



Model Number IFAHR120

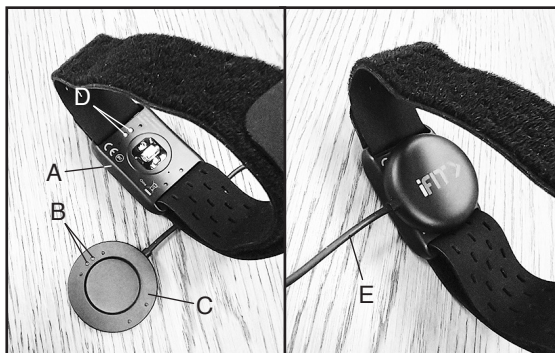
SMARTBEAT

HEART RATE MONITOR



HOW TO CHARGE THE HEART RATE MONITOR

You must charge the heart rate monitor before it can be used. To charge the heart monitor, first remove the small sheet of clear film (not shown) from the back of the sensor (A).



Thank you for purchasing the innovative iFIT® SMARTBEAT heart rate monitor. Please read this manual before using the heart rate monitor.

IMPORTANT: To download a manual in a different language, please see the accompanying Quick Start Guide.

If you have questions after reading this manual, please see the accompanying Quick Start Guide for Member Care contact information.

Next, align the metal pins (B) on the charger (C) with the contacts (D) on the back of the sensor. Then, set the charger on the sensor; a magnet in the charger will hold the charger in place.

Plug the cord (E) on the charger into a USB port on your computer or on another power source. While the heart rate monitor is charging, the LED light on the front of the sensor will flash red. When the sensor is fully charged, the LED light will turn solid green.

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ANT+™ is a trademark of Garmin Ltd. or its subsidiaries.

HOW TO PUT ON THE HEART RATE MONITOR

Locate the end of the armband (F) that does not have the iFIT logo. Peel that end of the armband away from the rest of the armband.



Slide the heart rate monitor onto your arm as shown. Make sure that the iFIT button (G) is facing upward. You must position the heart rate monitor under your clothes, against your skin, 2 to 3 inches (5 to 8 cm) above or below your elbow.



Then, pull the free end of the armband to adjust the length of the armband, and firmly press the free end against the rest of the armband. **Do not overtighten the armband; overtightening may restrict the circulation in your arm.**

HOW TO USE THE HEART RATE MONITOR

The heart rate monitor must be paired with compatible fitness equipment that contains an ANT+ receiver or a Bluetooth® Smart receiver. When the heart rate monitor is paired with compatible fitness equipment, **the fitness equipment will display your heart rate.**

See the photograph above. To activate the heart rate monitor, press the iFIT button (G). While the heart rate monitor is detecting your heart rate, the LED light on the sensor will alternate between blue and green. When your heart rate is detected, the

LED light will flash green. If your heart rate is not detected, the LED light will alternate between blue and red.

To pair the heart rate monitor with your fitness equipment, follow the instructions in the user's manual included with your fitness equipment. When the heart rate monitor is successfully paired, the LED light on the sensor will be solid blue for a few seconds and will then flash green.

To turn off the heart rate monitor, press and hold the iFIT button for 3 seconds. The LED light will be solid red for 2 seconds and will then turn off.

CARE AND MAINTENANCE

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C) during use, transportation, or storage. **CAUTION: If the heart rate monitor is exposed to very high temperatures or very low pressures, if it is disposed of in a fire or an incinerator, or if it is disposed of by cutting or crushing, the battery may explode or leak flammable gas or liquid.**
- For maximum battery capacity, use the battery at room temperature. If the battery is used in low temperatures, the battery capacity will be reduced.
- To clean the sensor, use a damp cloth and a small drop of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. **Never use alcohol, abrasives, or chemicals to clean the sensor.** Hand wash and air dry the armband.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that your fitness equipment has an ANT+ receiver or a Bluetooth Smart receiver. The heart rate monitor will transmit only to compatible fitness equipment.
- Make sure that you are wearing the heart rate monitor as described on page 2. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your arm.
- For the fitness equipment console to display heart rate readings, you must be near the console.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

CANADA COMPLIANCE INFORMATION

This device contains license-exempt transmitter(s)/ receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

This Class B digital apparatus complies with Canadian ICES-003.

USA COMPLIANCE INFORMATION

FCC Statement. 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 Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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 meets the FCC requirements for RF exposure in public or controlled environments.

USA/UK/CANADA LIMITED WARRANTY

IMPORTANT: For warranty information outside the USA, the UK, and Canada, see the accompanying Quick Start Guide and download the user's manual in the applicable language.

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, the UK, or Canada, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages

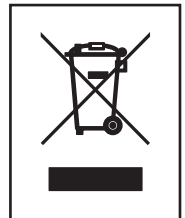
with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

UK RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



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