



## HEART RATE MONITOR USER GUIDE



For use with the Echelon Fit™ app

**READ THESE INSTRUCTIONS COMPLETELY AND THOROUGHLY BEFORE FIRST USE. KEEP THESE INSTRUCTIONS FOR LATER USE.**

## **SAFETY INFORMATION AND WARNINGS**

- This unit is not a toy. Keep out of reach of children.
- This unit is only intended for home use. It is NOT intended for commercial use.
- Do NOT use this device if you have a pacemaker.
- ALWAYS consult your doctor before starting an exercise program.
- Use care when installing batteries. Refer to Replacing the Battery section.
- Protect this device and battery from extreme heat.
- ALWAYS remove battery from unit if storing for long periods of time.

## **DISPOSAL**

- This device and its battery must not be disposed of with household trash.
- Remove battery from unit before disposing of unit.
- Dispose of device and battery, once separated, in accordance with local and federal environmental regulations.
- Do NOT dispose of batteries in fire.

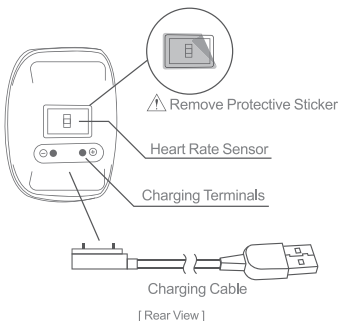
## UNIT DIAGRAM



1. Arm Strap
2. Bluetooth Connection Button
3. Charging cable

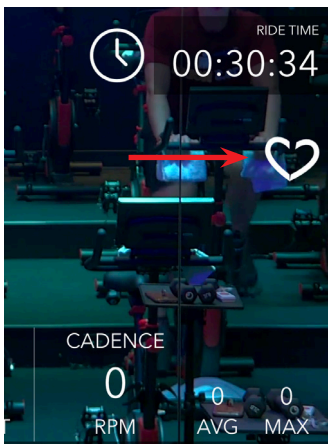
## CHARGING THE UNIT

1. Connect the charging cable to a USB port or charging brick.
1. Connect the charging cable to the back of the Beat™. (shown below)

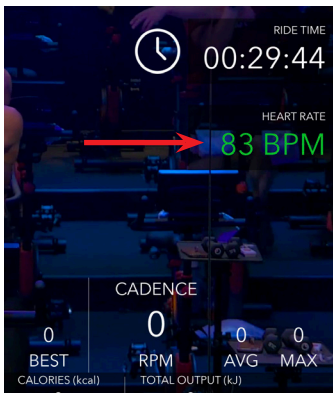


## SYNCING THE ARMBAND TO THE ECHELON FIT™ APP

1. Turn on the *Bluetooth*® function on your Apple or Android™ device.
2. Place the Beat™ on your wrist or upper forearm and press the bluetooth connection button.
3. When on the workout screen on the Echelon Fit™ app, you will see a broken heart icon on the top right.



4. Press the broken heart icon to complete the connection.



5. The unit will automatically pair with the app within 5 seconds. If it does not pair within 5 seconds, restart the app and repeat steps 2-4.

**ANDROID USERS PLEASE NOTE:**

HEART RATE MONITOR WILL AUTOMATICALLY CONNECT TO THE APP WITHIN 10 SECONDS AFTER YOU PRESS THE BLUETOOTH CONNECTION BUTTON WHILE YOU ARE WEARING HEART RATE MONITOR.

**NOTE:**

1. If the LED connection button flashes red, then the battery is low and needs to be charged.
2. The LED will flash green and red while charging. Once charged, the LED will be a steady green.

## **TROUBLESHOOTING**

### **Is your heart rate monitor paired?**

If pairing did not work, check that the Bluetooth® on your Apple or Android device is enabled. When pairing your heart rate monitor, make sure you are not around other Bluetooth® Smart heart rate monitor users. If your Apple or Android device has a "connected devices list," you can check if the heart rate monitor is paired.

## **TECHNICAL SPECIFICATIONS**

### **Battery:**

Rechargeable lithium battery

### **Weight:**

.12 lbs

### **Water resistance:**

IP67

### **Compatibility:**

Apple: iPhone 4S and later, iPad 3 and later, iPodtouch 5 and later

Android: Devices supporting Version 4.3 and Bluetooth® 4.0

### **Bluetooth® signal:**

Smart

### **Range via Bluetooth® Smart:**

max. 32.8'

### **Range via 5.3 kHz (open signal):**

max 2.6'

Subject to technical changes as part of constant product development.

## HR ZONE RING LIGHT MEANINGS

% of max HR bpm range

**Blue - 104-114 bpm - 50-60%**

Warm up /Active recovery zone

**Green - 114-133 bpm - 60-70%**

Light Effort / Fat burning zone

**Yellow - 133-152 bpm - 70-80%**

Moderate Effort / Aerobic zone

**Orange - 152-171 bpm - 80-90%**

High Moderate / Zone

**Red - 171-190 bpm - 90-100%**

Max effort

## INDICATOR LIGHT MEANINGS

**Charging** - LED underneath bluetooth connection button alternates between red and green.

**Fully charged** - LED is solid green until taken off the charging cable.

**Discovery (pairing) mode** - LED underneath bluetooth connection button flashes rapidly blue.

**Bluetooth is paired** - LED underneath bluetooth connection button flashes slowly blue.

**To turn off** - Push bluetooth connection button and the LED will flash red 3x slowly and then go black.

## **FCC**

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### **Federal Communications Commission (FCC) Statement**

#### **15.21**

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

#### **15.105(b)**

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 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 does cause 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 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.

**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 undesired operation of the device.

## **ECHELON FIT® 1-YEAR LIMITED WARRANTY**

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® customer service below.

For refunds on items not purchased from Echelon® directly, please contact your retailer.

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at 833-937-2453 or at [info@echelon.com](mailto:info@echelon.com) to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt. Mail prepaid to Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in

accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon®, please contact us at 833-937-2453 or at [info@echelonfit.com](mailto:info@echelonfit.com).

Register your product online at [echelonfit.com/pages/register-warranty/](https://echelonfit.com/pages/register-warranty/)

Customer Service / Le service a la clientele / Servicio al Consumidor  
833-937-2453 (+1.423.402.9010)  
[info@echelonfit.com](mailto:info@echelonfit.com)

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

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[ECHELONFIT.COM](https://echelonfit.com)



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

REV: 091620

MODEL: HW901

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