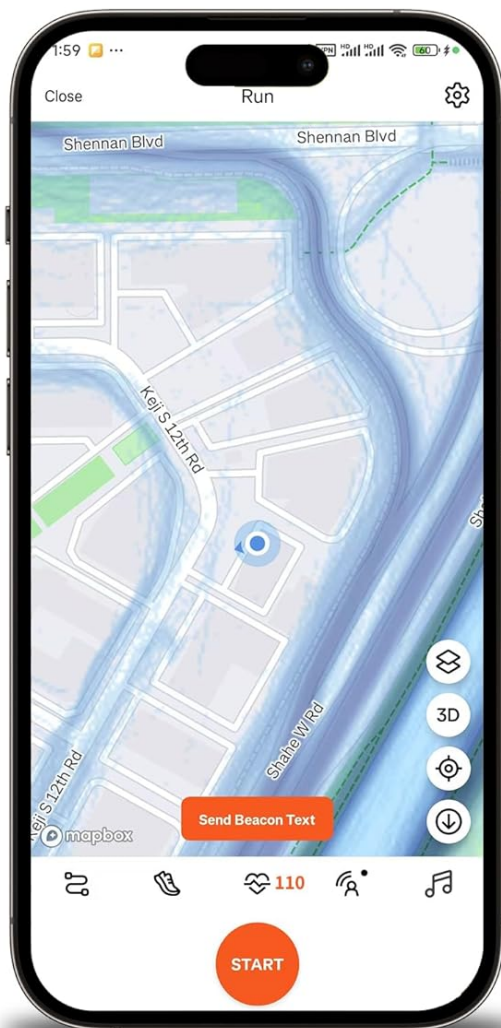
4.1 Powering On/Off

To power on the device, press and hold the power button until the LED indicator lights up. To power off, press and hold the power button again until the LED turns off.

4.2 Dual Connectivity (ANT+ & Bluetooth)

The EZON C022Pro supports both ANT+ and Bluetooth connectivity, allowing it to pair with a wide range of devices simultaneously. This includes smartphones, fitness equipment (treadmills, ellipticals, rowing machines), smartwatches, and bike computers.

WORKS WITH POPULAR FITNESS APPS



APP:Wahoo,Strava,Zwift,Polar,Peloton...

*App icons are for compatibility illustration only; All related intellectual property rights belong to their respective owners.End users download the above Apps from Apple Stores or Google Play market in using.



Image: Visual representation of the EZON C022Pro's BLE and ANT+ connectivity, showing its compatibility with smart sports watches, GPS bike computers, and various fitness equipment.

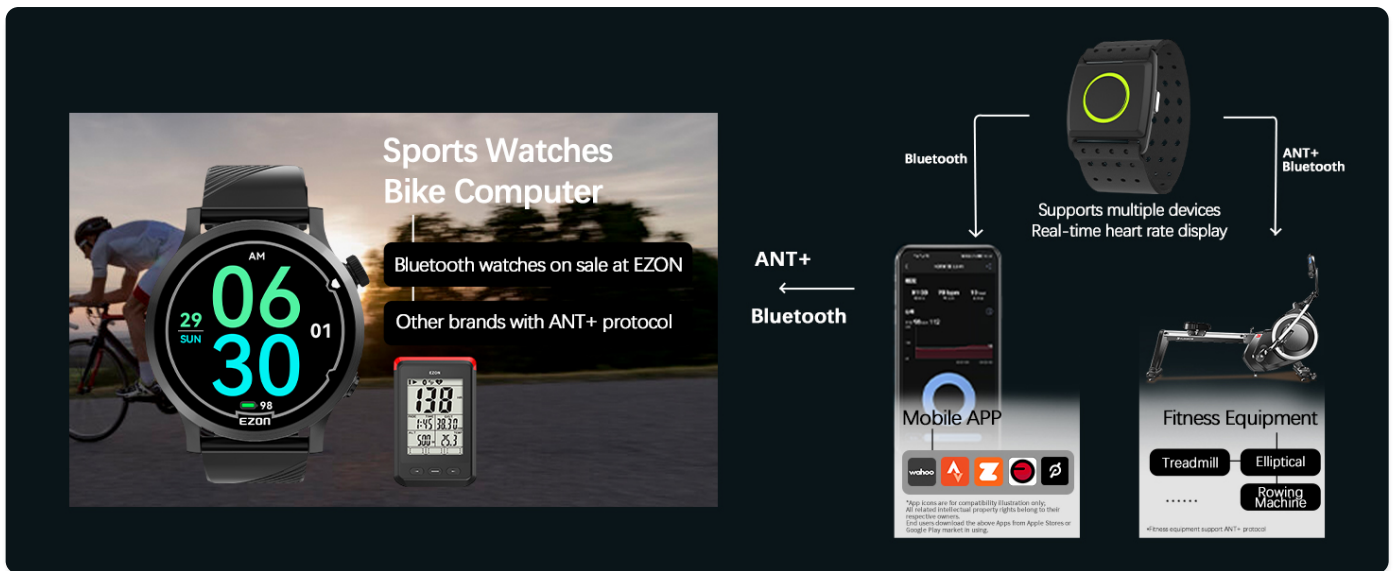


Image: A diagram illustrating the EZON C022Pro's connectivity options, showing how it supports multiple devices via ANT+ and Bluetooth for real-time heart rate display on mobile apps, sports watches, bike computers, and fitness equipment.

4.3 Smart Heart Rate Zones

The armband features an LED indicator that changes color to display your real-time heart rate zone, helping you optimize your workout intensity. The zones are:

Warm-up (Green): Heart Rate \leq 120 BPM - Benefits: Warm-up and recovery.

Fat Burning (Blue): Heart Rate 121-135 BPM - Benefits: Effective fat burning.

Aerobic/Cardio (Yellow): Heart Rate 136-150 BPM - Benefits: Enhanced cardiopulmonary function.

Anaerobic/Strengthening (Purple): Heart Rate 151-165 BPM - Benefits: Improved cardiopulmonary endurance.

Max Effort/X-games (Red): Heart Rate $>$ 165 BPM - Benefits: Sports safety alerts.

5-Color LED Indicator Lights For Heart Rate Zone



Warm Up

Fat Burning

Cardio

Strengthening

X-games



≤120

121-135

136-150

151-165

>165

Image: A visual guide to the 5-color LED indicator lights on the EZON C022Pro, illustrating how each color corresponds to a specific heart rate zone and its associated performance benefits.

4.4 Compatibility with Fitness Apps

The EZON C022Pro is compatible with popular fitness applications such as Wahoo, Strava, Zwift, Polar, and Peloton, allowing you to track and analyze your performance data seamlessly.



Image: The EZON C022Pro shown alongside logos of popular fitness apps like Wahoo, Strava, Zwift, Polar, and Peloton, indicating its broad compatibility.

4.5 Waterproof Feature

With a 30-meter waterproof rating, the EZON C022Pro is suitable for swimming and other water-based activities. It features an integrated fuselage design and a goggle clip design for secure attachment during swimming.

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12.2g

Wear without feeling



Image: A swimmer in a pool, illustrating the EZON C022Pro's 30M waterproof capability and its suitability for water sports.

Integrated Body Design with Innovative
Magnetic Charging Technology

30M
Waterproof



Goggle Clip Design

The wearable body design allows the goggle strap to be attached to the heart rate monitor, perfectly fitting against the temple for heart rate data collection.

Image: Close-up views of the EZON C022Pro showing its goggle clip design, allowing it to be attached to swim goggles for heart rate data collection during swimming.

4.6 Versatile Sports Use

The EZON C022Pro is designed for a wide range of indoor and outdoor sports, including running, cycling, gym workouts, and more.



Suitable For Multiple Indoor & Outdoor Sports

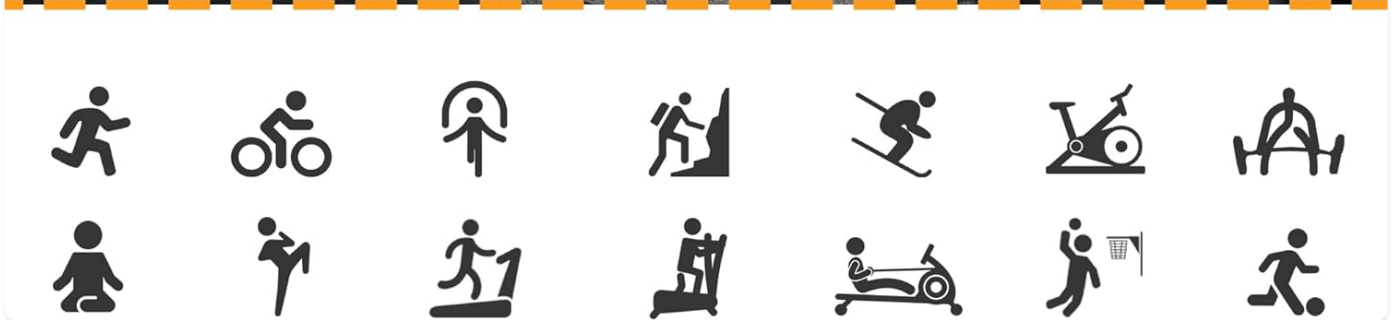


Image: An infographic displaying various sports icons, indicating the EZON C022Pro's suitability for multiple indoor and outdoor activities like running, cycling, and gym exercises.

4.7 Official Product Video

Watch the official product video for a comprehensive overview of the EZON C022Pro's features and benefits:

Your browser does not support the video tag.

Video: EZON C022Pro Precision Heart Rate Tracking for Every Workout. This video demonstrates the armband's features, including its optical heart rate sensor, lightweight design, and ease of use for various sports activities.

5. MAINTENANCE

To ensure the longevity and hygiene of your EZON C022Pro Heart Rate Monitor Armband, follow these maintenance guidelines:

- **Cleaning the Strap:** The elastic strap is machine-washable. Detach the main unit from the strap for easier cleaning. Wash with mild soap and water, then air dry completely before reattaching the main unit.
- **Cleaning the Main Unit:** Wipe the main unit, especially the sensor area, with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

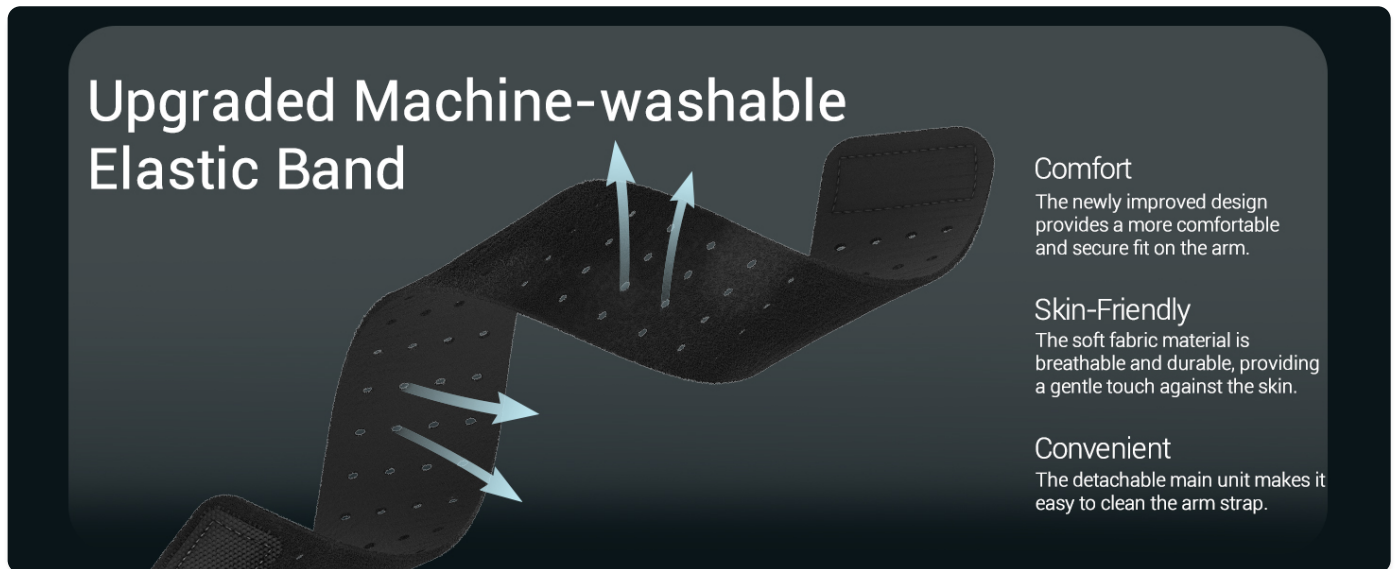


Image: An illustration showing the detachable and machine-washable elastic band of the EZON C022Pro, emphasizing its comfort, skin-friendly material, and convenience for cleaning.

6. TROUBLESHOOTING

If you encounter issues with your EZON C022Pro, please refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|--------------------------------|--|--|
| Device not powering on | Low battery | Charge the device fully. |
| Cannot pair with device | Bluetooth/ANT+ not enabled on host device; device out of range; interference | Ensure Bluetooth/ANT+ is on. Move closer to the host device. Restart both devices. |
| Inaccurate heart rate readings | Armband not worn correctly; sensor dirty; excessive movement | Adjust armband for snug fit. Clean the sensor. Minimize arm movement during measurement. |
| LED indicator not working | Device malfunction | Contact customer support. |

If the problem persists, please contact EZON customer support for further assistance.

7. SPECIFICATIONS

| Feature | Detail |
|---------|--------|
|---------|--------|

| Feature | Detail |
|-------------------------|--|
| Model Name | C022Pro |
| Brand | EZON |
| Material | Resin |
| Color | Black |
| Compatible Devices | Smartphones, Fitness Equipment, Smartwatches, Bike Computers |
| Sensor Type | Optical (4-Channel PPG) |
| Connectivity | ANT+, Bluetooth |
| Waterproof Rating | 30 Meters |
| Item Weight | 12.2 grams (0.43 ounces) - fuselage only |
| Item Package Dimensions | 4.9 x 3.9 x 1.9 inches |
| UPC | 742378647530 |
| First Available Date | January 5, 2025 |

8. WARRANTY & SUPPORT

EZON is committed to providing high-quality products and excellent customer service. Your EZON C022Pro Heart Rate Monitor Armband comes with the following:

- **1-Year Free Replacement:** For manufacturing defects or malfunctions within one year of purchase.
- **30-Day Return Policy:** Refer to your retailer's policy for details.
- **Lifetime Support:** EZON offers ongoing support for its products.
- **24-Hour Response:** Expect a prompt response from our support team for inquiries.

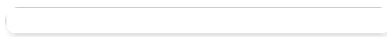


Image: An infographic detailing EZON's customer support commitments, including lifetime support, 24-hour response, 30-day return policy, and 1-year free replacement.

For support, please visit the official EZON website or contact their customer service team directly.