

iMaze
active, intelligent
Fitness HR Strap
iMaze Fitness for iPhone and iPad
SFSTRHR-BLE/001-BL, SFTRHR-BLE/001-BE

EN
QUICK START GUIDE

A- Turn ON the Bluetooth® function of your iPhone/iPad®

- 1- Go to "Settings > General > Bluetooth"
- 2- Toggle Bluetooth® to ON position



IMPORTANT: Don't try to pair devices on this page, just turn on Bluetooth® and then proceed to app instructions.

B- Installation of iMaze Fitness

- 1- Download the app from the iTunes® or Play Store®
- You can also find it on our website



C- Turn ON Location Services function of the app

- 1- Go to Location Services in Settings
- 2- Toggle iMaze Fitness to "Always"



IMPORTANT: Location services on your device must be turned ON (section C). The app is designed for outdoor use and requires GPS signal acquisition. Turn ON cellular data to display the map in real time during the exercise.

D- Connect the Fitness HR Strap with the app

- 1- Put on the Fitness HR strap. Moisten both conductive pads of the strap with water, then attach the strap comfortably but tightly around your chest.



- 2- Launch the app and go to Activities > Running. After a few seconds, the Fitness HR Strap links automatically. The Bluetooth® icon lights up. You can now read your current heart rate.



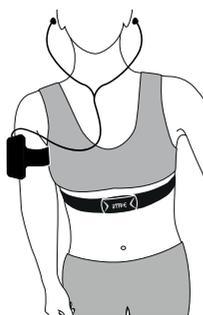
IMPORTANT: You can only connect one HR Strap with the app and the iPhone / iPad®.

E- Go for a run or other exercise

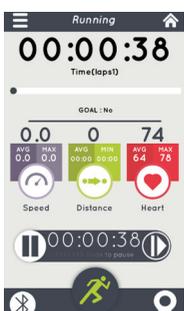
- 1- Select your sport. Tap the "Play" button to start recording the data. If the GPS signal is insufficient, move to an open area away from buildings, trees or any interfering structures. Wait for a moment, then restart.



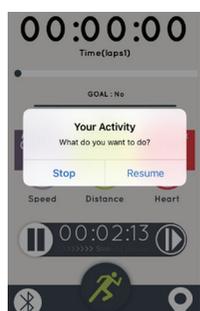
- 2- Put on your earphones, attach your device to your arm (armband optional) and start running.



- 3- Anytime during your exercise, you can swipe the Pause button to pause. To resume, press Resume. The panels will automatically roll showing key information such as cadence, speed, pace, ghost and others.



- 4- Once you have arrived at your destination or finished exercising, swipe the Pause button to end the ride. Then press Stop. The complete exercise is recorded in the device memory and is filed in History.



F- Disconnect the Fitness HR Strap

Remove the Fitness HR Strap by unclipping the snap buttons then dry the conductive pads with a cloth and store in a dry place

IMPORTANT: Dry the conductive pads of the FitnessHR Strap to preserve its battery life



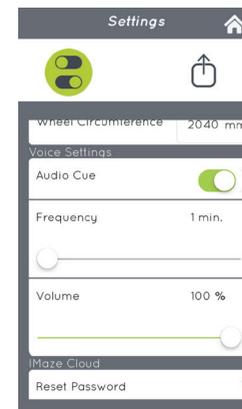
G- Voice feedback

IMPORTANT: If the Fitness HR Strap is linked, the cadence will be automatically added to the audio cue

Go to Settings > Voice Settings in the app to set voice feedback preferences:

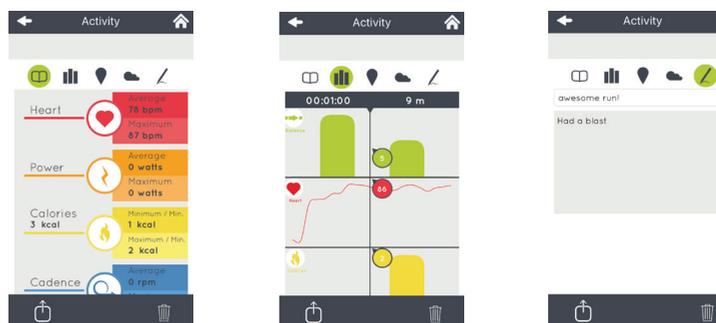
- 1) Enable / disable the function
- 2) Set frequency in minutes
- 3) Set the volume

You will receive feedback regarding total time, speed, average speed, distance, calories and more



H- See the recorded ride

After the ride, go to History to see the recorded exercises. Select the ride from the list, then navigate by tapping the icons to see all the information panels: Summary, Statistics, Maps and notes.



I- Connect with a new Fitness HR Strap

- Power OFF then restart your iPhone / iPad®
- Install and connect the new Fitness HR Strap with the app (section D)

ref. pack: imaze02-QSGIPPO02-EN

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