



This Heart Rate Strap (CS012) enables to track heart rate and calories burned to the compatible display devices or Apps via ANT+ / Bluetooth Smart (Bluetooth 4.0) dual mode wireless technology.

本產品 (CS012) 採用 ANT+ / Bluetooth Smart 無線傳輸雙技術，能支援各種 ANT+ 或藍牙 4.0 裝置和搭配運動 App，監測您的運動心率和卡路里消耗量。

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- 1 heart rate sensor  
感測器  
感測器
- 2 strap  
感應織帶  
感應織帶
- 3 electrode area  
感應區域  
感應區域

## Compatible App / 兼容 App / 兼容 App



- Compatible Apps: **ALA COACH+**  
**Samsung S Health**
- Please visit our website to get more information.

A separate application is required to view heart rate data on the receiving device. It is recommended to use the list Apps but it is also possible to use other applications that support ANT+ and Bluetooth 4.0.

當使用行動裝置查看心跳數據時會需要 App 應用程式，建議您安裝左列的運動 App，或其他可支援 ANT+ 和藍牙 4.0 的應用程式。

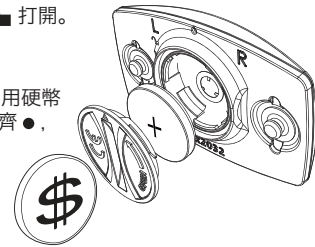
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## Replace Battery / 安裝電池 / 安裝電池

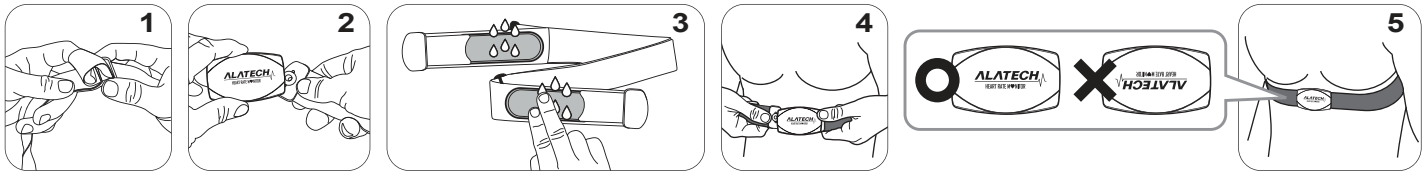
- Step 1: Use a coin to twist it counter-clockwise to .
- Step 2: Remove the cover and insert (replace) the battery into the sensor with positive (+) side facing up. (Battery type: CR2032)
- Step 3: Place the battery cover () points to ). Use a coin to twist the cover clockwise to close () points to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

- 步驟 1: 以硬幣逆時針旋轉電池蓋至 打開。
- 步驟 2: 將電池以正極朝上裝入。  
(電池型號: CR2032)
- 步驟 3: 蓋上電池蓋 ( 指向 處)，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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## Wear the Heart Rate Strap / 配戴方式 / 配戴方式



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 (refer to figure 3).
4. Wrap the strap around your chest, just below your chest and snap other end into place.
5. Make sure the logo is in upright position 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. 先將感測器的一端與感應織帶尾端扣合 (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 (Logo 必須在胸前和置正，以免無法正確感測)。

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## Pair with Receiving Device / 與行動裝置配對 / 與行動裝置配對

### 1 Preparing

This product supports any receiving device via ANT+ / Bluetooth 4.0 dual mode wireless technology. When using this product for the first time, you need to pair the heart rate sensor with your receiving device. Please make sure your device meets the following system requirements before pairing and use.

- iOS 5.0 or later.
- Android 4.3 or later.
- Built-in ANT+ / Bluetooth 4.0 low power wireless connectivity.

### 1 準備

本產品透過 ANT+ / Bluetooth Smart 雙技術可支援任何顯示裝置。第一次使用需先將本產與您的裝置進行配對。配對之前，請先確認您的裝置是否符合以下系統需求。

- iOS 5.0 以上
- Android 4.3 以上
- 內建 ANT+ / 藍牙 4.0 低功耗無線傳輸技術

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### 2 Setting

If you would like to use the wireless bluetooth connection, please turn on your device's **Bluetooth** before pairing and each use.

If you would like to use the wireless **ANT+** connection, see the App's instructions.

### 2 設定

若您想以藍牙無線連接本產品，在配對和每次使用前，請先開啟裝置上的 **Bluetooth** 系統。

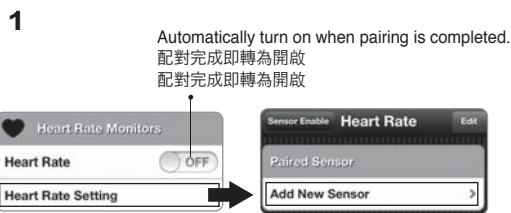
若您想以 **ANT+** 無線連接本產品，請參閱 App 開發商的應用程式來操作。

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### 3 Pairing



Below introducing you how to pair with your device via **Bluetooth** within **ALA COACH+** App:

- Step 1: Open your **ALA COACH+** App and go to **Setting** > **My Sensors** > **Heart Rate Monitors** > **Heart Rate Setting** > **Add New Sensor**.
- Step 2: Wear on your CS012 or refer to the figure 2 and use your thumbs to press and hold the two metal buttons on the back of the sensor until App search the sensor.
- Step 3: The App will find the sensor and show it in the lower of the screen. Please touch to complete pairing and do not release your thumbs.
- Step 4: You can re-name for Heart Rate Strap when the screen displays "OK".

**i** Make sure your sensor is within 10 centimeters of your device/smartphone and there are no other **Bluetooth** sensors in the same range of 20 meters while the App is trying to pair with your sensor.

### 3 配對

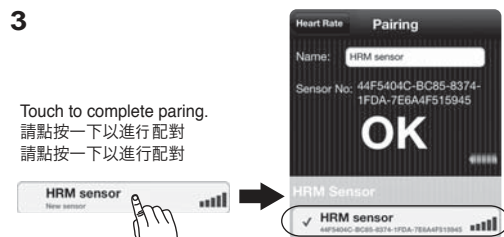


以下介紹如何通過藍牙連接在**ALA COACH+**上進行配對：

- 步驟1：開啟**ALA COACH+**設定感測器心率監測器心率感測器設定新增感測器。
- 步驟2：請參照「配戴方式」先將胸帶戴在胸部，或以大拇指按住感測器背面兩側金屬鈕(配對期間雙手請勿放開)，直到App搜尋到感測器。
- 步驟3：如確認螢幕下方所搜尋到的感測器無誤，請點按一下以進行配對，此時，大拇指仍需持續按住兩側金屬鈕。
- 步驟4：當螢幕顯示**OK**表示配對完成。此時，您可為感測器重新命名。

**i** 配對時，感測器與您的裝置或手機需相距10cm內，且遠離其它藍牙感測器20m以上。

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## Trouble Shooting / 疑難排除 / 疑難排除

### Why can't I connect the CS012 in App?

- When you are using **Bluetooth** connection, please make sure the **Bluetooth** Setting in your device and CS012 Sensor in your ALA COACH+ App have been turned on. Check if **Bluetooth** signals are stable (rendering all white rather than translucent) which is showed on the upper right corner of your smartphone.
- Make sure the App you downloaded is compatible with **ANT+** or **Bluetooth 4.0** devices.
- Before each use, make sure that the **both** sides electrode areas of Heart Rate Strap are well moistened, and you wear it as instructed.
- Keep the transmission distance between CS012 and your device/smartphone is within 2 meters.
- Check the battery. If exhausted, please replace the battery.

### Care and Maintenance Instructions:

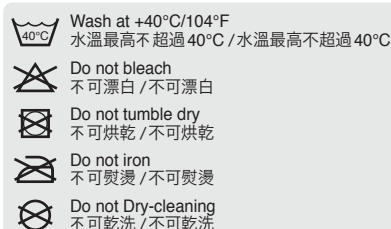
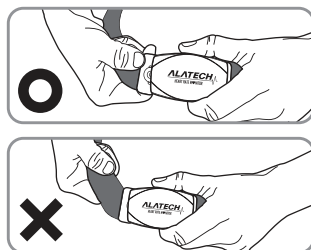
- Please store the strap and the heart rate sensor separately when not in use. Refer to attached figure and hold the plastic part to detach the strap from the sensor, don't pull the strap directly otherwise it could be damaged.
- Keep both in a cool and dry place. Store the strap lying flat or hanging loosely and do not fold from electrode areas of the strap for extended periods.
- After every use, please detach the heart rate sensor from the strap and dry the heart rate sensor with a soft towel.
- The strap should be rinsed under running water or washed in the washing machine within a laundry pouch. Please clean the strap 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 or bend the electrode areas sharply.
- Dry the strap with a soft towel after every wash and then hang to dry in a cool place. Do not expose the strap to direct sunlight.
- The method of cleaning is determined by the symbols printed on the strap.

### 為何我的 App 不能與 CS012 感測器連線?

- 當您通過藍牙連接時，請檢查您手機上的 **Bluetooth** 系統和 App 裡的感測器是否開啟。並檢查手機右上角的藍牙訊號是否接收不穩定(呈現半透明狀而非全白)，如是，請重新與感測器進行配對。
- 若不是用 **ALA COACH+**，請確認您的運動 App 是否支援 **ANT+** 或 **Bluetooth 4.0**。
- 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。
- 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。
- 請檢查感測器是否有電，若沒電，請更換電池。

### 如何維護與清潔?

- 不使用時，請將感測器與感應織帶拆開。拆下時，參照附圖以一手握住織帶頭部扭開，不可直接拉扯織帶。
- 儲放時，保持感應織帶平整和乾燥，織帶感應區域請勿折損，以延長壽命。
- 建議每次使用完畢可沖洗織帶。清洗前，請務必拆下感測器，才可將織帶沖水或清洗。感測器須請以毛巾擦乾，不可以洗。
- 清洗方式建議手洗，或將感應織帶先裝入洗衣袋再放進洗衣機清洗，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。
- 洗後請以毛巾將感應織帶上的水份吸乾再放置陰涼處晾乾，勿曝曬在陽光下。
- 有關洗標圖案及其所代表意義請參閱胸帶上的布標。



Please download the latest version at:



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