SHANREN

BEAT 15
HEART RATE SENSOR ARMBAND

User Manual
V1.0

FEATURES

Communication	BLE/ANT+
Dynamic Heart Rate	Yes
Real-Time Heart Rate Zone	Yes
Resting Heart Rate	Yes
Recharge	Magnetic charging
Built-in Memory	Yes
Steps	Yes
Distance	Yes
Calories	Yes

Compatibility
iOS mobile devices: iPhone 5 and later, with iOS 11 or later; Android mobile devices with Bluetooth 4.0 capability and Android 5.0 or later.

Compatible devices
ANT+/BLE bike computers,bluetooth treadmill, bike trainer.

ACCESSORY LIST

Heart Rate armband   User manual

Charging dock

PRODUCT INTRODUCTION

Thank you for choosing our heart rate armband! This product transmits real-time heart rate data through Bluetooth or ANT+ to heart rate receiving devices and sports and health apps, helping you manage your exercise intensity scientifically. This user manual will help you use the product better, please always keep it handy for reference.

PUT ON BEAT 15

Wear the device on your upper arm. It should be worn snug enough to not move around on your arm — but NOT as tight so as to restrict circulation.
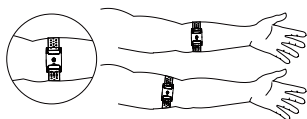
DATA RECORD

BEAT 15 starts recording once it's turned on. After a sports session, a full record will be generated automatically. Recorded data includes: Heart Rate, Steps, Calories and Distance.

CHARGE FULLY BEFORE FIRST USE

Fully charge the battery before using the device. A full charge takes around 2.5 hours, the LED indicator will turn GREEN.

MAGNETIC CHARGING

Get the USB cable close to the magnetic electrodes on the back of the sensor. Once connected, the LED indicator on the sensor will turn RED. Please use a 5V adapter to recharge. Most phone adapters can be used.

Remove Protective Sticker!!

Heart Rate Sensor

Charging Terminals

Armband   Charging Dock

OPERATION

Turn on: press the power button to turn the device on.

LED indicators:
Slowly flashing PURPLE LED indicates that the device is on but not paired via Bluetooth.
Slowly flashing BLUE LED indicates that the device is on and paired via Bluetooth.

Turn off:
Press and hold the power button for 3 seconds, the RED LED indicator will blink 5 times and then turn off.

LED
On / Off Button

LED INDICATOR STATUS

If the RED LED is flashing slowly and the device is vibrating, it indicates low battery. Charge the device.
When the device is charging, the LED indicator will alternate between RED and GREEN.
When the device is fully charged, the GREEN LED will light up.

USER INSTRUCTIONS

FIRST USE

BEAT 15 stores up to 7 days of training. Early records will be recorded over automatically when the storage reaches full capacity. When using the device for the first time, pair it with the Shanren Sport App to sync time & date and other data.

Memory inside   7 Days Memory   Shanren sport

SUPPORTED ACTIVITIES

BEAT 15 is water resistant for up to 30 metres and can be used for most sports activities like running, cycling, indoor training, etc.

Run   Ride   Gym

PAIRING WITH ANT+&BLE DEVICES

You can connect your BEAT15 to two Bluetooth devices at the same time: for example, Shanren Sport App + heart rate watch; other fitness app + gym gear — or whichever combination best suits your workout.

Bluetooth and ANT+ training devices compatible: connect your BEAT 15 with any BLE or ANT+ compatible gym equipment, bike computers and other training devices. ANT+ and Bluetooth connections can be active at the same time.

Bike computer   Treadmill   Exercise bike

WARRANTY CARD

Shanren products are covered under 1 year's warranty. Accessories excluded.

Each product unit is warranted to be free of factory defects for 1 year from original purchase. If the product fails to work properly, we will replace it or fix the defect at no charge. Maintenance must be performed by an authorized Shanren dealer or an authorized Shanren retailer.

If you want to return a product, include this warranty card and a brief description of the defects with your request. Make sure to clearly state your name and address on the Warranty Card.

Insurance and delivery charges will be borne by the party requesting the service.

User name:

Address:

Telephone:

Order No.:

Dealer name:

Purchasing date:

PAIRING WITH BIKE COMPUTERS

BEAT 15 supports both Bluetooth and ANT+ connections and works with most bike computers on the market. Below, we will use Miles GPS Bike Computer as an example:

PAIRING WITH MILES

❶ **Enter Pairing Mode**

Press and hold the ▶I + ☀☰ button to enter the Settings menu.

❷ **Select Sensor Type**

Press ☀☰ to switch between sensors: 04 💙 is heart rate, press ▶I to start pairing.

❸ **Activate Sensor**

Turn on BEAT 15. LED will flash BLUE indicating that you can start pairing. After successful pairing, the LED will flash in BLUE.

❹ **Test Sensor**

After successful pairing, you will see "PAir" change to "SUcc" on the screen. To test the sensor, rotate it and watch the screen. If the data on the screen changes, the pairing is successful.

UNPAIRING MILES

❶ Turn off BEAT 15;

❷ Enter Pairing Mode (as shown in the Pairing with Miles section of this manual). When you see "PAir" change to "FAil" on the screen, the sensor has been successfully unpaired.

You can also unpair BEAT 15 from Miles via the Shanren Sport App.

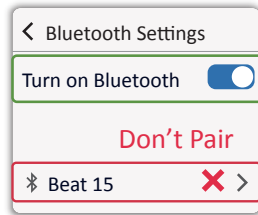## WORKS WITH SHANREN SPORT APP

1. DOWNLOAD SHANREN SPORT APP

shanren sport 🔍

App Store Android Download

2. AUTHORIZATION REMINDER

Please grant the app the following permissions (otherwise, it will not work properly):

Phone memory
Data record & storage

Album
Picture settings

Location
Track & Bluetooth

3. TURN ON BLUETOOTH

Turn on Bluetooth on your phone. DO NOT pair the sensors via your phone's Bluetooth settings. If it has paired automatically, disconnect it.
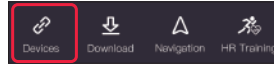
‹ Bluetooth Settings

Turn on Bluetooth ⬤

Don't Pair

✳ Beat 15   ✖ ›

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4. PAIRING THE HRM(A / B)

A. Open Shanren Sport App.

Go to Devices > Add a new device. Tap the HR sensor icon and start scanning. Move your phone closer to the sensor and select the device with the strongest signal.

🔗 Devices ⬇ Download △ Navigation 🏃 HR Training

Home

⬇

Add a new device

⬇

MILES DISCOVERY RAPTOR

BEAT 10 BEAT 15 BEAT 20

RAZ PRO SC 20

B. Pairing via other apps

BEAT 15 is compatible with 3rd party apps including Apple Health, Nike Run Club, Polar Beat, Wahoo Fitness, MapMyRun, Runkeeper, Map My Fitness, Runtastic, etc.

Do not connect BEAT 15 via Bluetooth settings. Instead, use the app to pair the device.
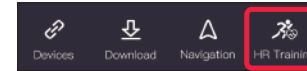
SPECIFICATIONS

Name: BEAT 15 heart rate sensor armband
Model: SR-HRM15
Battery: rechargeable lithium battery
Working time: up to 60 hours
Memory: 7 days training time
Waterproof: IP67
Armband: size M-XXL
Weight: 13g (without strap)

HEART RATE TRAINING

Go to Home > HR Training. Enter your personal heart rate training session.

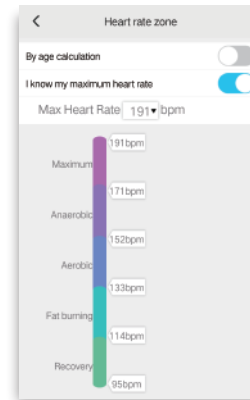🔗 Devices ⬇ Download △ Navigation 🏃 HR Training

HR TRAINING

Under HR Training, real-time HR ratio, HR zones and ECG are enabled when the activity record starts.

HEART RATE ZONES SETTINGS

Instead of pace per mile, heart rate training relies on bpm to evaluate how fast you should be running. Heart rate training uses zones based on your maximum heart rate.

Heart rate zone

By age calculation ⬤
I know my maximum heart rate ⬤
Max Heart Rate 191▾ bpm

Maximum 191bpm
          171bpm
Anaerobic 152bpm
Aerobic   133bpm
Fat burning 114bpm
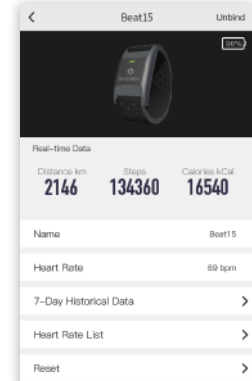Recovery 95bpm

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RESTING HEART RATE

Your Resting Heart Rate indicates your current and future health. In some cases, a lower resting heart rate can mean a higher degree of physical fitness. A high resting heart rate, on the other hand, could be a sign of increased risk of cardiac problems under certain circumstances.
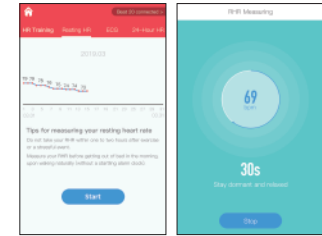
HOW TO USE SHANREN SPORT

1. Real time Distance/Steps/Calories
2. Real-time Heart Rate
3. Battery indicator
4. 7-day data record
5. Heart Rate List

‹ Beat15 Unbind

Real-time Data
Distance km Steps Calories kcal
2146 134360 16540

Name Beat15
Heart Rate 89 bpm
7-Day Historical Data ›
Heart Rate List ›
Reset ›