

Disclaimers

User's responsibility

This Performance Monitor is intended for recreational use only.
IT IS NOT INTENDED FOR MEDICAL PURPOSES.

Warnings

Exercise may include some risk. Before starting any exercise program, you should consult with a physician. It is recommended that you warm up and stretch before beginning your workout. Stop exercising immediately if you experience pain or feel faint, dizzy or short of breath.

Please note that exercise intensity, medications, blood pressure, asthma, caffeine, alcohol, nicotine and other factors can affect your heart rate.

Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Before beginning use of this electronic sport equipment, it is recommended that you have an exercise test under your doctor's supervision to ensure the safety and reliability of the simultaneous use of your implanted device and this equipment. Use of this product is at your own risk.

Keep the Performance Monitor out of reach of young children.

FCC and IC Statements

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

User Guide

BM-HRM2 Performance Monitor



Key Features

- Heart beat detection with typ. accuracy of ± 1 bpm for heart rate and 1 ms for beat-to-beat
- Robust heart beat detection even in high motion environment due to sophisticated algorithm
- Soft silicone electrodes provide excellent skin contact and are very comfortable and functional
- Ergonomic and flat design, thickness of middle part only ~ 10 mm
- High sensitivity acceleration data with 2g, 4g, 8g or 16g full scale and 14 bits resolution
- Acceleration data output data rates of 1.6Hz, 12.5Hz, 25Hz, 50Hz, 100Hz and 200Hz possible
- Accurate step and posture detection available
- Specific motion detection algorithms possible for customized versions
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- Lifetime of standard CR2032 battery is more than 1 year when used 2 hour per day

BM-CSP8 Performance Monitor

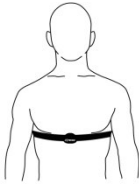
BM innovations gmbh
incremental changes in thinking



Quick Start

The Performance Monitor transmits heart rate and motion related data that can be received, displayed and recorded by different devices to help you achieving your fitness and training goals, so it is important to wear it correctly.

1. For best results, we recommend you wear the Electrode Strap against bare skin.
2. Be sure to moisten the electrodes before exercising.
3. The electrodes should press firmly against your skin and the logo should be upright and located in the center of your sternum.
4. The Performance Monitor starts operation automatically when you put it on.



Caution

Should you ever experience any skin irritation or any other abnormality while wearing the Performance Monitor, remove it immediately.

Care and Maintenance

Your Performance Monitor (PM) helps you achieve your fitness and training goals. By following the directions below, you can maximize the life of your PM. If your PM does require servicing, you should send it to your nearest authorized service center.

1. Only perform the procedures described in this user guide.
2. Never attempt to disassemble or repair your PM.
3. Protect the PM from sharp objects, extreme heat or prolonged exposure to direct sunlight.
4. Store your PM in a clean, dry environment at room temperature.
5. When putting on or taking off the performance monitor, please do not twist, bend or stretch it excessively.
6. To clean the PM, wipe it with a soft, dry cloth, or with a cloth that has been moistened in a weak solution of water and a mild neutral detergent. Do not use thinner, benzene, alcohol or any other volatile agent to clean the PM.

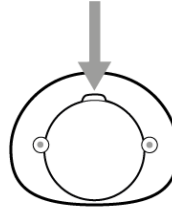
Water Resistance

Your Performance Monitor is water resistant up to 30 m / 100 ft. Do not wear the PM while immersed in water.

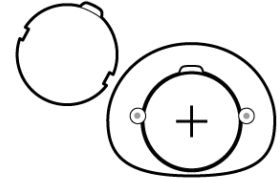
Replacing the Battery

The PM contains a CR 2032 coin cell battery which should provide one year's operation when using the PM one hour per day / 7 days per week. Replace the battery as illustrated here:

1 Open the backcover with appropriate tool



2 Replace the battery (CR2032) and close the backcover firmly.



Replacing the battery cover and the O ring together with the battery is recommended to ensure the PM remains water resistant. Replacement covers are available with replacement batteries. Keep batteries out of the reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.

FCC compliance statement

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.

changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

ISED compliance statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure statement

This equipment complies with FCC/IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations FCC/IC CNR-102 établies pour un environnement non contrôlé.