

FEATURES

Dual mode technology

Compatible with Flow Fitness cardio equipment, (sport) smartwatches, cycling computers and smartphone with Bluetooth® and ANT+; also works with most Fitness Apps via Bluetooth® wireless technology.

Monitoring

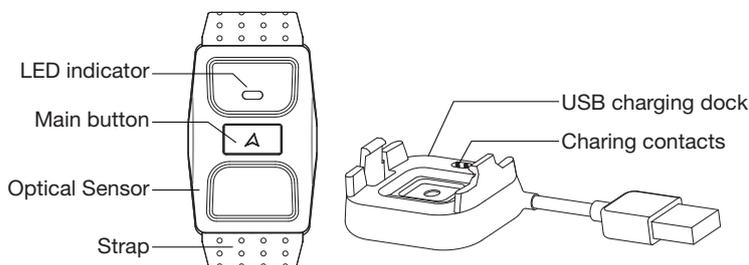
This wearable device monitors your heart rates and the number of steps you take during exercise and shares this data with your Flow Fitness Cardio equipment or popular fitness apps like iConsole+, Kinomap, Zwift, Wahoo fitness, Strava, Map my fitness, etc.

Lightweight and comfortable

The sensor and armband are less than 20 grams; can be worn on the forearm or upper arm. For best results forearm is recommended.

* This device is for recreational use only; it is not a medical device.

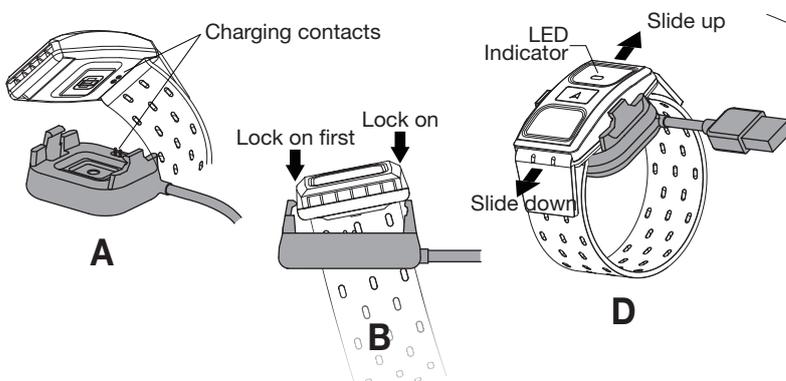
IMPORTANT PARTS



CHARGING

Fully charge the heart rate monitor before the first use. When the battery is low it is indicated by the red flashing LED. Before charging make sure the contacts at the back of the heart rate monitor are clean and dry.

- To charge the sensor, align the charging contacts on the back of the heart rate monitor with the charging contacts of the charging dock.
- Place the heart rate monitor into the charging dock. For correct charging make sure that the charging contacts of the dock and monitor align.
- Connect the USB power port to your computer or directly into a USB (wall) charger. The green indicator will flash continuously when charging. Once the battery is fully charged, the green light will remain on.
- Take out the sensor from the charging dock by sliding up or down.



PAIRING AND USE

- Wear the heart rate monitor correctly on your arm.
- Press and hold the button until the red light turns on. The heart rate monitor is now on and ready to connect.
- Connecting to Flow Fitness Cardio equipment. Turn your Flow Fitness equipment on and the heart rate monitor will automatically pair with your Flow Fitness equipment.
 - Connecting to a fitness app. Be sure to turn on Bluetooth® on your smartphone to synchronize. Open the fitness app you like to use and connect with and follow the steps described by the app.
- The indicator on the heart rate monitor will start flashing blue when a successful connection has been established. You can start exercising.
- To turn off the heart rate monitor, press and hold the button until (red) light turns off.

System requirements of fitness APP installation:

- Support iOS 11.0 or later
- Support Android 5.1 or later
- Built-in Bluetooth 4.0 or later

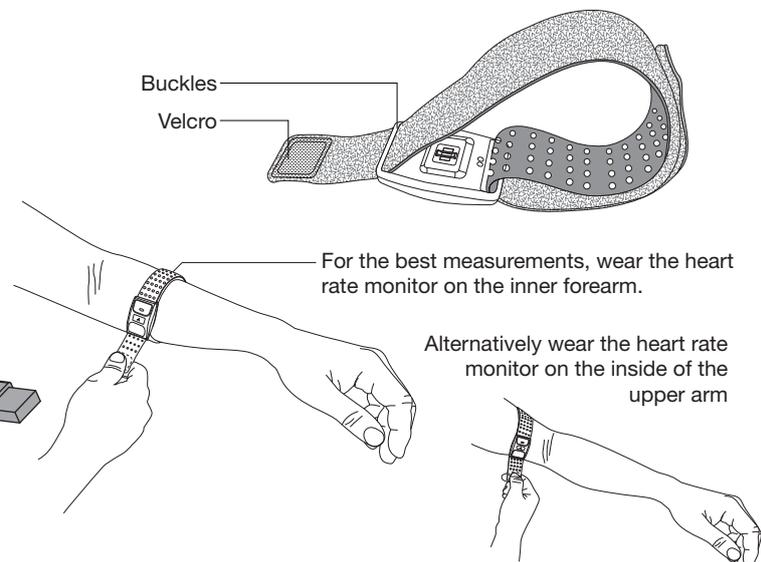
System requirements of Flow Fitness Cardio equipment:

- Built-in Bluetooth heart rate receiver

**Please note the Bluetooth module in your cardio equipment is limited to one connection. To connect make sure your cardio equipment is not connected with another Bluetooth device. When you like to use your Flow Fitness Cardio equipment in combination with a training app like iConsole+, Kinomap or Zwift, connect both your Flow Fitness Cardio equipment and Flow Fitness heart rate monitor to the App on your smartphone or tablet. Do not connect the heart rate monitor directly to the Flow Fitness equipment.*

HOW TO WEAR

- Slide both ends of the strap through the buckles at both ends of the sensor.
- Wear the sensor on the inside of your forearm or upper arm. For the most accurate monitor try to avoid placing the optical sensor on tattoos or hair. Not suitable to wear this device on your wrist.
- Adjust the tightness to make sure the sensor fits the arm.



* We recommend you to start wearing the heart rate monitor a couple of minutes before exercising to ensure the most accurate data.

WARRANTY

We thank you for purchasing the Flow Fitness heart rate monitor armband.

Flow Fitness provides a two-year manufacturer's warranty from the date of purchase.

Any damage caused by misuse of users shall not be covered by the warranty.

Non-Warranty Repair Policy:

- 1) If malfunction or damage is caused by improper use, disassembly and modification.
- 2) If damage is caused by accident, abuse, misuse, flood, fire, earthquake, any other natural disasters or human negligence.
- 3) Due to normal wear and tear of parts such as battery, strap, etc.
- 4) If any serial number has been removed or defaced.
- 5) The product has been used in any other way than described in this manual described.
- 6) If it is damaged after the warranty has expired.

If you want to take full advantage of the product warranty, register your Flow Fitness product at: <https://www.flowfitness.com/en/register-your-product>

LED INDICATOR

The sensor only comes with one button; the operation of different uses is described as follows:

Charging	Button	LED indicator
Charging		 Flashing - Green
Fully charged		 On - Green
Use		
Turning on	Long press	 On - Red
Connected		 Flashing - Blue
Turning off	Long press	 Off
Indicator		
Heart rate not detected		 On - Red
Low battery		 Flashing - Red

HEART RATE ZONES

Heart Rate Zone	Training Intensity %		Training Functions
	%MHR	%HRR	
<Z1 Rest	~50	~55	
Z1 Warm Up	50~60	55~60	Warm-up and energy recovery
Z2 Fat Burn	60~70	60~65	Improve metabolism
Z3 Aerobic	70~80	65~75	Enhance aerobic fitness
Z4 Anaerobic	80~90	75~85	Increase speed and lactate threshold
Z5 Max. Effort	90~	85~	Anaerobic. Sprinting pace; unsustainable for a long period of time

CLEANING

- The heart rate monitor is waterproof. Clean the device with water; be sure to dry it with cloth immediately after washing it.
- It is recommended to wash the strap with water (under 40 °C). DO NOT use brightener, soap or washing softener. DO NOT soak, iron, dry-clean, bleach and twist.

SPECIFICATIONS

- Article number: FFA20003
- Dimension: L48xW31.5xD12.5mm
- Strap: L 380x25mm
- Weight: 13g (strap excluded)
- IP rating: IPX7
- Memory capacity: Up to 25 hours of training. (for selected apps) (Single recording file up to 13 hours)
- Operating temperature: -10~60°C (-14~140°F)
- Charge temperature: 10~45°C (50~113°F)

FCC

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

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

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 causes 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 doing 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.

FCC Caution

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

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

MPE

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

- Wireless transmission interface: Bluetooth®, ANT+
- Wireless transmission frequency: 2.402~2.480 GHz
- Battery: rechargeable lithium battery
- Input voltage: 5V
- Run time: 40 consecutive hours (max.)
- In the box: Optical HR Sensor, Strap, Charging dock, Manual