



Monitors your heart rate and sends the heart rate signal to the compatible display devices or Apps via Bluetooth® / ANT+ dual mode wireless technology.

- 1 heart rate sensor
- 2 strap
- 3 electrode area

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

監測您的運動心率並通過 Bluetooth®、ANT+ 無線傳輸雙技術，將心率信號傳送到相容的顯示設備或運動健身App。

- 1 感測器
- 2 感應織帶
- 3 感應區域

* 本產品和服務僅用於健身休閒目的，並非醫療裝置。

监测您的运动心率并通过 Bluetooth®、ANT+ 无线传输双技术，将心率信号传送到兼容的显示设备或运动健身App。

- 1 传感器
- 2 感应织带
- 3 感应区域

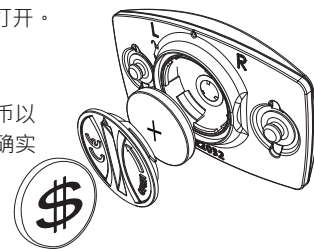
* 本产品和服务仅用于健身休闲目的，并非医疗装置。

BATTERY REPLACEMENT/安裝電池/安装电池

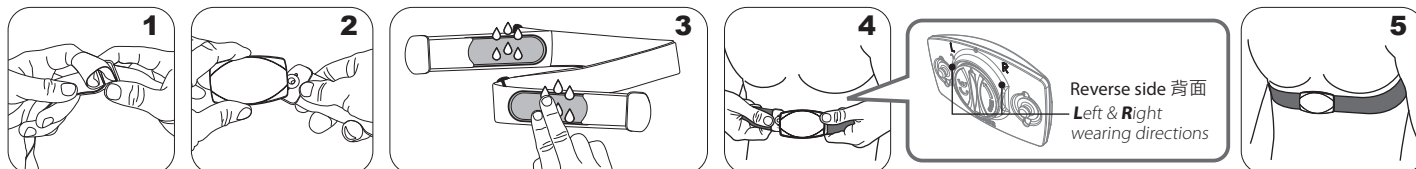
- 1 Use a coin to twist the battery cover counterclockwise to .
- 2 Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
- 3 Place the battery cover (▶ points to) . Use a coin to twist the cover clockwise to close (● points to ▶).

- 1 以硬幣逆時針旋轉電池蓋至 打開。
- 2 將電池以正極朝上裝入。
(電池型號：CR2032)
- 3 蓋上電池蓋 (▶ 指向)，用硬幣以順時針方向旋緊背蓋至 ▶ 對齊 ● 確實鎖緊背蓋。

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HOW TO WEAR/配戴/配戴



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

- 1 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。
- 2 先將感測器一端與織帶尾端扣合(請確認扣緊)。
- 3 以水充分沾濕感應織帶背面兩側感應區域。
- 4 將胸帶圍在胸部(胸肌)下緣，並扣上另一端。
- 5 請確認佩戴方向正確(感測器背面的字母 L 應位於您的左側、R 在右側，不可上下顛倒，以免無法正確感測)。

- 1 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。
- 2 先将传感器一端与织带尾端扣合(请确认扣紧)。
- 3 以水充分沾湿感应织带背面两侧感应区域。
- 4 将胸带围在胸部(胸肌)下缘，并扣上另一端。
- 5 请确认佩戴方向正确(传感器背面的字母 L 应位于您的左侧、R 在右侧，不可上下颠倒，以免无法正确感测)。

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



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

System requirements of app installation:

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

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

安裝系統要求：

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

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

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 device 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 number¹ of your sensor to connect to **AlaFitness**.
- 6 Select [NEXT STEP] > [Start] and follow the on-screen instructions to complete the operation.

NOTE

1. CS011 shows as [HRM sensor Vxx].
CS012 shows as [HRM DUAL Vxx].
2. For each use, you may need to pair the heart rate sensor with your receiving device.
3. 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.
4. If you want to connect the CS012 model wirelessly with ANT+, please refer to the instructions of the ANT+ device.
5. This device is water-resistant but DOES NOT measure heart rate in water.

以下介紹如何通過藍牙與**AlaFitness**連接使用：

- 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¹，使其連接到**AlaFitness**。
- 6 選擇 [下一步]，並依照螢幕指示操作即可。

備註

1. CS011顯示為[HRM sensor Vxx]。
CS012 顯示為[HRM DUAL Vxx]。
2. 每次使用，需與藍牙接收設備進行配對(連接)。
3. 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。
4. 如想以ANT+連接CS012，請另參閱ANT+設備的說明。
5. 本產品不能在水中感測心率。

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¹，使其连接到**AlaFitness**。
- 6 选择 [下一步]，并依照屏幕指示操作即可。

备注

1. CS011显示为[HRM sensor Vxx]。
CS012 显示为[HRM DUAL Vxx]。
2. 每次使用，需与蓝牙接收设备进行配对(连接)。
3. 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。
4. 如想以ANT+连接CS012，请另参阅ANT+设备的说明。
5. 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 in App?

- 1 When you are using Bluetooth® connection, please make sure the **Bluetooth Setting** on your device has been turned on.
- 2 Make sure the App you downloaded is compatible with **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 Keep the transmission distance between your sensor and your device/smartphone is within **2 m**.
- 5 Check the battery. If exhausted, please replace the battery.

為何我的感測器不能與 App 連線?

- 1 當您通過藍牙連接時，請檢查您手機上的 **Bluetooth** 系統是否開啟。
- 2 若不是用 **AlaFitness**，請確認您所用的 App 是否支援 **Bluetooth 4.0**。
- 3 每次使用請以清水充分沾濕感應帶兩側感應區後再配戴，以便感應心跳。
- 4 請檢查手機或裝置與您配戴的胸帶是否有在 **2 公尺** 的傳輸距離範圍內。
- 5 請檢查感測器是否有電，若沒電，請更換電池。

为何我的传感器不能与 App 联机?

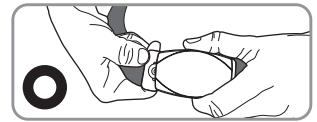
- 1 当您通过蓝牙连接时，请检查您手机上的 **Bluetooth** 系统是否开启。
- 2 若不是用 **AlaFitness**，请确认您所用的 App 是否支持 **Bluetooth 4.0**。
- 3 每次使用请以清水充分沾湿感应织带两侧感应区后再配戴，以便感应心跳。
- 4 请检查手机或装置与您配戴的胸带是否有在 **2 公尺** 的传输距离范围内。
- 5 请检查传感器是否有电，若没电，请更换电池。

CARE AND MAINTENANCE/維護與清潔/维护与清洁

- 1 Please store the strap and the heart rate sensor separately when not in use. Refer to attached figure and hold the plastic part to detach the strap from the sensor, don't pull the strap directly otherwise it could be damaged.
- 2 Store the strap laying flat and do not fold from electrode areas of the strap for extended periods.
- 3 After every use, clean the strap with hand 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. Dry the strap with a soft towel after every wash and then lay flat to dry in a cool place. DO NOT expose the strap to direct sunlight.
- 4 Dry the heart rate sensor with a soft towel, DO NOT wash.

- 1 每次使用完畢和不使用時，請將感測器自織帶拆下。如圖一手握住織帶頭部，另一手握感應器，扳開兩者。不可直接拉扯織帶。
- 2 儲放時，保持織帶平整和乾燥，織帶感應區域請勿折疊，以延長壽命。
- 3 織帶建議以手洗。請勿添加增艷劑、肥皂和衣物柔軟精，並禁止浸泡、熨燙、乾洗、漂白和扭擰的動作。清洗後請以毛巾將感應織帶上的水份吸乾再平放陰涼處晾乾，勿曝曬在陽光下。
- 4 感測器請以毛巾擦乾即可，不可水洗。

- 1 每次使用完畢和不使用時，請將传感器自织带拆下。如图一手握住织带头部，另一手握传感器，扳开两者。不可直接拉扯织带。
- 2 储放时，保持织带平整和干燥，织带感应区域请勿折迭，以延长寿命。
- 3 织带建议以手洗。请勿添加增艳剂、肥皂和衣物柔软精，并禁止浸泡、熨烫、干洗、漂白和扭拧的动作。清洗后请以毛巾将感应织带上的水份吸干再平放阴凉处晾干，勿曝晒在阳光下。
- 4 传感器请以毛巾擦干即可，不可水洗。



- Hand wash / 只能手洗 / 只能手洗
- Dry flat / 平放晾乾 / 平放晾干
- Do not bleach / 不可漂白 / 不可漂白
- Do not dryclean / 不可乾洗 / 不可干洗
- Do not iron / 不可熨燙 / 不可熨燙

SPECIFICATIONS/規格/规格

Model / 型號 / 型号	CS011	CS012
Wireless tech / 無線連接 / 无线传输接口	Bluetooth®	Bluetooth®, ANT
Dimension of sensor / 尺寸 / 尺寸	W62xH38xD12.5mm	
Weight of sensor / 重量 / 重量	16.1 g (CR2032 included / 含鈕扣電池 / 含鈕扣電池)	
Length of strap / 織帶可調長度 / 织带可调长度	Maximum / 最大長度 / 最大长度: 900±20mm, Minimum / 最小長度 / 最小长度: 600±20mm	
IP rating / 防水 / 防水	IPX7	
Operating temperature / 操作溫度 / 操作溫度	-10~50°C (14~122°F)	
In the box / 包裝內容 / 包装内容	Sensor, Strap, User Manual, CR2032 / 感應器、織帶、操作指南、鈕扣電池 / 传感器、织带、操作指南、钮扣电池	

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, strap, 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、感應織帶等。
- 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：

倘若本产品在使用过程中发生故障，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、感应织带等。
- 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"/>	
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, China 台中市南區40255忠明南路758號39樓 TEL:+886-4-2260 8341#14 9:30-17:30, PST, M-F (週一至週五) (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 Caution

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