

HEART RATE COMBO MONITOR for Smartphones



runtastic
makes sports funtastic

OPERATING INSTRUCTIONS



CE 0700

SCOPE OF DELIVERY

1 Transmitter

incl. lithium battery
(3 V, CR2032)

1 Chest strap

(consisting of a transmitter and elastic strap)

Art. No.: RUNBT1, Model: TD00290



The elastic strap is located on a cardboard under the packaging of the transmitter.

ELECTROMAGNETIC COMPATIBILITY

Very strong magnetic fields (e.g. transformers) must always be avoided as this may otherwise result in variations in the transmission. Failure to follow these instructions may lead to malfunctions or damage your chest strap.

RISKS FOR CHILDREN AND PEOPLE IN NEED OF CARE

This device is not intended for use by children aged eight (8) upwards and individuals with limited physical, sensorial or emotional capacities or limited experience and / or knowledge unless they are supervised by an individual responsible for their safety or receive instructions from the latter as to how the device should be used and have understood the dangers arising from it. Children should be supervised in order to ensure that they do not play with the device. Cleaning and user maintenance may not be performed by children without supervision.

SAFETY ADVICE

Important: Always consult your doctor before you begin a regular exercise programme. The transmitter with chest strap is not a medical device. It is a training tool for the measurement and display of your heart rate. People with pacemaker devices may only use

heart rate measurement devices after consulting with the doctor.

Note: The chest strap may contain latex components. In rare cases, this material may cause allergic reactions in the form of - potentially strong - skin irritations and redness. Should you notice even the slightest redness, please discontinue the use of the chest strap. We recommend you consult a dermatologist in this case.

BATTERY OPERATION

Your transmitter is operated by a lithium battery (chest strap: 3 V, CR2032). Below you will find some advice on the use of batteries:

- Replace a battery only with an equivalent battery type.
- Batteries may not be reactivated when loaded or by other means, be disassembled, thrown into fire or short-circuited.
- Always store the batteries out of the reach of children. Batteries can be life threatening if swallowed. The batteries and

chest strap should therefore always be kept out of the reach of toddlers. If a battery is swallowed, medical advice must be sought immediately.

- Never expose the batteries to excessive heat such as sunshine, fire or the like! This increases the danger of leakage. Disregarding these instructions can cause damage and possibly even cause the batteries to explode.
- Any flat batteries should be immediately removed from the transmitter. It may otherwise leak. In this case, avoid contact with skin, eyes and mucous membranes. Flush the parts contaminated with battery acid immediately with plenty of clear water and seek medical advice instantly. Clean battery contacts and also counter contacts in the device if necessary. Keep the manual safe to look up details on the batteries as well. Disregarding these instructions can cause damage and possibly cause the batteries to explode.

Please refer to the chapter "Battery change transmitter" for information on how to change the battery.

DISPOSAL

Batteries are hazardous waste. For the correct disposal of batteries appropriate containers are provided at the premises of commercial battery dealers



as well as local council waste disposal facilities. If you want to dispose of your transmitter with chest strap, follow the provisions current at the time. Information may be obtained from the local council waste disposal facility.

KRIPPL-WATCHES

Warenhandels GmbH

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4600 Wels

Austria

Dispose of the packaging in compliance with the current provisions. Information may



be obtained from the local council waste disposal facility.

FUNCTIONS AND USE

The latest Bluetooth technology is used for the transmission of the heart rate from the chest strap (transmitter) to your smartphone. I.e. smartphones with Bluetooth® smart and Bluetooth® smart ready are compatible. You can find a current list of compatible smartphones at [Runtastic.com/products](https://www.runtastic.com/products)

Our combo chest strap sends two signals. A Bluetooth signal and another signal on a transmission frequency of 5.3 kHz. Due to the additional 5.3 kHz transmission, this chest strap is also compatible with most training devices in the gym. If you already own a Runtastic receiver (RUNDC1 or RUNDC2), this may also be used with the combo chest strap for a transfer without Bluetooth.

GETTING STARTED

1. Installation

Runtastic app/activation code

Paste the link below into the address bar of your browser to access the Runtastic homepage, which will guide you step by step to enter your activation code.

[Runtastic.com/activate](https://runtastic.com/activate)

You may also scan the below QR code with your smartphone to access this page. To use this feature, you have to previously download the free application in the respective 'app store' to be able to scan this code. Scan the QR code and follow the instructions on the Runtastic homepage.



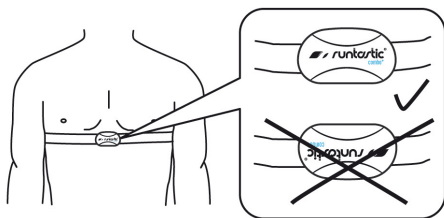
You can also acquire the pulse function or many other features in the app store or market or the Google play store.

2. Attaching the chest strap

Connect the transmitter to the strap with the two push buttons. Adjust the elastic strap so that the sensors sit firmly against the chest below the pectoral muscles. When strapping the device around the chest, it should sit below the chest muscles in men and over the chest muscles in women. Hang the hook into the designated loop. Connect the two ends to the hook.

Note:

Position the chest strap so that the transmitter is facing outwards and the lettering of the transmitter is readable from the front.



To ensure good contact with the skin, moisten the contacts of the transmitter or use an ECG gel (available in health stores).

3. Activating the heart rate measurement

- a) Activate the Bluetooth function in the settings of your smartphone!
- b) Open the Runtastic app on your smartphone.
- c) Access the menu item „Settings“ and select „Heart Rate“.
- d) Select „Connect Heart Rate Monitor“.
- e) Select „Bluetooth Smart“.
- f) Activate „Enable BT Smart“.

NOTE: The activation of the heart rate measurement must only be performed once before the first training, after disabling the Bluetooth interface, after a new installation of the app on your smartphone and when changing the chest belt.

4. Cleaning

After exercising, detach the transmitter from the chest strap and wash out the chest strap under running water. The elastic belt can

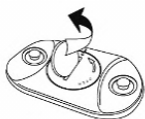
also be washed in the washing machine at 40° without fabric softener. Through perspiration and moisture on the sensors, the transmitter might remain enabled. This reduces the service life of the battery in the transmitter. Hang the chest strap to dry afterwards (do not dry in the tumble dryer). Clean the transmitter with a soft, lint-free cloth. Do not use any solvents, abrasive or gaseous cleaning agents.

5. Storage

Store the transmitter and chest strap separately. This ensures a longer battery life. To prevent oxidation on the push buttons, keep the transmitter in a dry location. Do not expose the transmitter to strong sunlight over an extended period.

BATTERY CHANGE TRANSMITTER

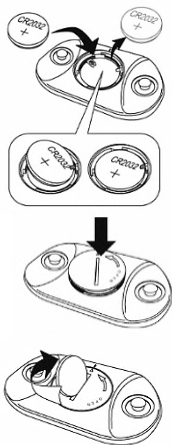
Open the battery compartment cover with a coin by turning it counterclockwise.



Remove the old

battery and insert a new 3 V battery (type CR2032). Always ensure that the positive pole (+) is facing upwards.


Refit the battery cover and lock it by turning it clockwise. Ensure that the cover is securely closed, to prevent moisture from entering the transmitter.



SPECIFICATIONS

Transmitter

Power supply:

1 lithium battery (3 V  0.5 mA
CR2032)

Transmission frequency of the chest strap to the transmitter: Bluetooth 4.0 and 5.3 kHz

Watertightness

The transmitter and the chest strap are splash-proof. Please refer to the table below to view the suitable

activities and conditions under which the device may be used:

| Perspiration | Shower | Bathing, swimming | Water sports |
|--------------|--------|-------------------|--------------|
| Yes | No | No | No |

DECLARATION OF CONFORMITY

R&TTE directive 1999/5/EC, RoHS directive 2011/65/EU:

Short text on declaration of conformity: hereby, Krippel watches declares, that the the transmitter including the chest strap (Art. No.: RUNBT1, Model: TD00290) are in compliance with the basic requirements, and the remaining relevant conditions of the guidelines 1999/5/EC and 2011/65/EU.

You can find the complete text of the declaration of conformity on our homepage: hardware.runtastic.com

FCC Compliance Statement (For US)

- 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.
- NOTE: This equipment has been tested and found to comply with the limits of 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 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.

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

For CE:

Operating temperature: +10°C to +50°C

*****CAUTION**

Battery Safety Information

- Exhausted batteries are to be removed
- Do not dispose of product or batteries in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always dispose of batteries in an eco-friendly manner

This product is compliant with Directives 1999/5/EC.

IC Statement (For Canada)

- This equipment is portable device. The output power of this device is less than 20mW. The SAR test is not required.

- This device complies with Industry Canada licence - exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

- This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. 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.

WARRANTY

We offer 24 months warranty for this product. The warranty period starts from the date of sale (receipt, proof of purchase). Within this period we repair all defects resulting from material failure or malfunctions free of charge, except: batteries, improper handling, dropping, shock or the like.

If you would like to submit a complaint, you have the following options:

- a) Please contact your point of sale or
- b) send us an e-mail:
service@runtastic.com

PLEASE NOTE THAT DUE TO ORGANISATIONAL REASONS WE WILL NOT ACCEPT ANY UNANNOUNCED PACKAGES SENT VIA CARRIAGE FORWARD.



[Runtastic.com](https://www.runtastic.com)