

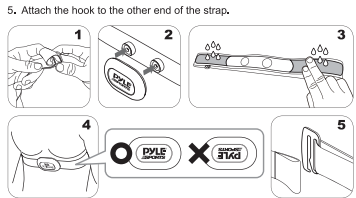
# PYLE SPORTS PSBTHR60 Bluetooth® Sport Training Heart Rate Monitor & Transmitter



You can synchronize ALA COACH+ App with Bluetooth® Smart (Bluetooth 4.0/BT 4.0) connection program. This Heart Rate Transmitter (PSBTHR60) enables you to monitor your exercise real-time and maximum heart beats and transmit the heart's signal to the App and receiving device for display.

### Wear the transmitter strap

- Adjust the strap length to a suitable personal length and snug enough to stay in place during your workout.
- Attach the transmitter to the strap.
- Moisten the two electrode areas of the strap (refer to illustrated 3).
- Tie the strap around your chest, just below your chest. Check that the moist electrode areas are firmly against your skin. Please also check your logo is in upright position to help device detect efficiently (refer to illustrated 4).



### Pair with ALA COACH+ App

This Heart Rate Transmitter (PSBTHR60) is a Bluetooth® Smart device, compatible and applicable with

- iPhone 4S / iPhone 5
- The New iPad / iPad 4 / iPad mini
- iPod Touch 5

You can synchronize ALA COACH+ App with Bluetooth® Smart (Bluetooth 4.0/BT4.0) connection program.

ALA COACH+ App can be downloaded in the Apple App Store. After installing the App, follow the instructions to complete pairing:

- Turn on the Bluetooth® Setting.



- Open your ALA COACH+ App and go to (Setting) My Sensors > Heart Rate Monitors > Heart Rate Setting > Add New Sensor.



- Before pairing, please put on your Heart Rate Transmitter or refer to below illustrated and use your thumbs to press and hold the two metal buttons until App search the sensor. Please bring Heart Rate Transmitter within range 10 cm of your smartphone and move away 20 meters from other Bluetooth® sensors while the App is trying to pair with your Heart Rate Transmitter.

Do not release your thumbs while pairing



- The App will find the Heart Rate Transmitter and show as below image. Please touch to complete pairing.



### Replace Battery

- Use a small cross head screwdriver to release the screws from back cover.
- Lift the waterproof gasket and remove the battery.
- Insert the new battery (type: CR2032) with positive (+) side facing up.
- Replace the back cover and the four screws ensuring the gasket is in place correctly. Tighten the screws.



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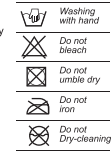
### Trouble Shooting

Why can't I connect the Heart Rate Transmitter in App?

- Please make sure the Bluetooth® Setting and PSBTHR60 Sensor in your ALA COACH+App have been turned on.
- Make sure the Apps you downloaded support for Bluetooth® Smart devices.
- Before each use, make sure that the both sides electrodes of Heart Rate Transmitter are well moistened, and you wear it as instructed.
- Please check if Bluetooth® signals are stable (rendering all white rather than translucent) which is showed on the upper right corner of your Smart devices.
- We suggest female user wearing sport underwear or no-wire Bra while using the Heart Rate Transmitter.
- Keep the transmission distance between PSBTHR60 and your smartphone is within 2 meters.
- Check the battery. If exhausted, please replace the battery.

Care and Maintenance Instructions:

- Please detach the transmitter from the strap after every use and keep both in a cool and dry place to maximize the battery lifetime.
- After 3~4 uses, wash the transmitter belt with hand and dry it with a soft towel. Do not soak, iron, dry clean, bleach or twist the transmitter belt.



Why heart rate based training?

Provides an easy way to select and monitor the intensity of your training and to follow ALA COACH+ App sport zones based on the percentage of the maximum heart rate. It is an excellent way of understanding your body and helps you train at the right intensity to avoid insufficient training and reduce exercise risk.

### Maximum Heart Rate (HRmax, MHR) = 220-Age

Refer to the below ALA COACH+ App sport zones table and calculate your intensity% by HRmax formula.

| Intensity% of HRmax, bpm | Training benefit           | Example durations |
|--------------------------|----------------------------|-------------------|
| 100% 190                 | WARNING ABOVE VO2 MAX      | 45-60secs         |
| 90% 171                  | VO2 MAX (MAX EFFORT)       | <4mins            |
| 80% 152                  | ANAEROBIC (HARDCORE)       | <15mins           |
| 70% 133                  | AEROBIC (ENDURANCE)        | 30-60mins         |
| 60% 114                  | FITNESS (FAT BURN)         | 60-90mins         |
| 50% 95                   | WARM UP / COOL DOWN (EASY) | 10-20mins         |

Example: 30 years old, 220-30=190 bpm with Target Zone table of ALA COACH+ App

- Bluetooth® is a registered trademark of Bluetooth SIG Inc.
- iPhone is a registered trademark of Apple Inc.
- App store is a service mark of Apple Inc.

### Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for 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.

**This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:**

- This device must not cause harmful interference, and
- This device must accept any interference received, including interference that may cause undesired operation.

### FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

**CAUTION**  
**RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.**  
**DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.**