

Monitors your heart rate and sends the heart rate signal to the compatible display devices or Apps.

監測您的運動心率並將心率信號傳送到相容的顯示設備或運動健身App。

监测您的运动心率并将心率信号传送到兼容的显示设备或运动健身App。

- 1 heart rate chest strap
- 2 elastic belt
- 3 electrode area

- 1 心率胸帶
- 2 鬆緊帶
- 3 感應區域

- 1 心率胸帶
- 2 鬆緊帶
- 3 感应区域

* This device is for recreational use only; it is not a medical device.

* 本產品和服務僅用於健身休閒目的，並非醫療裝置。

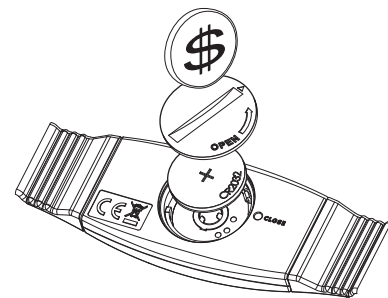
* 本产品和服务仅用于健身休闲目的，并非医疗装置。

BATTERY REPLACEMENT/安裝電池/安装电池

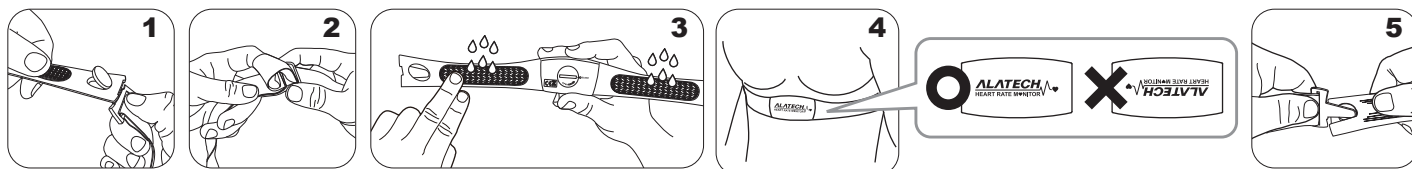
- 1 Use a coin to twist the battery cover counterclockwise to **OPEN**.
- 2 Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
- 3 Place the battery cover (► points to two o'clock position). Use a coin to twist the cover clockwise to close (► points to ◉).

- 1 以硬幣如**OPEN**箭頭所示方向逆時針旋開電池蓋。
- 2 將電池以正極朝上裝入。(電池型號：CR2032)
- 3 於►指向2點鐘位置放上電池蓋，用硬幣以順時針方向旋緊背蓋至►對齊◉確實鎖緊背蓋。

- 1 以硬幣如**OPEN**箭頭所示方向逆時針旋開電池蓋。
- 2 將電池以正極朝上裝入。(電池型號：CR2032)
- 3 于►指向2点钟位置放上電池蓋，用硬幣以順時針方向旋緊背蓋至►對齊◉確實鎖緊背蓋。



HOW TO WEAR/配戴/配戴



- 1 Attach one end of the chest strap to the elastic belt.
- 2 Adjust the elastic belt length to a suitable personal length and snug enough to stay in place during your workout.
- 3 Wet **both** electrode areas on the back of the chest strap.
- 4 Make sure the logo is in upright position and the wet electrodes are pressed firmly against your skin when you are wearing the chest strap.
- 5 Tie the sensor just below your chest and attach the hook to the other end of the chest strap.

- 1 先將其中一端胸帶尾端和鬆緊帶扣勾扣固定。
- 2 適度調整鬆緊帶長度，使胸帶可舒適地緊貼皮膚，即使運動也不會鬆脫滑動。
- 3 以水充分沾濕胸帶背面兩側紋狀心率感應區域。
- 4 請確認佩戴方向正確(Logo必須在胸前和置正，以免無法正確感測)。
- 5 將胸帶圍在胸部(胸肌)下緣，然後將胸帶的另一端與鬆緊帶扣上。

- 1 先将其中一端胸带尾端和松紧带扣勾扣固定。
- 2 适度调整松紧带长度，使胸带可舒适地紧贴皮肤，即使运动也不会松脱滑动。
- 3 以水充分沾湿胸带背面两侧纹状心率感应区域。
- 4 请确认佩戴方向正确(Logo必须在胸前和置正，以免无法正确感测)。
- 5 将胸带围在胸部(胸肌)下缘，然后将胸带的另一端与松紧带扣上。

APP USE AND SENSOR PAIRING/APP使用及配對/APP使用及配對

A separate application is required to receive and view heart rate data on mobile devices¹. It is recommended to use **AlaFitness** app but it is also possible to use other apps that support **Bluetooth 4.0**.

當使用行動裝置接收與查看心跳數據時需要App¹，建議安裝**AlaFitness**，或其他可支援藍牙4.0的應用程式。

当使用行动装置接收与查看心跳数据时需要App¹，建议安装**AlaFitness**，或其他可支持蓝牙4.0的应用。

System requirements of app installation:

- Support iOS 11.0 or later
- Support Android 5.1 or later
- Built-in Bluetooth 4.0 or later

安裝系統要求：

- iOS 11.0 以上
- Android 5.1 以上
- 內建藍牙 4.0 以上

安裝系統要求：

- iOS 11.0 以上
- Android 5.1 以上
- 內置藍牙 4.0 以上

Below introducing you how to pair with your device¹ via Bluetooth® within **AlaFitness**.

- 1 Wear the sensor correctly below your chest.
- 2 Turn on your device's Bluetooth® before pairing and each use.
- 3 Open **AlaFitness** and follow the on-screen instructions to register on app and set up User's Profile.
- 4 Swipe left and select one Sport mode > Pairing the Device: [Heart Rate Sensor].
- 5 On the displayed device list, find and select the ID number² of your sensor to connect to **AlaFitness**.
- 6 Select [NEXT STEP] > [Start] and follow the on-screen instructions to complete the operation.

以下介紹如何通過藍牙與**AlaFitness**連接使用¹：

- 1 請將胸帶正確佩戴在胸部下緣。
- 2 打開行動裝置上的藍牙。
- 3 啟動**AlaFitness**，依照螢幕指示完成註冊並設置使用者資料。
- 4 向左滑以從中選擇一項運動>配對裝置：選擇[心率感應器]。
- 5 從裝置列表中選擇與您的心率感測器相符的ID名稱²，使其連接到**AlaFitness**。
- 6 選擇[下一步]，並依照螢幕指示操作即可。

以下介绍如何通过蓝牙与**AlaFitness**连接使用：

- 1 请将胸带正确佩戴在胸部下缘。
- 2 打开行动装置上的蓝牙。
- 3 启动**AlaFitness**，依照屏幕指示完成注册并设置用户数据。
- 4 向左滑以从中选择一项运动>配对装置：选择[心率传感器]。
- 5 从装置列表中选择与您的心率传感器相符的ID名称²，使其连接到**AlaFitness**。
- 6 选择[下一步]，并依照屏幕指示操作即可。

NOTE

1. This function is only available to the CS010 model.
2. CS010 shows as [HRM sensor Vxx].
3. For each use, you may need to pair the heart rate sensor with your receiving device.
4. Make sure your sensor is within **10 cm** of your device /smartphone and there are no other Bluetooth sensors in the same range of **20 m** while the App is trying to pair with your sensor.
5. The CS008 model only works with the fitness equipment integrated with 5KHz heart rate receiver, please refer to the instructions of the fitness equipment.
6. This device is water-resistant but DOES NOT measure heart rate in water.

備註

1. 此功能只適用於CS010型號，不適用於CS008型號。
2. CS010顯示為[HRM sensor Vxx]。
3. 每次使用，需與藍牙接收設備進行配對(連接)。
4. 配對時，胸帶與您的裝置或手機需相距**10公分**內，且遠離其它藍牙感測器**20公尺**以上。
5. CS008型號適用於具備5KHz心率接收器的有氧健身器材，請另參閱有氧健身設備的連接使用說明。
6. 本產品不能在水中感測心率。

备注

1. 此功能仅适用于CS010型号，不适用于CS008型号。
2. CS010显示为[HRM sensor Vxx]。
3. 每次使用，需与蓝牙接收设备进行配对(连接)。
4. 配对时，胸带与您的装置或手机需相距**10厘米**内，且远离其它蓝牙传感器**20米**以上。
5. CS008型号适用于具备5KHz心率接收器的有氧健身器材，请另参阅有氧健身设备的连接使用说明。
6. 本产品不能在水中感测心率。



Please dispose of used batteries properly, following local regulations. Do not incinerate.
請適當處理廢舊電池，遵守本地規章，請勿將其焚化。

TROUBLE SHOOTING/疑難排除/疑難排除

Why can't I connect my sensor?

- 1 If you are using CS010, please make sure the **Bluetooth Setting** on your device has been turned on, and the App you downloaded is compatible with **Bluetooth 4.0** devices.
- 2 If you are using CS008, please make sure that the fitness equipment you want to connect to is compatible with a 5 KHz heart rate chest strap.
- 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 make sure your sensor, device, and /or equipment are within the **specific** transmission distance.
- 5 Check the battery. If exhausted, please replace the battery.

為何我的心率胸帶不能連線使用?

- 1 若使用的是CS010：請檢查您手機上的**Bluetooth**系統是否開啟，並確認您所安裝的App是否支援**Bluetooth 4.0**。
- 2 若使用的是CS008：請確認您想要連接的健身器材相容5 KHz心率胸帶。
- 3 每次使用請以清水充分沾濕感應織帶兩側感應區後再配戴，以便感應心跳。
- 4 請檢查手機或裝置或健身器材與您配戴的胸帶是否有在限定的傳輸範圍內。
- 5 請檢查感測器是否有電，若沒電，請更換電池。

為何我的心率胸帶不能联机使用?

- 1 若使用的是CS010：請檢查您手機上的**Bluetooth**系統是否開啟，並確認您所安裝的App是否支援**Bluetooth 4.0**。
- 2 若使用的是CS008：請確認您想要連接的健身器材兼容5 KHz心率胸帶。
- 3 每次使用請以清水充分沾濕感應織帶兩側感應區後再配戴，以便感應心跳。
- 4 請檢查手機或裝置或健身器材與您配戴的胸帶是否有在限定的傳輸範圍內。
- 5 請檢查傳感器是否有電，若沒電，請更換電池。

CARE AND MAINTENANCE/維護與清潔/维护与清洁

- 1 Keep the chest strap and elastic belt in a cool and dry place when not in use and store it lying flat.
- 2 Never put the chest strap in the washing machine or dryer and DO NOT use alcohol or detergents*.
- 3 After every use, hand wash the chest strap in water. Be sure the battery cover is properly tightened before washing. Never bend the chest strap sharply or twist and stretch the elastic belt.
- 4 Dry the chest strap with a soft towel after every wash and then lay flat to dry in a cool place. DO NOT expose to direct sunlight.

* Alcohol, solvents or even water-based cleaning solutions may change the strength and flexibility of rubber of the chest strap.

- 1 不使用時，請保持胸帶和鬆緊帶平放並儲放在涼爽乾燥的地方。
- 2 切勿將胸帶放進洗衣機與烘乾機，並請勿使用酒精、化學清潔劑。
- 3 建議每次用畢以清水沖洗。洗前請確認電池蓋已確實鎖緊。禁止扭擰、拉伸鬆緊帶以及大幅彎曲胸帶的動作，以延長產品使用壽命。
- 4 洗後先以毛巾擦乾，再平放陰涼處晾乾，勿曝曬在陽光下。

* 酒精、溶劑、水基清潔劑可能會改變橡膠的強度和柔韌性。

- 1 不使用時，請保持胸帶和鬆緊帶平放並儲放在涼爽乾燥的地方。
- 2 切勿將胸帶放進洗衣機與烘乾機，並請勿使用酒精、化學清潔劑。
- 3 建議每次用畢以清水沖洗。洗前請確認電池蓋已確實鎖緊。禁止扭擰、拉伸鬆緊帶以及大幅彎曲胸帶的動作，以延長產品使用壽命。
- 4 洗後先以毛巾擦乾，再平放陰涼處晾乾，勿曝曬在陽光下。

* 酒精、溶劑、水基清潔劑可能會改變橡膠的強度和柔韌性。



SPECIFICATIONS/規格/规格

Model / 型號 / 型号	CS008	CS011
Wireless tech / 無線連接 / 无线传输接口	5 KHz	Bluetooth®
Transmission distance / 傳輸距離 / 传输距离	within 100 cm / 100 公分以內 / 100 厘米以內	within 2 m / 2 公尺以內 / 2 米以內
Physical dimension / 本體尺寸 / 本体尺寸	W269.9xH32.1xD12mm	
Physical weight / 本體重量 / 本体重量	43.6 g (CR2032 included / 含鈕扣電池 / 含纽扣电池)	
Length of strap / 織帶可調長度 / 织带可调长度	Maximum / 最大長度 / 最大长度: 645±20mm, Minimum / 最小長度 / 最小长度: 345±20mm	
IP rating / 防水 / 防水	IPX7	
Operating temperature / 操作溫度 / 操作温度	-10~50°C (14~122°F)	
In the box / 包裝內容 / 包装内容	Chest Strap, Elastic Belt, User Manual, CR2032 / 心率胸帶, 鬆緊帶, 操作指南, 鈕扣電池 / 传感器, 织带, 操作指南, 纽扣电池	

PRODUCT WARRANTY/產品保修/产品保修

We thank you for purchasing. We provide a one-year manufacturer's warranty from the date of purchase.

Warranty period:

We provide repair service free of charge but such service will be limited to normal use only.

Any damage caused by misuse of users shall not be covered by the warranty hereof.

- 1) We offer a risk free 90 day warranty on all replacement parts that we offer for you.
- 2) User will pay for postage of replacement products from home to our service center. (Please pack properly)

Non-Warranty Repair Policy: (User needs to pay for the repairs.)

- 1) If malfunction or damage is caused by improper use, disassembly and modification.
- 2) If damage is caused by accident, abuse, misuse, flood, fire, earthquake, any other natural disasters or human negligence.
- 3) Due to normal wear and tear of consumptive parts such as battery, chest strap, elastic belt, etc.
- 4) If any serial number has been removed or defaced.
- 5) If it is damaged after the warranty expires.

感謝支持與購買！自購買日起本公司提供一年保固服務。

保固範圍：

倘若本產品在正常使用情況下發生故障，經鑑定為產品本身問題，在保固期限內，本公司提供免費修復或更換服務。

- 1) 維修後產品以原產品的剩餘保固期限或 90 天內為新的保固期限。
- 2) 客戶須自費將產品郵寄 (請妥善包裝) 或送回本公司進行檢修。

非保固範圍：(將收取適當維修費用)

- 1) 不當使用、拆修及改造引起的故障或損壞。
- 2) 天災、火災、地震、意外等不可抗力之災害及人為處理上之疏忽。
- 3) 自然損耗、消耗性零配件，例如：電池、心率胸帶、鬆緊帶等。
- 4) 產品或零件機身的序號已除去或塗毀。
- 5) 保固期限過後之故障或損害。

感谢支持与购买！自购买日起本公司提供一年保修服务。

保修范围：

倘若本产品在正常使用情况下发生故障，经鉴定为产品本身问题，在保修期限内，本公司提供免费修复或更换服务。

- 1) 维修后产品以原产品的剩余保修期限或 90 天内为新的保修期限。
- 2) 客户须自费将产品邮寄 (请妥善包装) 或送回本公司进行检修。

非保修范围：(将收取适当维修费用)

- 1) 不当使用、拆修及改造引起的故障或损坏。
- 2) 天灾、火灾、地震、意外等不可抗力之灾害及人为处理上之疏忽。
- 3) 自然损耗、消耗性零配件，例如：电池、心率胸带、松紧带等。
- 4) 产品或零件机身的序号已除去或涂毁。
- 5) 保修期限过后之故障或损害。

Model/型號/型号	Date of purchase/購買日期/购买日期
Serial No./序號/序号	YYYY 年 / MM 月 / DD 日
SN: <input type="text"/>	<input type="text"/>
Dealer's Stamp/經銷商蓋章/经销商盖章	Customer Service/售後服務/售后服务 ALATECH TECHNOLOGY LIMITED 39F, No.758, Jungming S. Rd. Taichung City 40255, Taiwan 台中市南區40255志明南路758號39樓 TEL:+886-4-2260 8341#14 9:30-17:30, PST, M-F (周一至周五) (only applicable in Taiwan, 限台灣地區)
	Manufacturer/製造商/制造商 Zhejiang ALA Fitness Technology LTD. No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang, China 浙江艾乐健康科技有限公司 浙江省桐乡市经济开发区同心路405号

FCC

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

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

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 causes 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 doing 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.

FCC Action

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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. To maintain compliance with FCC exposure compliance requirement, please follow operation instruction as documented in this manual.

* The serial number is printed directly on the back of device.

* 請查看產品背面 SN 後面之一組數字即為您的產品序號 / 請查看產品背面 SN 後面之一組數字即為您的產品序號