OB001 OPTICAL
HEART RATE ARMBAND

Quick Start Guide

FEATURES

Dual mode technology
Compatible with Sport watch /Cycling computer /Fitness equipment and Smart device with Bluetooth 4.0, ANT+; also work with most Bluetooth Smart Fitness Apps.

Storage function
The built-in memory can independently record and store heart rate data and SPM (steps per minutes); no need to bring the smartphone or wear the watch when exercising. After exercising, the user can synchronize the data to Ala Connect through Bluetooth to review the training overview.

Lightweight and comfortable
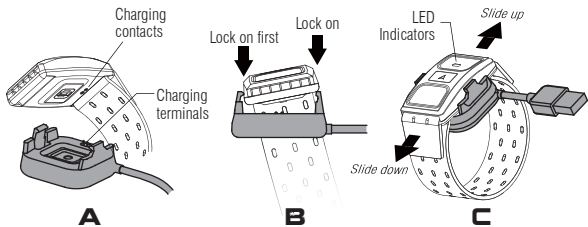The sensor and armband are less than 20 grams; can be worn on the forearm or upper arm.

PART NAMES

- LED indicators
- Button
- Sensor
- Armband
- USB charging station
- Charge terminals
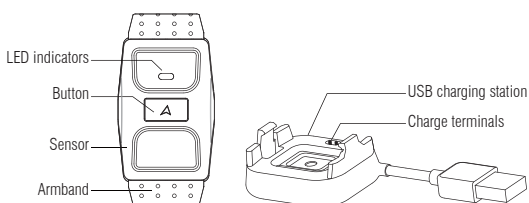
HOW TO CHARGE

Please charge the sensor for the first use and when the battery is low (red flashing LED). Please make sure the charging station and charge terminals at sensor back are clean and dry before charging to prevent any poor connection.

1 Put the sensor back facing down to align the charge contacts with the charge terminals; refer to Fig. A.

2 Put the sensor into the charging stand as shown in Fig. B.

3 Connect the USB to a wall charger or your computer.

4 The green indicator will continuously flash when charging. The light will be constantly ON when the charge is completed.

5 Take out the sensor from the charging station by sliding up or down; refer to Fig. C.

Charging contacts
Charging terminals
Lock on first
Lock on
LED Indicators
Slide up
Slide down

A   **B**   **C**

APP USE AND SENSOR PAIRING

After synchronizing with the Ala Connect, the sensor can be automatically calibrated. Avoid record workout time error; please synchronize immediately when initial using and the battery is dead.

1 Scan QR Code or search for Ala Connect on Apple Store or Google Play and download.

2 Press once (the white indicator is ON).

3 Open Ala Connect and add device according to the instructions. User's age will be written into the sensor automatically after the device is successfully added.

4 Wear the sensor and go out for exercise.

5 After the exercise, open Bluetooth and Ala Connect on your mobile device to synchronize your training data wirelessly.

6 The uploaded training data will be stored in the cloud. Log in cloud.alatech.com.tw to check your activity report and results.


System requirements of APP installation:
• Support iOS 9 or above
• Support Android 4.4 or above
• Built-in Bluetooth 4.0 or above

* Also compatible with other apps, such as Strava and Wahoo fitness.

HOW TO WEAR

1 Slide both ends of the armband through the buckles at both ends of the sensor.

2 Wear the sensor on the inside of forearm or upper arm. Please do not wear on the wrist and avoid any tattoo and hair.

3 Adjust the tightness to make sure the sensor fits the arm.
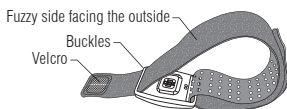
To ensure accurate cadence detection, wear the sensor on the inside of the forearm.

Fuzzy side facing the outside
Buckles
Velcro
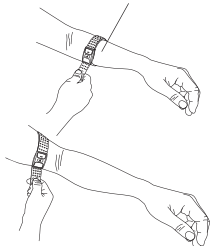
HOW TO CLEAN

- To ensure accurate readings, clean the sensor lens with a soft and dry cloth.
- It is recommended to wash the armband with warm water (under 40°C).
  DO NOT use the brightener, soap or softener. **DO NOT** soak, iron, dry clean, bleach and twist.

OPERATION

The sensor only comes with one button; the operation of different uses is described as follows:

Charge	Button	Green	Red	White
Charging		-☼-Flash		
Fully charged		⬤ Constant ON		
Low battery Note 1			-☼-Flash	
When used as an independent training device				
Turn on and Start Recording	Long press	⬤ Light up		
Stop Recording and Turn off	Long press	⬤ Light up		
Manual lap	Press once			
Light Indicate of heart rate				
Heart rate not detected			⬤ Constant ON	
Heart rate detected Note 2				
Synchronizing Data Note 3				
Turn on and Synchronizing	Press once			⬤ Light up
Stop Syncing and Turn off	Press once			⬤ Light up

Notes
1. The red light flashes when the power is turned on, indicating that the battery is low.
2. The design of LED light to indicate different colors changes after detecting by heart rate.

Heart Rate Zone*	Training Intensity%		LED Indicator	Training Functions
	%MHR	%HRR		
<Z1 Daily Activities	~50	~55	Blue	
Z1 Warm Up	50~60	55~60	Aqua	Facilitate warm-up and energy recovery
Z2 Easy	60~70	60~65	Green	Improve metabolism
Z3 Aerobic	70~80	65~75	Yellow	Enhance aerobic fitness
Z4 Threshold	80~90	75~85	Orange	Increase speed and lactate threshold
Z5 Maximum	90~	85~	Red	Anaerobic. Sprinting pace; unsustainable for a long period of time

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

3. You can transfer the recorded data to Ala Connect via Bluetooth wireless transmission. Or syncing the settings you changed on Ala Connect to the sensor.
4. Detection of no action and no connection, automatic sleep mode after 10 minutes, saving power consumption.
5. Hold the sensor for more than 8 seconds at any time to reproduce the sensor to its initial status.

SPECIFICATIONS

- Model: OB001
- Dimension: L 48×W 31.5×D 12.5mm
- Armband: L 380×W 25mm
- Weight: 13g (armband excluded)
- IP rating: IPX7
- Memory capacity: Up to 25 hours training. (Single recording file up to 13 hours)
- Operating temperature: -10~60°C (-14~140°F)
- Charge temperature: 10~45°C (50~113°F)
- Wireless transmission interface: Bluetooth 4.0, ANT+
- Wireless transmission frequency: 2.402~2.480 GHz
- Battery: rechargeable lithium battery
- Input voltage: 5V
- Run time: 40 consecutive hours (max.)
- In the box: Sensor, Armband, USB charging station, Quick start guide, Warranty card, Instruction card of GPT.

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.

MPE
This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

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