

# M7 USER GUIDE

BLE & ANT+ Heart Rate Monitor



Get help at [trainwithmorpheus.com](http://trainwithmorpheus.com)

# Welcome to the M7

Thank you for selecting the Morpheus M7 Bluetooth/ANT+ chest strap to be a part of your training. We've designed it to give you everything you need to get the most out of each and every workout. It features the most accurate ECG and sensor in the industry packed into a slim and lightweight design.

The M7 includes 10 hours of built-in memory and up to 200 hours of battery life on a single charge. The M7 is designed to work with the Morpheus Recovery system, but it can also be used with any Bluetooth or ANT+ training app or device.

## The Basics

Connectivity: BLE(25 meters), ANT+(10 meters)

Battery Life: up to 200 hours

Dimension: 59.5x27x10.4mm

Host weight: 12g

Waterproof: IP67

Operating Temperature: 5°C~40°C

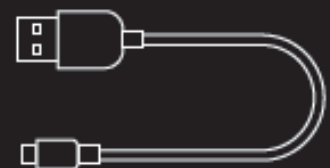
## Product Accessories



M7 Heart rate sensor x1



Charging Base x1



TYPE-C Cable x1



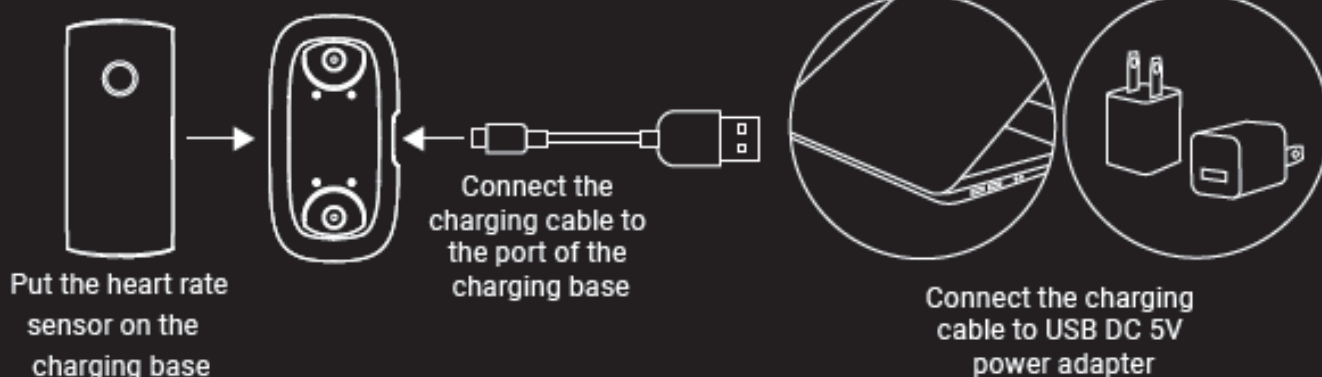
Chest Strap x1



User Guide x1

## Getting started with the the M7

1. Before you use the M7 for the first time, it may need to be charged before it can be turned on.
2. Please use a DC 5V power adapter to charge the M7
3. The LED shows red when charging, and green when fully charged.



## Connect the M7 to the Morpheus recovery app

Note: Before the M7 can store workout data in its memory, the time must be set by connecting it to the Morpheus recovery app. Until you do this, it will not save workout data.



1. Put the M7 on to activate the heart rate sensor

Do not connect directly to the phone through Bluetooth



2. Open the Morpheus recovery mobile app.



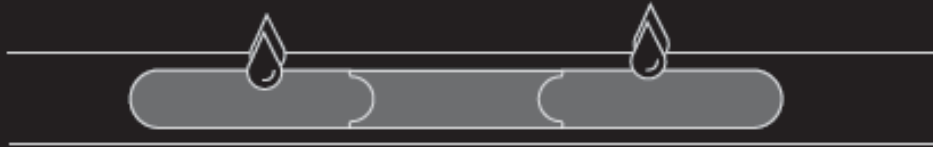
3. Press "SYNC" in the Morpheus menu to connect to the M7 and set the time

# How to use the M7

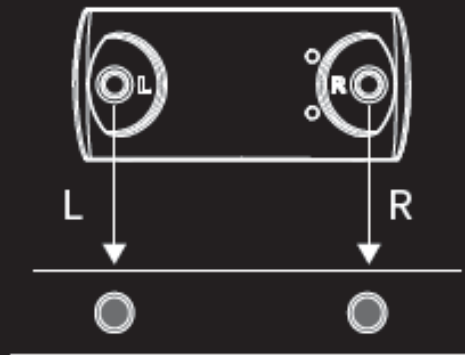
Note: When you are not wearing the M7, always unsnap at least one side of the sensor from the chest strap to save battery life. It will turn on automatically when you snap it back in and put it on.

## Wearing the M7

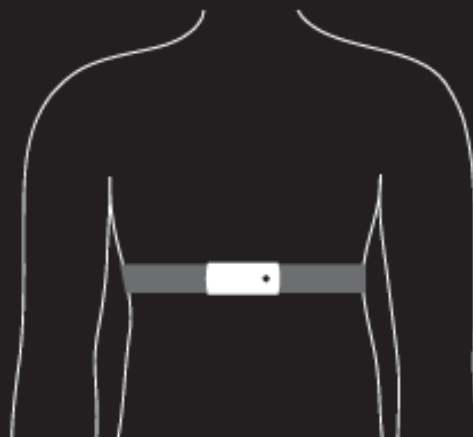
1. Moisten the electrode areas of the chest strap.



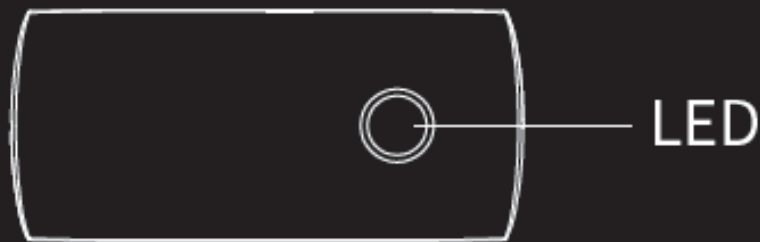
2. Attach the connector to the chest strap. Pay attention to orientation of left and right.



3. Adjust the strap length to fit tightly but comfortably. Make sure that the moist electrode areas are firmly against your skin. Pay attention to the left and right position (L towards left, R towards right). Note: The Morpheus logo should be facing up as you're wearing it.



## M7 LED Color



Once the M7 is worn correctly, the LED will begin flashing white to indicate that it is searching for heart rate. When it has found your heart rate, it will flash blue for 10 seconds. This lets you know the M7 is working correctly and recording your heart rate. When you take the M7 off or it's unable to monitor heart rate, it will beep three times to let you know it is no longer receiving or recording heart rate.

<b>Color</b>	<b>Indication</b>
Blinking white	Searching for heart rate
Binking blue	Heart rate found
Blinking Red	Low battery
Solid red	Charging
Green	Fully charged

## Disclaimer

The information contained in this manual for reference only. The M7 is designed for fitness purposes and is not a medical device or meant to be used to treat or monitor disease or illness. Always check with your doctor or health professional before engaging in strenuous exercise. Th M7 and other Morpheus products are are subject to change without prior notice, due to the manufacturer's continued development process.

