

FLYWHEEL

HEART RATE MONITOR



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WARNING

It is always recommended that you consult a doctor before beginning a new fitness regimen.

This product is a supplementary device for heart rate measurement, and it is NOT a substitute for getting your heart rate reading from a medical professional.

If your heart rate condition is in doubt, please consult your doctor. Avoid exposing the product to extreme conditions. Avoid rough uses or severe impacts to the product.

CAUTION - BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries.
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of product or batteries in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

CARE & MAINTENANCE

This heart rate monitor is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate monitor. It is advisable to use the unit and the chest strap in conformity with the following instructions:

CONNECTOR

Detach the connector from the strap after every use and dry it with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

STRAP

Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps as they can leave residue 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 store the strap and the connector separately to maximize the heart rate monitor battery lifetime. Keep the heart rate monitor in a cool and dry place. Do not store the heart rate monitor wet in non-breathing material, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate monitor to direct sunlight for extended periods.

Remove the battery from the battery case when the unit or the chest strap WILL NOT be used for a long time.

TECH SPECS & REQUIREMENTS

- Chest strap (1)
- Bluetooth Connector (2)
- 1 CR2032 battery / inside connector (3)

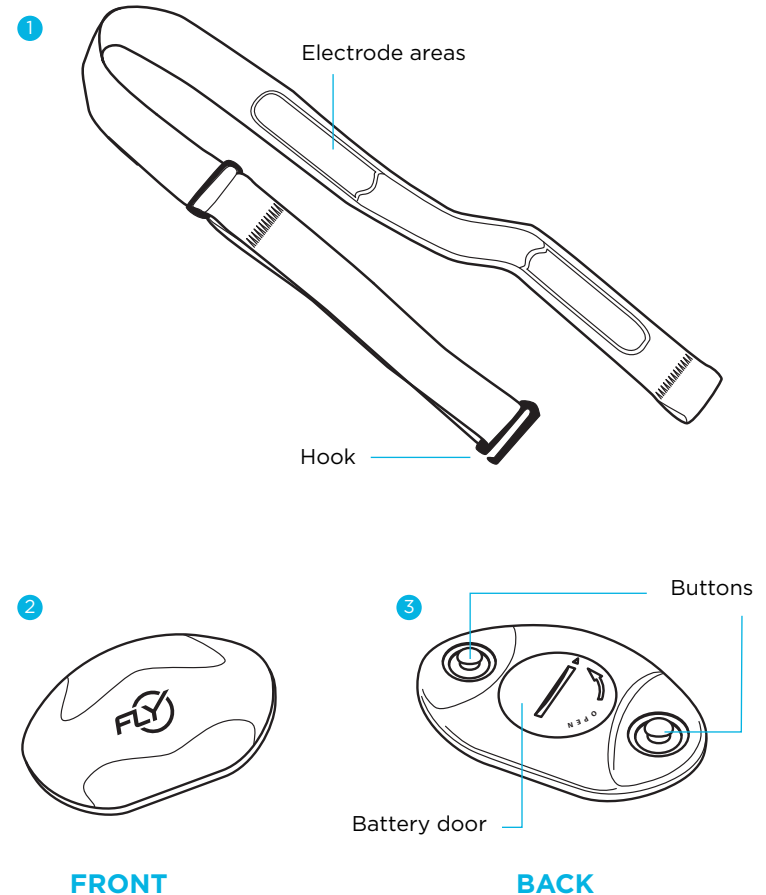
The Flywheel heart rate monitor can be used with the FLY Anywhere display, as well as any iOS device running iOS 10 or later.

The heart rate sensor is compatible with Bluetooth® smart, Bluetooth® smart ready and 5.3kHz (if applicable) devices.

Pair the heart rate sensor with the receiving device when using it for the first time.

Keep the receiving device in front of you to ensure sufficient transmission range from the heart rate sensor to your device, such as in a front pocket or fixed on a belt.

DO NOT: Wear the receiving device on your back, such as in a back pocket or backpack.



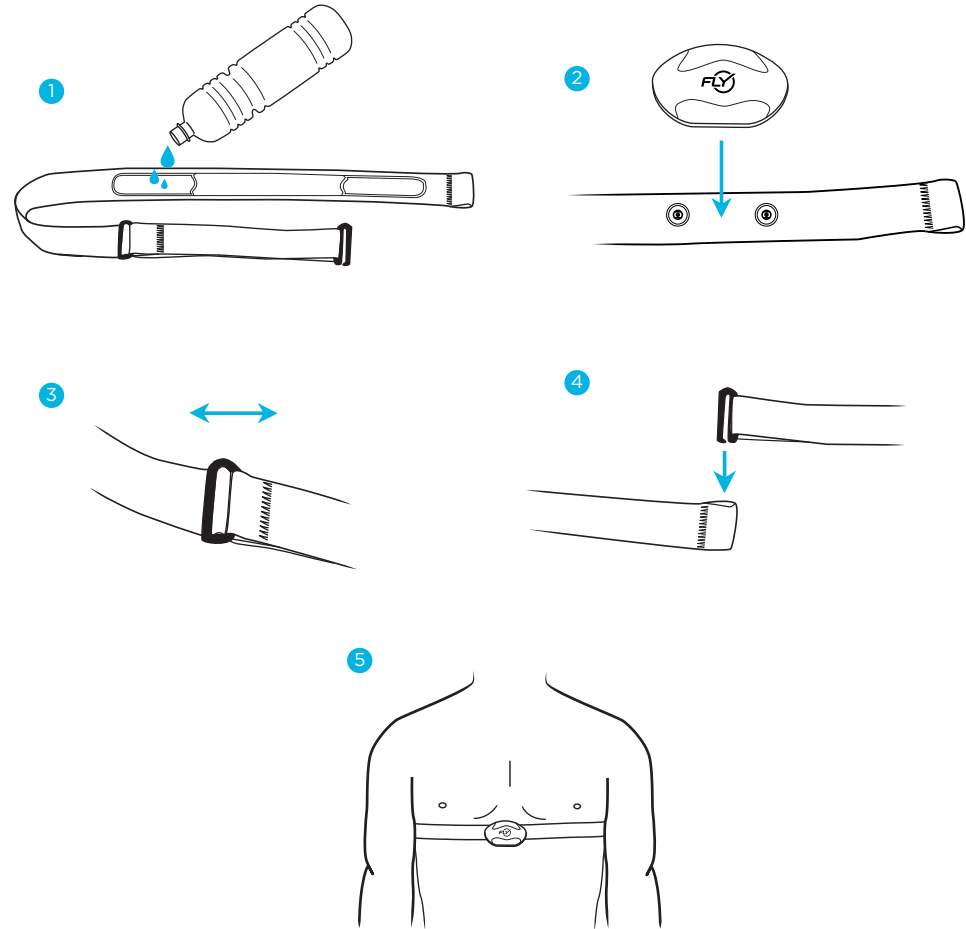
WEARING

The heart rate monitor is activated when it's placed directly against your skin. When not in use, it remains in a power-saving standby mode.

Complete the following steps before trying to pair with your device.

1. Moisten the electrode areas of the strap.
2. Attach the connector to the strap.
3. Adjust the strap length to fit tightly but comfortably.
4. Tie the strap around your chest just below the chest muscles, and attach the hook to the other end of the strap.
5. Check that the electrodes are pressed firmly against your skin, the connector is centered on your chest, and the logo is upright.

NOTE: To preserve battery life, detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the connector activated.



PAIRING

When you're wearing your heart rate monitor and ready to connect it with a new device, go to your device's Bluetooth settings to finish pairing. Once paired, you can view your heart rate directly on the ride screen.

FLY ANYWHERE DISPLAY

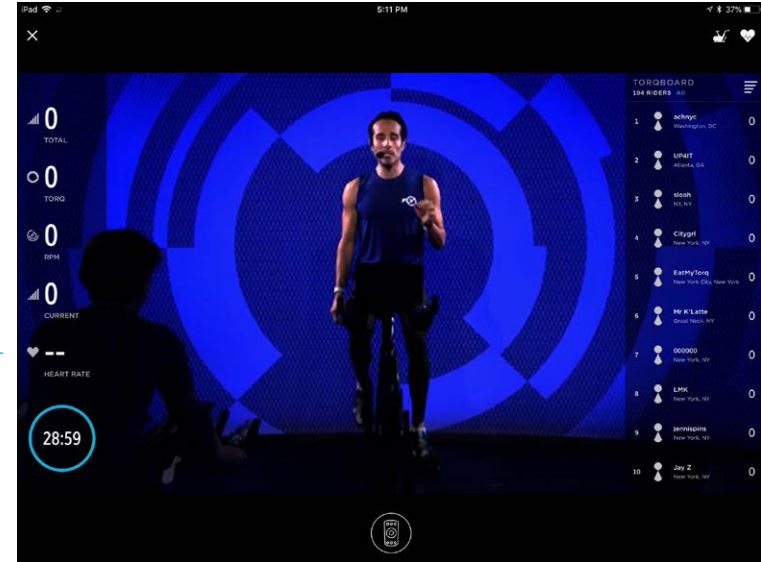
To pair with the FLY Anywhere display:

1. Tap •••
2. Tap Settings
3. Tap Network
4. Tap HRM
5. Tap Flywheel Heart Rate Monitor

On that same screen, Flywheel Heart Rate Monitor will appear under **"My Devices"** when pairing is successful.

FLYWHEEL APP (IOS)

1. Open the iOS Settings app
2. Make sure Bluetooth is on
3. Open the Flywheel Sports app.
4. Join a ride
5. Tap ♥ in the top right corner



Heart rate

Heart rate

Heart rate

REPLACING BATTERIES

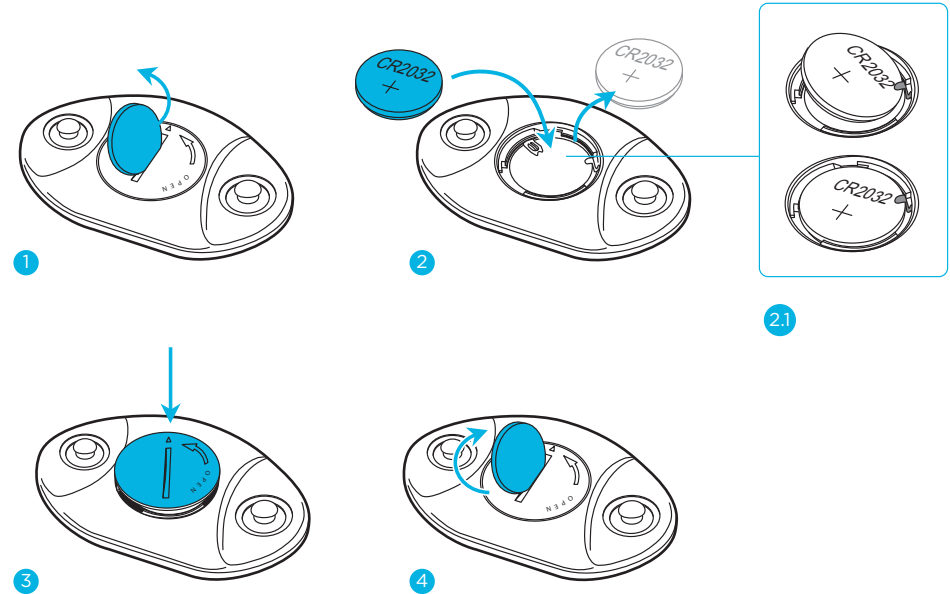
Your heart rate monitor batteries should come fully charged, but you can change the battery yourself when it runs low.

To change the battery, follow the instructions below and see the markings on the connector.

1. Turn the cover counter-clockwise with a coin gently until it pops out.
2. Remove the exhausted battery and insert a new one with (-) side against the metal contact
Note: Make sure the battery is placed under the golden slot (2.1).
3. Press the cover back into the connector.
4. Turn the cover clockwise with the coin again until the little arrow pointed to the dot.

NOTE: Keep batteries away from children. If swallowed, contact a doctor immediately.

WARNING: Risk of explosion if battery is replaced by an incorrect type.



FCC COMPLIANCE STATEMENT FOR US

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: **(1)** This device may not cause harmful interference, and **(2)** This device must accept any interference received, including interference that may cause undesirable operation.

WARNING: Changes or modifications to this device not expressly approved by the party responsible for compliance could void the user's right to operate the equipment.

NOTE: 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 radiates radio frequency energy. If it is not installed and used in accordance with the instructions, it 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 recommended to reduce the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation space between the device and the receiver
- Consult the dealer or an experienced radio/TV technician for help.

IC STATEMENT FOR CANADA

This equipment is portable device. The output power of this device is less than 20mW. The SAR test is not required.

This device complies with Industry Canada licence - exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

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

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. l'appareil ne doit pas produire de brouillage, et
2. l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

FLYWHEEL

FLYWHEELSPORTS.COM

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