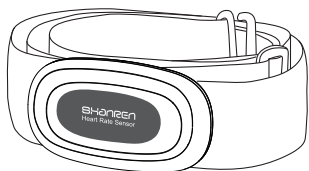# SHANREN

BEAT 20
ECG Heart Rate Monitor

INSTRUCTIONS

Shanren sport App

shanren sport
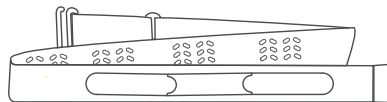
Available on the App Store | Google play

Shanren International Co., Limited
1103, Hang Seng Mongkok Building,
677 Nathan Road, Kowloon Hong Kong
sales@shanrentech.com
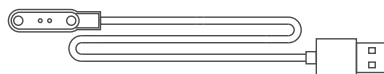www.shanrentech.com
Made in China

Accessory List

Sensor

Chest Strap

Charging Cable

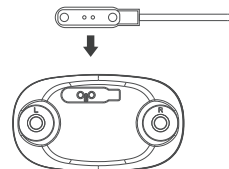## Recharging

How to recharge

Get the USB cable close to the magnetic electrodes on the back of sensor, once sucked in, the LED indicator on sensor turns red.
Please use a 5V adapter to recharge. Most adapters for phones can be applied.

Recharge time

A full charge takes around 2.5 hours, the LED indicator turns into green when fully charged. It is suggested to remove the charging cable after recharge finished, to protect the battery.

User Instructions

Initial Use

BEAT 20 stores up to 100 training sessions with built-in memory. Earliest records will be covered automatically when it is 100% stored. When use it for the first time, please connect the sensor with Shanren Sport App to sync clock and other data.

Applicable Sports

BEAT 20 is water resistant up to 30 meters, applicable in most sport activities such as running, cycling, swimming and indoor trainings etc.
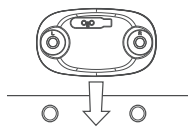
Run   Ride   Swim   Gym

Data Records

BEAT 20 starts recording once under working status. After a sport session, a full record is generated automatically. Recorded data includes: Heart Rate, Pace, Step, Speed and Distance.
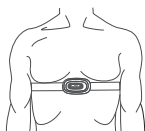

How to Wear

❶ Moisten the electrode areas of the chest strap;

❷ Attach the sensor to the chest strap, marked 'L' towards the left;

❸ Adjust the strap length to fit tightly but comfortably. Make sure that the moist electrode areas are attached firmly right under the chest muscle.

Maintenance Instruction

Sensor

Remove the sensor from strap after every use, clean the sensor with soft tower, do not use cleaning chemicals.
If not used in a long time, please recharge the sensor every 3 months to protect the battery and extend life-span.

Chest Strap

⚠️ Rinse the strap under running water after every use and hang to dry. Cleaning of strap in a washing machine or dryer is strongly prohibited.

* Never use cleaning chemicals. (Cleaning chemicals may cause faster aging of the product and shorten service life.)

* Do not stretch the strap or bend the electrode areas sharply.

Safety Warning and Suggestions

❶ Please read the safety instructions carefully and keep it for future reference.
❷ Be aware of all warnings and instruction signs marked on the products.
❸ keep out of the reach of children.
❹ Always keep this product away from all kinds of heat sources.
❺ Do not insert objects or pour liquid into this product through any apertures on bezels.
❻ Do not attempt to repair the product yourself or by any other unqualified person.
❼ Never use cleaning chemicals. (Cleaning chemicals may cause faster aging of the product and shorten service life.)
❽ Do not stretch the strap or bend the electrode areas sharply.
❾ Do not store the heart rate sensor wet in non-breathing material, to prevent oxidation. Keep the device in a cool and dry place.

⚠️ Danger! Please do not disassemble the sensor without professional guides.

Connect with Sport Applications

BEAT 20 supports Shanren Sport and most other third-party Apps such as Wahoo Fitness, Polar Beat, MapMyRun, Strava, Endomondo etc. The instruction below is for Shanren Sport App:
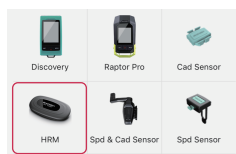
01. Wear BEAT 20 firmly

Please make sure BEAT 20 is under working status with the above wearing instructions.

02. Turn on Bluetooth

Turn on the Bluetooth of the phone, make sure it is NOT paired with BEAT 20 in the Bluetooth Settings on the phone. If paired, please cancel it.
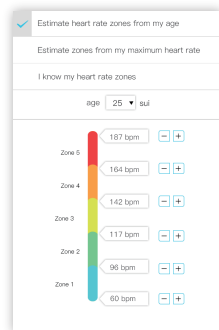
03. Open Shanren Sport APP to add device

Through 'Personal center – My devices – Add devices', click on 'HRM' icon and start scanning for heart rate sensors. Get the sensor close to the phone and select the device with the strongest signal.

Set Up Personal Heart Rate Zones

Estimated heart rate zones will come out after inputting the age or max heart rate value. Users can also input each value manually;
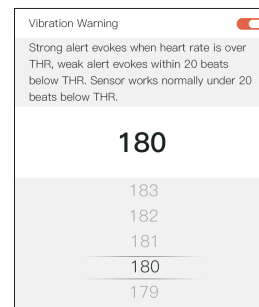

Download/Review Data

In 'Record' page, click on 'Download' icon to transfer the data to APP. Enter each record to get detailed heart rate data analysis and share to social platforms.
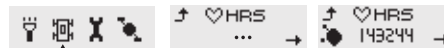
Vibration Warning

Users can choose to turn on/off Vibration Warning. After setting up Threshold Heart Rate (THR), sensor will vibrate once reaching THR.

Connect with Bike Computers

BEAT 20 supports both Bluetooth and ANT+ connection, can be connected to most bike computers on the market. Below instruction is taking Discovery-Pro GPS bike computer as example:

Specifications

Product Name: BEAT 20

Model: SR-HRM20

Communication: ANT+/BLE 4.0

Battery: Built-in rechargeable Li-battery

Work Time: 280hrs

Strap Length: 65-95cm (25.6-37.4in)

Sensor Size: 62x35x11mm

Waterproof: IP68

App Supports: Shanren Sport & others

Compatible with: Shanren Discovery Pro, Raptor II Pro

IOS & Android Devices: IOS 7.0 or later, Android 4.3 or later

Importance Notice: This device is for sport assistance only, it cannot replace any medical suggestion.
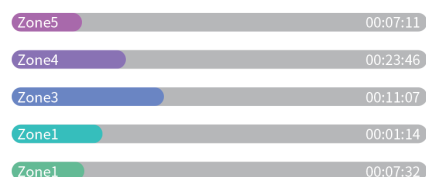
The heart rate signal emitted from BEAT 20 cannot pass through human body. Never place the receiving device in your backpack, keep it in front of you or somewhere else.

ECG Graphic View

After connected successfully, enter 'Device Management' on the App to check real-time ECG wave. Back to 'Sport' page and start a session, real-time heart rate zones, heart rate curve and ECG wave will show on the screen.

Binding the sensor

Keep pressing both SET and MODE buttons to enter setting manuals, Press MODE button to move cursor, select the second icon, press SET to confirm.

Select 'HRS' to pair with BEAT 20. Press SET to start scanning for sensors, '…' icon shows on the screen, wait for the sensor to be paired.

After connected successfully, the ANT+ or Bluetooth MAC address of the sensor will show under 'HRS' icon.

On top of the computer screen, icon shows up. Computer begins to read heart rate data from BEAT 20.

Unbind the sensor

To unbind, follow the same steps as binding, when '…' icon shows up, keep pressing SET + MODE buttons instantly to exit setting, heart rate sensor is unbound.

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 through normal usage, we will repair or replace the defect at no charge. Service must be performed by an authorized Shanren dealers or an authorized Shanren retailers. To return the product, enclose its warranty card together with details about its dis-function. Please type your name and address clearly on the warranty card. Insurance and transportation charges shall be born by the party requesting service.
Thanks for understanding.

User name: _____

Address: _____

Telephone: _____

Order No.: _____

Commodity name and specification: _____

Dealer name: _____

Purchasing date: _____