

front (with strap)

This Heart Rate Strap (CS009) enables to transmit the heart beating signal and calorie burn to the compatible display devices or Apps via **Bluetooth® Smart** (**Bluetooth 4.0/BT 4.0**) low energy technology.

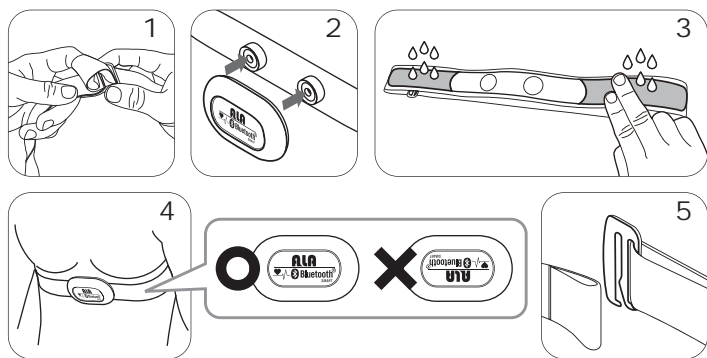
A separate application is required to view heart rate data on the receiving device. It is recommended to use ALA COACH+ App but it is also possible to use other applications.



Recommended App: ALA COACH+  
(Requires iOS 5.0 or later)

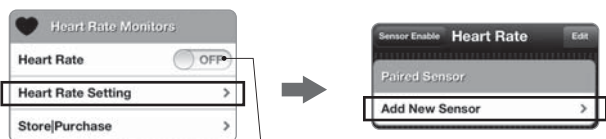
## Wear the Heart Rate Strap

1. Adjust the strap length to a suitable personal length and snug enough to stay in place during your workout.
2. Attach the sensor to the strap.
3. Wet **both** electrode areas on the back of the strap (refer to illustrated 3).
4. Tie the strap around your chest, just below your chest. Check that the moist electrode areas are firmly against your skin. Please also check your logo is in upright position to help device detect efficiently (refer to illustrated 4).
5. Attach the hook to the other end of the strap.



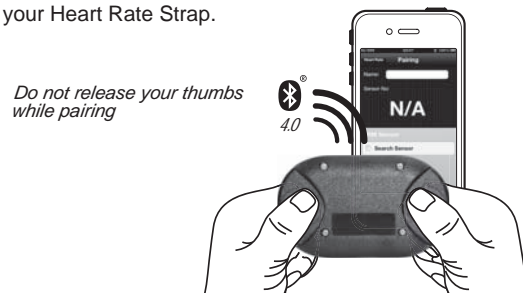
## Pair with Receiving Device

1. This Heart Rate Strap (CS009) is compatible with **Bluetooth 4.0** receiving devices including **iOS 5.0 or later** devices and **Android 4.3 or later** devices. Please make sure that your smartphone meets above Bluetooth and System requirements.
2. Turn on the **Bluetooth®** Setting.
3. Go to and install ALA COACH+ App (requires iOS 5.0 or later).
4. Open your **ALA COACH+ App** and go to **Setting > My Sensors > Heart Rate Monitors > Heart Rate Setting > Add New Sensor**.

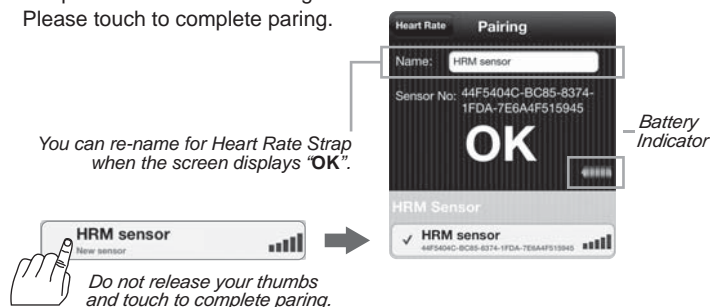


Automatically turn on when pairing is completed.

5. Before pairing, please wear on your Heart Rate Strap or refer to below illustrated and use your thumbs to press and hold the two metal buttons on the back of the sensor until App search the sensor. Make sure your Heart Rate Strap is within 10 centimeters of your smartphone and there are no other **Bluetooth®** sensors in the same range of 20 meters while the App is trying to pair with your Heart Rate Strap.

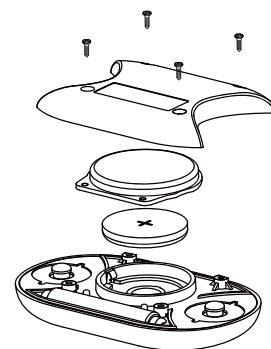


6. The App will find the Heart Rate Strap and show as below image. Please touch to complete pairing.



## Replace Battery

- Step 1: Use a small cross head screwdriver to release the screws from back cover.
- Step 2: Lift the waterproof gasket and remove the battery.
- Step 3: Insert the new battery (type: CR2032) with positive (+) side facing up.
- Step 4: Replace the back cover and the four screws ensuring the gasket is in place correctly. Tighten the screws.



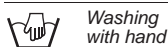
## Trouble Shooting

### Why can't I connect the Heart Rate Strap in App?

1. Please make sure the **Bluetooth®** Setting in your smartphone and CS009 Sensor in your ALA COACH+ App have been turned on.
2. Make sure the Apps you downloaded support for **Bluetooth®** 4.0 devices.
3. Before each use, make sure that the both sides electrode areas of Heart Rate Strap are well moistened, and you wear it as instructed.
4. Please check if **Bluetooth®** signals are stable (rendering all white rather than translucent) which is showed on the upper right corner of your smartphone.
5. Keep the transmission distance between CS009 and your smartphone is within 2 meters.
6. Check the battery. If exhausted, please replace the battery.

## Care and Maintenance Instructions:

1. Please store the strap and the heart rate sensor separately when not in use and keep both in a cool and dry place. Store the strap lying flat or hanging loosely and do not fold from electrode areas of the strap for extended periods.
2. After every use, please detach the heart rate sensor from the strap and dry the heart rate sensor with a soft towel.
3. After 3~4 uses, wash the strap with hand and please clean the strap gently and carefully. Use of detergents with optical brightening agents, moisturizing soaps or fabric softener is not recommended. Do not soak, iron, dry clean or bleach the strap. Also do not twist and stretch the strap or bend the electrode areas sharply.
4. Dry the strap with a soft towel after every wash and then hang to dry in a cool place. Do not expose the strap to direct sunlight.
5. The method of cleaning is determined by the symbols printed on the strap.



Washing  
with hand



Do not  
bleach



Do not  
tumble dry



Do not  
iron



Do not  
Dry-cleaning

## Why heart rate based training?

Provides an easy way to select and monitor the intensity of your training and to follow ALA COACH+ App sport zones based on the percentage of the maximum heart rate. It is an excellent way of understanding your body and helps you train at the right intensity to avoid insufficient training and reduce exercise risk.

### Maximum Heart Rate (HRmax, MHR)=220- Age

Refer to the below ALA COACH+ App sport zones table and calculate your intensity% by HRmax formula.

Intensity% of HRmax, bpm	Training benefit	Example durations
100%	<b>190</b> WARNING ABOVE VO2 MAX	45-60secs
90%	<b>171</b> VO2 MAX (MAX EFFORT)	<4mins
80%	<b>152</b> ANAEROBIC (HARDCORE)	<15mins
70%	<b>133</b> AEROBIC (ENDURANCE)	30-60mins
60%	<b>114</b> FITNESS (FAT BURN)	60-90mins
50%	<b>95</b> WARM UP / COOL DOWN (EASY)	10-20mins

Intensity% Heart rate

Example: 30 years old, 220-30=190 bpm with Target Zone table of ALA COACH+ App

- Bluetooth® is a registered trademark of Bluetooth SIG Inc.
- iPhone is a registered trademark of Apple Inc.
- App store is a service mark of Apple Inc.

### Federal Communications Commission (FCC) Statement

15.21  
You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:**

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

### FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### CAUTION

**RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.**

**DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.**