

Personal and Professional- Sync and view all your workout data on the ALA Connect APP and cloud-based GPT Center .



- Product Item : OB003
- Size : L48×W31.5×D12.5mm
- Armband Size : L380 x W25mm
- Weight : 14g (without armband)
- Waterproof : IPX7
- Battery life: Battery up to 24 hours of Aerobic sport mode (Different exercise modes have different battery time.)
- Memory : Memory Capacity up to 25 hours (Single memory capacity up to 13/H)
- Operating temperature: -10~60°C (-14~140°F)
- Charging temperature: 10~45°C (50~113°F)
- Wireless transmission: NFC · BLE 4.0 · ANT+
- Wireless transmission frequency: 2.402~2.480 GHz
- Battery: Rechargeable Lithium-polymer
- Input Voltage: 5v



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Your Best Sport Companion

# Obeat 3

Optical Heart Rate Armband



Designed for  
 Your Favorite Sport.  
 Record Your Full Sports Data.



# Redefine Your Life



# Obeat 3

Optical Heart Rate Armband



## 6-Color Heart Rate Zone Indicator

\*The sensor will identify your heart rate zone according to the age and Maximum Heart Rate (%MHR) or Heart Rate Reserve (%HRR) input in Ala Connect.

- Soft and breathable armband material means greater comfort and easier to use.
- The build-in NFC can quickly connect and collect workout data from fitness equipment.

The optical heart rate detection provides accurate and the most up-beat data with the exclusive 6-color heart rate zone indicator. Monitor your real-time heart rate data and adjust your workout intensity without delay! It is suitable for many aerobic activities, such as running, cycling, swimming...and more! With its compatible app, you can view more information from your workout; all the data are also automatically stored on the cloud-based GPT Center, you can view it anytime, anywhere.



NFC quick pair fitness equipment



Smart Treadmill AT100 Bluetooth

Z0	Z1	Z2	Z3	Z4	Z5
<b>Daily Life</b>	<b>Warm Up</b>	<b>Fat Burn</b>	<b>Aerobic</b>	<b>Anaerobic</b>	<b>Maximum Effort</b>
Training Intensity %	Training Intensity %	Training Intensity %	Training Intensity %	Training Intensity %	Training Intensity %
%MHR ~50	%MHR 50~60	%MHR 60~70	%MHR 70~80	%MHR 80~90	%MHR 90~
%HRR ~55	%HRR 55~60	%HRR 60~65	%HRR 65~75	%HRR 75~85	%HRR 85~
Daily Activities.	Warm up and recovery.	Improve metabolism.	Enhance aerobic fitness.	Increase speed and lactate threshold Anaerobic.	Unsustainable for a long period of time.

### Product Features



Store up workout data

25 /H



Waterproof Rating

IPX7



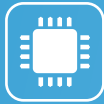
Quick pair

NFC



Everything in Only

14 g



It has built-in accelerometer that records the session's total step count, speed, cadence, travel distance, and more. All the data are stored and ready to be uploaded to the cloud and the app.



Battery life up to

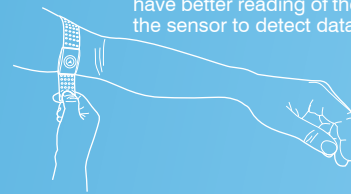
24 /H



It can be connected to Alatech's smart equipment (treadmill, rowing machine, and spinning bike) as well as our bicycle speed & cadence sensor (SC002, SC003). All sports data will be automatically uploaded to its compatible App and the cloud-based GPT Center.

### Put on Your Obeat 3 :

- 1: Please wear the sensor on the inner forearm or upper arm. This way not only helps you to have better reading of the light but also helps the sensor to detect data more accurately.



- 2: Adjust the tightness to make sure the sensor fits the arm.

