

# **iGPSPORT**

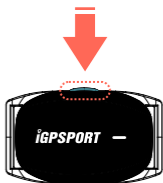
## **QUICK START MANUAL**

**HR70**



WUHAN QIWU TECHNOLOGY CO., LTD

1.



2.



3.



# ENGLISH

## 1. POWER ON AND POWER OFF

**Power on:** short press for 1s, the blue light flashes 3 times quickly and vibrates.

**Power off:** long press for 2s, the red light flashes 3 times quickly and vibrates.

## 2. TO WEAR

You can wear the heart rate monitor on the inside or outside of your upper arm or forearm as shown in the image 2 . Please adjust the length of the strap so that it fits snugly on the arm, and ensure that the arm strap does not shift during exercise to ensure the accuracy of heart rate measurement.

## 3. MAIN FUNCTIONS

Functions	State or action
Turn On	The blue light flashes 3 times quickly and vibrates
Turn Off	The red light flashes 3 times quickly and vibrates
Charging	Blue light flashes slowly
Finished charging	Steady green light
Heart rate zone indication	The color corresponding to the heart rate zone flashes slowly
Low Heart Rate Alert*	The blue light flashes 3 times quickly and vibrates
High Heart Rate Alert*	The red light flashes 3 times quickly and vibrates
Mode switch*	Double-click the button in the power-on state
Low battery warning (below 9%, 5%)	The red light flashes 3 times quickly and vibrates
Firmware upgrade	Steady blue light

The functions marked with \* need to be set in the iGPSport APP.

## 4. HEART RATE ZONE INDICATION

The default maximum heart rate is 195 bpm, and the heart rate zones are calculated using the maximum heart rate method.

Heart rate zone	State
Zone 1 (50-60%)	Blue light flashes slowly
Zone 2 (60-70%)	Green light flashes slowly
Zone 3 (70-80%)	Yellow light flashes slowly

Zone 4 (80-90%)	Red light flashes slowly
Zone 5 (90-100%)	Purple light flashes slowly

You can set the maximum heart rate and heart rate zone calculation method in the iGPSport APP settings.

## 5. CHARGING

- This product is a magnetic charging method. When charging, please insert one end of the magnetic charging cable into the USB port, and attach the other end to the heart rate armband.
- During charging, the indicator light flashes blue, and when fully charged, the indicator light will turn green.

## 6. PRODUCT ACCESSORIES


- HR70 main unit × 1
- Armband × 1
- Magnetic charging cable × 1
- HR70 User Quick Guide × 1

## 7. CONTACT US

 [www.igpsport.com](http://www.igpsport.com)

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### Statement:

This manual is for user reference only, if there is any difference with the device, please refer to the device. We reserve the right to change or improve our products and the content of this manual, but have no obligation to notify any person or organization of such changes or improvements.

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## USER MANUAL

**Please log in to the official website to view the details of the manual.**

Website and QR code:

<https://www.igpsport.com/user-manual>

