



**Receiver with chest strap
for heart rate monitoring via
smartphone**

OPERATING INSTRUCTIONS



SCOPE OF DELIVERY

1 Receiver

(Art.no. RUNDC1,
Model: 92-1103800-01)
incl. lithium battery (3V, CR1220)



Remove the isolator within the case of the receiver,
for this purpose open the case.

1 Chest strap

(consisting of a sensor and elastic strap)
(Art.no. RUNDC1, model: T000260)
incl. lithium battery (3V, CR2032)



The elastic strap can be found in the cardboard
insert in which the chest strap sensor is packaged;
open the cardboard insert to remove the elastic
strap.

ELECTROMAGNETIC COMPATIBILITY

It is imperative that very strong magnetic fields (e.g.
from transformers) are avoided, as they can impair
transmission. Non-observance of this information
can result in malfunctions or damage to your
receiver and chest strap.

BATTERY OPERATION

Your receiver and chest strap are each powered by
a lithium battery (receiver: 3V, CR1220; chest strap:
3V, CR2032).

The following section provides you with information about using **batteries**:

- Always replace a battery with a battery of the same type.
- Batteries should not be charged or re-activated by any other means and they should not be disassembled, discarded in a fire or short-circuited.
- Always keep batteries out of the reach of children. Batteries can be fatal if swallowed. Therefore keep batteries and the chest strap out of the reach of small children. If a battery is swallowed, seek medical advice immediately.
- Never expose the batteries to excessive heat from direct sunlight, fire or other such sources! This increases the risk of leakage. Ignoring this information may result in damage and possibly even to the batteries exploding.
- Remove a depleted battery from the receiver and/or chest strap immediately, as they may otherwise leak. When doing this avoid contact with your skin, eyes and mucous membranes. If you should come into contact with battery acid, rinse the affected area immediately with plenty of clean water and seek medical advice. If necessary, clean the battery contacts and the counter-contacts in the unit. Keep the operating instructions safe so that you can refer to the relevant battery information.

Ignoring this information may result in damage and possibly even to the batteries exploding.

You can find information on replacing the battery for the receiver and the chest strap under the sections entitled "Changing the battery for the receiver" and "Changing the battery for the chest strap".

RISKS FOR CHILDREN AND INDIVIDUALS REQUIRING ASSISTANCE

This device is not intended for use by individuals (including children) with limited physical, sensorial or emotional capacities or limited experience and / or knowledge unless they are supervised by an individual responsible for their safety or receive instructions from the latter as to how the device should be used.

DISPOSAL

Batteries are hazardous waste. Batteries can be disposed of correctly by shops selling batteries and at municipal collection points where there are appropriate containers.

If you wish to discard your receiver and/or chest strap, please dispose of these in accordance with the applicable regulations. Your municipal collection point can provide you with the relevant information.

KRIPPL-WATCHES Warenhandels GmbH
Maria-Theresia-Straße 41, 4600 Wels, Austria

Dispose of the packaging according to the applicable regulations. Your municipal collection point can provide you with the relevant information.

INSTALLATION - COMMISSIONING

1. Installing the runtastic app/activation code

Insert the below mentioned link in the address bar of your browser to get to the runtastic homepage. The descriptions on this site will help you to finish the activation of the code step by step.



<http://www.runtastic.com/en/activate>

Alternatively you can also scan the QR-code on the top of the next page with your smartphone, to get to this site. For using this feature, you have to go to the individual "App Store" of your smartphone to download the free version of the QR-scanner. Now scan the QR-code and follow the instructions on the runtastic homepage.



Otherwise you will have the opportunity to **purchase** the heart rate function as well as many other functions from the App Store or Market.

2. Attaching the chest strap

Front of sensor:

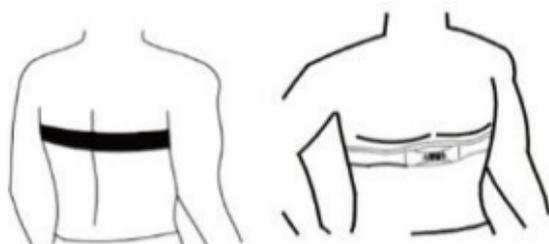


Rear of sensor:



Sensor contact surfaces

Connect the elasticated strap to the sensor. Adjust the strap so that the sensor rests firmly against your chest below your pectoral muscles.



To ensure good contact with your skin you will need to moisten the contacts of the sensor or apply an ECG gel (available from health stores).

3. Connect your runtastic hardware

Plug the receiver into the headphone jack on your smartphone.

Observe the correct positioning of the receiver:



You can also connect your smartphone's headphones to the

receiver (the receiver features a connection socket at the top).

NOTE:

1. Should there be no heart rate reading, it might be that the contacts for the receiver in your smartphone are poled different. In this case open the case of the receiver (as described in point „Changing the battery for the receiver“) and change the position of the switch in the case. Reattach the cover of the receiver and repeat the activation process of the heart rate measurement as described in point 3. „Activating heart rate measurement“. If there is unstable heart rate reading, please contact following e-mail address:
service@runtastic.com
2. The function of the microphone and the loudspeaker will be disabled when the receiver is plugged in the phone, it is however possible to use a headset.
3. The remote control of the iPhone earphone is not working when the receiver is plugged in the phone.

4. The receiver will be turned on and consume battery when it is plugged in the phone even the runtastic app is not activated. Please take off the receiver when it is not in use.
5. The battery life of the receiver is around 2.5 years if it is used 1 hour per day. Please change the battery life when it is out of battery and cannot receive signal from the chest strap.

4. Activating heart rate measurement

To activate the heart rate measurement function open the runtastic app on your smartphone.

iPhone:

Go to "**Settings**" and select "**Heart Rate Settings**". Select the option "**runtastic Receiver with Chest Strap**" and slide "**Enable runtastic Receiver**" to "**ON**" and then press the button "**Re-Pair**".

Should there be no heart rate reading, please refer to the point 1. of NOTE on page 6.

Android operating systems:

Go to "**Settings**" ( symbol) and select "**Heart Rate Settings**".

Select the option "**Receiver + Chest strap (5.3 kHz)**".

Should there be no heart rate reading, please refer to the point 1. of NOTE on page 6.

BlackBerry:

Go to "**Settings**" and select "**Heart Rate**".

Select the option "**Heart Rate Monitoring**" and then the setting "**enabled**", followed by the option "**Heart Rate Sensor**" and the setting "**runtastic**".

Should there be no heart rate reading, please refer to the point 1. of NOTE on page 6.

Windows Phone 7:

Go to "**Settings**" and select "**Heart Rate Settings**". Set the option "**runtastic Receiver (5.3 kHz)**" to **ON**. Should there be no heart rate reading, please refer to the point 1. of NOTE on page 6.

5. Switching between coded and uncoded transmission

16 coded and one uncoded channel can be selected. Pressing the button on the front of the chest strap



switches between the coded channels. If you press and hold the button for 5 seconds, it will automatically switch to the uncoded channel. Pressing the button again will switch back to the encoded channels.

iPhone:

Go to "**Settings**" and select "**Heart Rate Settings**", and on the bottom of the screen you can see on which channel the chest strap is sending. Should you wish to change the channel, press the button on the chest strap as described above to switch to the next coded channel, and then press the button "**Re-Pair**" and your smartphone will establish a connection to the chest strap again.

Android operating systems:

Go to "**Settings**" and select "**Heart Rate Settings**", under point "**Sensor channel**" you can see on which channel the chest strap is sending. If it is using a coded channel, it shows a digit. If it uses the uncoded channel, it reads "**uncoded**". Should you wish to change the channel, you have to disconnect the chest strap from the receiver by switching to "**No pulse connection**". Now switch the channel as described above by pressing the button on the

chest strap. Switch to point "**Receiver + Chest strap (5.3 kHz)**" again, your smartphone will establish a connection to the chest strap again on the new channel.

BlackBerry:

Go to "**Settings**" and select "**Heart Rate Settings**", under point "**Sensor channel**" you can see on which channel the chest strap is sending. If it is using a coded channel, it shows a digit. If it uses the uncoded channel, it reads "**uncoded**". Should you wish to change the channel, press the button on the chest strap as described above to switch to the next encoded channel, select "**Connect Sensor**" again and your smartphone will establish a connection to the chest strap again.

Windows Phone 7:

Go to "**Settings**" and select "**Heart Rate**", under point "**Sensor channel**" you can see on which channel the chest strap is sending. If it is using a coded channel, it shows a **digit**. If it uses the uncoded channel, it reads "**uncoded**". Should you wish to change the channel, press the button on the chest strap as described above to switch to the next coded channel, select "**Connect Sensor**" again and your smartphone will establish a connection to the chest strap again.

NOTE:

Advantage of encoded transmission:

Transmission between the chest strap and receiver is encoded, thereby making it less susceptible to interference, e.g. from a chest strap worn by another person.

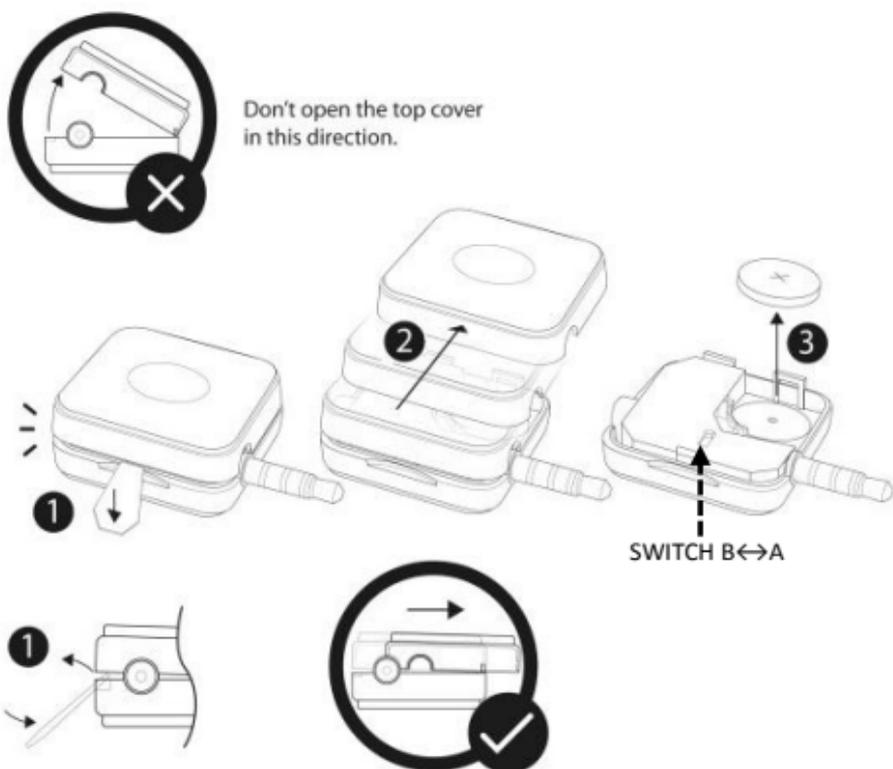
Advantage of uncoded transmission:

Transmission between the chest strap and receiver uses a frequency that is supported by

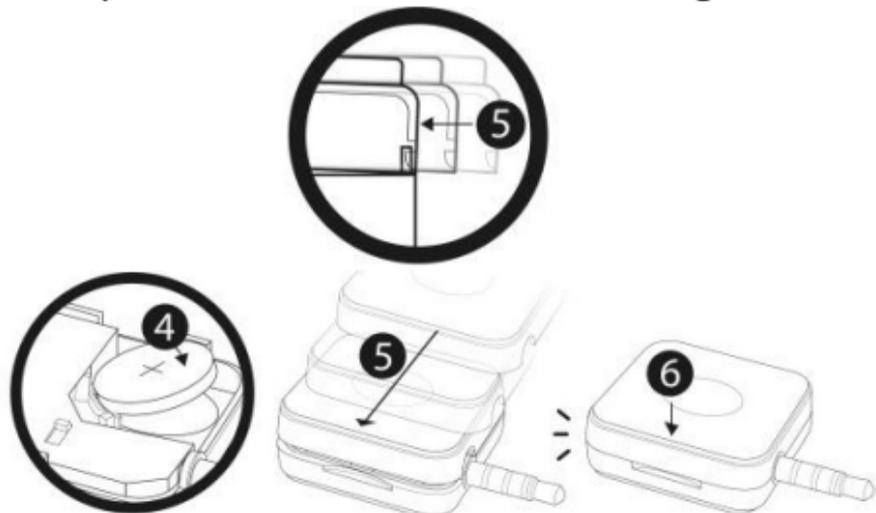
most fitness equipment, thereby enabling you to use the chest strap with many other devices, such as treadmills and cross trainers.

CHANGING THE BATTERY FOR THE RECEIVER

Open the housing of the receiver as shown in the illustration.



Remove the old battery and insert a new CR1220 3V battery. When doing this please ensure that the positive terminal (+) is facing upwards and that the battery touches the contact in the housing.



CHANGING THE BATTERY FOR THE CHEST STRAP

Open the battery compartment cover by inserting a coin and turning it counterclockwise. Remove the old battery and insert a new CR2032 3V battery. When doing this please ensure that the positive terminal (+) is facing upwards. Replace the battery compartment cover and secure it in place by turning it clockwise. When doing this make sure that the cover is firmly closed in order to prevent moisture from entering the chest strap.

TECHNICAL DATA

Receiver

Power supply:

1 lithium battery (3V, CR1220)

Chest strap

Power supply:

1 lithium battery (3V, CR2032)

Transmission frequency between chest strap and receiver: 5.3 kHz

Water tightness

The receiver and chest strap are splash water resistant. The table below indicates the activities and conditions for which they are suitable:

Perspiration	Shower	Bathing, swimming	Water-sports
Yes	No	No	No

DECLARATION OF CONFORMITY



EMC Directive 2004/108/EC:

Summary of the declaration of conformity: Krippel-Watches hereby declares that the receiver (art. no. RUND1, model: 92-1103800-01) and chest strap

(art. no. RUNDC1, model: T000260) conform to the basic requirements and other relevant provisions of Directive 2004/108/EC.

You can access the declaration of conformity in its entirety by visiting the following website: www.runtastic.com

WARRANTY

We provide a 24 months warranty for this product. The warranty period begins on the date of purchase (till receipt, purchase voucher). During this period you will receive free of charge a new or repaired product. The warranty does not include batteries, improper handling, dropping, shock or the like.

In case of a claim you have the following possibilities:

- a) contact your point of sale or
- b) write us an e-mail: service@runtastic.com

PLEASE NOTE: FOR ORGANIZATIONAL REASONS, WE CANNOT ACCEPT ANY UNANNOUNCED PACKAGES NOT PREPAID.

www.runtastic.com

