



## ***Revbox Erg Heart Rate Monitor Instruction Manual***

### **Introduction**

Congratulations on the purchase of your new Revbox Erg Heart Rate Monitor Set.

This heart rate monitor will enable you to use all the functions from our Revbox Power App, which can be downloaded from Google Play as an Android version. In the near future there will be an IOS version from iTunes.

### **In the box**

Your Revbox Erg Heart Rate Monitor Set comes with the following (Fig. 1):

- 1 x Revbox Erg Heart Rate Monitor (***Bluetooth and ANT+ capable***)
- 1 x adjustable heart rate strap
- 1 x CR2032 battery
- 1 x warranty card

### **Set-up**

#### **Install/Replace Battery**

- 1.) Use a coin to open the battery cover, turning it counter clockwise (Fig. 2).
- 2.) Remove the cover.
- 3.) Insert/replace a CR2032 battery into the sensor with (+) side facing up (Fig. 3).
- 4.) Place the battery cover back on the sensor and turn it clockwise with the coin until it is fully closed (Fig. 4).

**Please make sure the o-ring sits properly under the cover so no humidity or water can get into the sensor.**

#### **Adjusting the heart rate monitor strap**

- 1.) Adjust the strap length so that it fits snugly enough to hold the monitor in place throughout your workout.
- 2.) Snap the sensor into one side of the strap.
- 3.) Wet both sensor areas on the back of the strap (Fig. 6).
- 4.) Wrap the strap around your chest, just below your nipples.
- 5.) Snap other end into place.
- 6.) Make sure the Revbox logo is upright when you are wearing the strap.

#### **Pair with receiving device**

**Pairing:** The heart rate monitor pairs with any receiving device via ANT+/Bluetooth 4.0 dual mode wireless technology. When using the heart rate monitor for the first time it must be paired with your receiving device (Revbox Power App or similar). Please make sure your receiving device meets the following system requirements:

- IOS 5.0 or later
- Android 4.3 or later
- built-in ANT+/Bluetooth 4.0 LE wireless connectivity

**Setting:** To use the wireless bluetooth connection, turn on the device's **Bluetooth setting** before pairing before each use. To use the wireless **ANT+** connection, please read the App instructions.

After putting on the heart rate monitor according to the instructions above, it can be connected to your phone or tablet with the Revbox Power App.

**Please follow the instructions from the Revbox Power App.**

Care and maintenance

- After every use, detach the heart rate monitor from the strap.
- Dry the heart rate monitor with a soft towel.
- Clean the strap gently and carefully.
- Do not use detergents with optical brightening agents, moiststurizing soaps, or fabric softener.
- Rinse the strap under running water or wash it in a washing machine in a laundry pouch.
- Do not soak, iron, dry clean, or bleach the strap.
- Do not twist or stretch the strap.
- Do not bend the sensor areas...
- Dry the strap with a soft towel after every wash and then hang in a cool place to dry.
- Do not expose the strap to direct sunlight.
- Recommended methods of cleaning are shown in symbols on the strap.
- Do not fold the strap at the sensor areas.
- Store the strap and heart rate monitor separately when not in use.
- Store the strap and heart rate monitor in a cool and dry place.
- Store the strap lying flat or hanging loosely.

**Fig.1**



**Fig.2**



**Fig.3**



**Fig.4**



**Fig.5**



**Fig.6**

