USER MANUAL

HR RUNNER HEART RATE MONITOR

www.igpsport.com

1. PRODUCT INTRODUCTION

HR Runner is a new design of running heart rate monitor, not only suitable for daily exercise and fitness heart rate monitoring, but also supports the collection of advanced running dynamic data (it requires that sports watch support be compatible with) .HR Runner supports Bluetooth, ANT+ and other communications technologies to ensure connectivity to a wide range of sports devices, fitness equipment and common third-party apps.

HR Runner has chest strap measurement function, can timely checks heart rate changes, and display dynamic data during running in real time through a compatible sports watch that supports high-order running dynamic data.

Note:

The heart rate data provided by HR RUNNER can only be used as auxiliary reference for sports and fitness, and cannot be used as medical equipment.
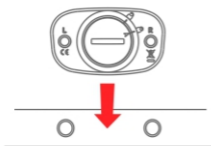
2. STANDARD PACKAGING

- HR Runner sensor x1
- Chest Strap x1
- User manual x1

3. TIPS FOR PRODUCT USE

3.1
There are 2 letters on the back cover of the device which are 'L' and 'R' to indicate the matching position when you are wearing the device. Please make the side with iGPSPORT logo face up.

3.2

HR Runner can monitor the heart rate through the plastic electrode area on the chest strap . Please wet the electrode area of the chest strap before use.
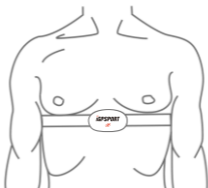

3.3

Tie the strap to the chest just below the pectoral muscles and fasten it to the hook at the other end.

3.4

Adjust the strap length to fit your chest tightly and comfortably, make sure the wet electrode area touch firmly with your skin.

- Wear the device near your heart to get stronger heart rate signals.
- Poor connection or occasional loosening will be caused if wearing the strap is too loose, please adjust the strap length properly to fit your chest and get effective connection.

4. PAIRING DEVICE

With ANT+ and BLE, HR Runner supports the connection with iGPSPORT bike computers, smart phones or sport watches (requires devices with standard ANT+ or BLE protocol)

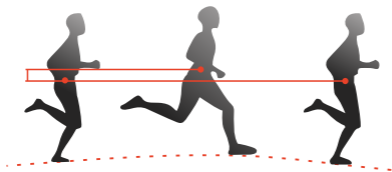HR Runner Bluetooth name: HR Runner-XXXXXXXX (8 digits)

Note:

1) HR Runner is compatible with Bluetooth 5.0 as a heart rate sensor.
2) When HR Runner detects advanced running dynamics data, it can only be displayed when it is connected by ANT+protocol on the sports watch that supports advanced running dynamics data. Bluetooth connection cannot display running dynamics data.

5. RUNNING DYNAMICS

After pairing HR Runner with a sports watch that supports advanced running dynamics data, the watch will display real-time running dynamics data during your exercise. To ensure the smooth display of running dynamics data, please connect to a compatible running device through ANT+ protocol. Please note that not all running devices can support displaying advanced running dynamics data, please consult your watch equipment vendor.

The supported running dynamic data is shown in the following table:

Kernel Parameter	Parameter Interpretation
Vertical Oscillation	The amount that the torso moves vertically with each step, while running, measured in centimeters (cm).
Ground Contact Time	The amount of time that your foot is in contact with the ground on each step, measured in milliseconds (ms) when recording a running activity.
Left/Right Balance	Ratio time of the left/right feet touch the ground, can measure the symmetry during running. For most people, the more symmetrical, the run , the better.
Vertical Ratio	measurement of vertical oscillation, divided by your stride length, then expressed as a percent.
Stride Length	The distance between the left and right feet while running.
Cadence	How many steps your feet span per minute, which is a running indicator often measured.

6. CARING HEART RATE STRAP

The heart rate strap contains electronic components and signal acquisition equipment. Please follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor.

● **Sensor**

Detach the sensor from the strap after every use and dry the sensor with a soft towel. Clean the sensor with mild soap water solution when needed. Never use alcohol or any abrasive material.

● **Chest Strap**

Rinse the strap under running water after every use and dry it by hanging. Clean the strap gently with a mild soap water solution when needed. Do not use moisturizing soaps, because there would be residue left on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Dry and keep the strap and the sensor separately to maximize the heart rate sensor battery life time. Keep the heart rate sensor in a cool and dry place. Do not put the wet heart rate sensor in an airtight environment, such as sports bag so that buckle oxidation can be prevented. Do not expose the heart rate sensor to direct sunlight for long time.

Check the label on your strap to see if it is machine washable. Never put the strap or the sensor in a dryer!

7. BATTERIES

HR Runner is working with CR2032 button battery(already installed), normally it can work for hundreds of hours. (Device will go into sleep mode with very low power consumption while no using.)
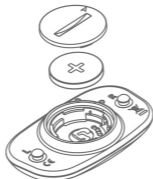
Battery replacement

● Take off the battery cover by using a coin to rotate the battery cover towards left side.

● Dispose the used battery properly according to local environmental regulation.

● Install the new battery(keep the positive(+) side up), and using a coin to rotate the battery cover towards right side.

To avoid accidents, please keep the batteries away from the children.

8. PRODUCT SPECIFICATIONS

Sensor device	**High sensitive dual module heart rate monitor**
Waterproof	IPX7
Strap length	65-95 cm
Weight	47g (CR2032 button battery included)
Physical dimensions	59.8×35.3×11.9 mm
Heart rate range	40-240 bpm
Wireless transmission	Bluetooth 5.0 & ANT+

9. CONTACT US

- www.igpsport.com
- Wuhan Qiwu Technology Co, Ltd
- 3 / F, Creative workshop, No.04, District D, Creative world, No.16 Yezhihu West Road, Hongshan District, Wuhan City, Hubei Province,China
- (86) 27-87835568
- service@igpsport.com

10. DECLARATION

The user manual is only for reference only, if any differences between it and device, the device shall govern. We reserve the rights to change or improve our products and to make changes in the content of this manual without obligation to notify any person or organization for such changes or improvements.

All rights reserved by Wuhan Qiwu Technology Company, Ltd.