

Obeat 1 Optical Heart Rate Armband

Operation Guide

2PF290210080001
2020/02 V3

FEATURES

Dual mode technology

Compatible with sport watch, cycling computer, fitness equipment, and smartphone with Bluetooth® and ANT+; also works with most Fitness Apps via Bluetooth®.

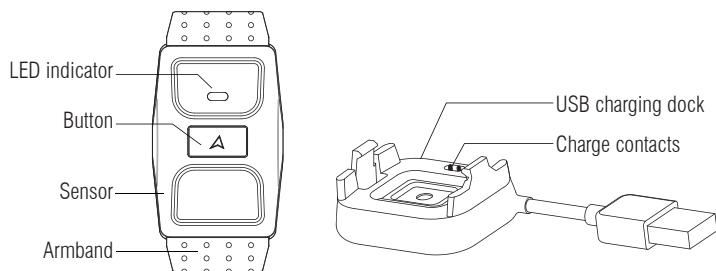
Storage function

This wearable device monitors your heart rates and the number of steps you take during exercise. The built-in memory can independently record and store heart rate data and SPM (steps per minutes); no need to bring your smartphone or wear your watch when exercising. After exercising, you can synchronize the data to **Ala Connect** through Bluetooth® to review the training summary and analysis.

Lightweight and comfortable

The sensor and armband are less than 20 grams; can be worn on the forearm or upper arm.

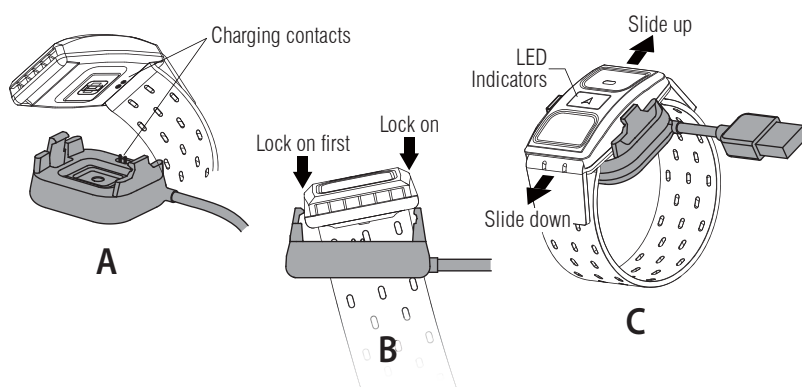
PART NAMES



HOW TO CHARGE

Please charge the sensor in the first use and when the battery is low (red flashing LED). Please make sure the charging contacts on the back of the sensor with that of the charging dock are clean and dry before charging to prevent any poor connection.

- 1 To charge the sensor, align the charging contacts on the back of the sensor with that of the charging dock. See **Figure A**.
- 2 Put the sensor into the charging dock as shown in **Figure B**.
- 3 Connect the USB power port to your computer or plug directly into a USB wall charger.
- 4 The green indicator will flash continuously when charging. Once the battery is fully charged, the green light will stop flashing and remain statically on.
- 5 Take out the sensor from the charging dock by sliding up or down. See **Figure C**.



APP USE AND SENSOR PAIRING

After synchronizing with the **Ala Connect**, the sensor can be automatically calibrated. To avoid errors in time correction, please synchronize immediately before the initial use and when it is fully charged after a battery drain.

- 1 Scan QR Code or search for **Ala Connect** on Apple Store or Google Play and download.
- 2 **Press the button once** with the white light on to synchronize and turn on sensor.
- 3 Open **Ala Connect** and add device according to the instructions. User's profile will be written into the sensor automatically once the device is successfully added and connected. Be sure to turn on Bluetooth® on your smartphone to synchronize.
- 4 Once the synchronization is completed, **press the button** to turn off.
- 5 Wear the sensor and exercise.
- 6 For recording, **press and hold the button** until the red light is on; to end the exercise mode, **press and hold the button** until the red light is on before it turns off (this action will also turn the sensor off).
- 7 To synchronize your training data with your device wirelessly, **press the button** for the white light and open both Bluetooth® and **Ala Connect** on your smartphone.
- 8 The uploaded training data will be stored in the cloud. Log in cloud.alatech.com.tw to check your activity report and results.



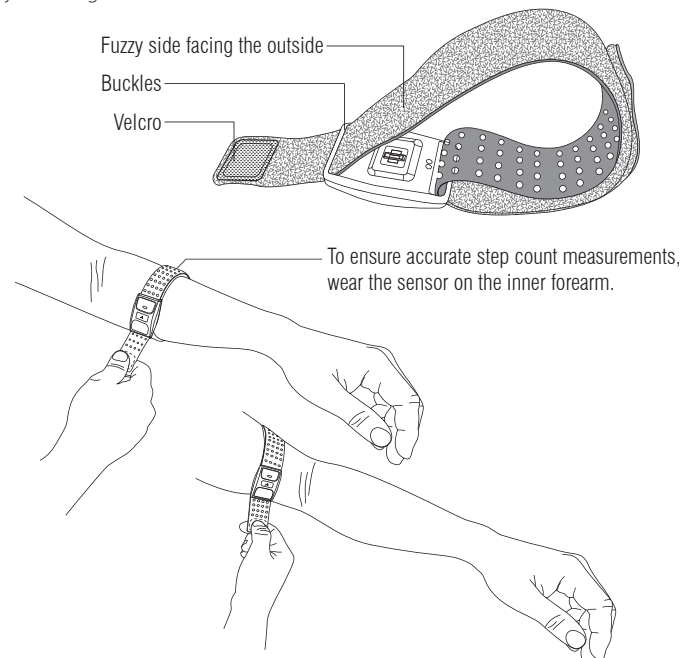
System requirements of APP installation:

- Support iOS 9 or later
- Support Android 5.1 or later
- Built-in Bluetooth 4.0 or later

* Also compatible with other apps, such as Wahoo fitness.

HOW TO WEAR

- 1 Slide both ends of the armband through the buckles at both ends of the sensor.
- 2 Wear the sensor on the inside of forearm or upper arm. Please do not wear it on the wrist and avoid any tattoo and hair.
- 3 Adjust the tightness to make sure the sensor fits the arm.



Product Warranty

We thank you for purchasing **ATTACUS** products. ATTACUS provide a one-year manufacturer's warranty from the date of purchase.

Warranty period:

We provide repair service free of charge but such service will be limited to normal use only. Any damage caused by misuse of users shall not be covered by the warranty hereof.

- 1) We offer a risk free 90 day warranty on all replacement parts that we offer for you.
- 2) User will pay for postage of replacement products from home to our service center. (Please pack properly)

Non-Warranty Repair Policy: (User needs to pay for the repairs.)

- 1) If malfunction or damage is caused by improper use, disassembly and modification.
- 2) If damage is caused by accident, abuse, misuse, flood, fire, earthquake, any other natural disasters or human negligence.
- 3) Due to normal wear and tear of consumptive parts such as battery, armband, etc.
- 4) If any serial number has been removed or defaced.
- 5) If it is damaged after the warranty expires.

Model	OB001	Date of purchase	YYYY / MM / DD
Serial No.	SN: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> OB001 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	(The serial number is printed directly on the back of device.)	
Dealer's Stamp	Customer Service (only applicable in Taiwan)		
ATTACUS ADD 39F, No.758, Jungming S. Rd. Taichung City 40255, Taiwan TEL +886-0800-608341			
Manufacturer			
Zhejiang ALA Fitness Technology LTD. ADD No.405 Tongxin Road, Tongxiang Economic Development Zone, Zhejiang, China TEL +86-573-8862 8666			

OPERATION

The sensor only comes with one button; the operation of different uses is described as follows:

Charge	Button	Green	Red	White
Charging		Flash		
Fully charged		Constant ON		
Low battery ^{Note 1}			Flash	
When used as an independent training device				
Turn on and Start Recording	Long press		Light up	
Stop Recording and Turn off	Long press		Light up	
Manual lap	Press once			
Light Indicate of heart rate				
Heart rate not detected			Constant ON	
Heart rate detected ^{Note 2}				
Synchronizing Data ^{Note 3}				
Turn on and Synchronizing	Press once			Light up
Stop Syncing and Turn off	Press once			Light up

Notes

1. The red light flashes when the power is turned on, indicating that the battery is low.
2. Once the heart rate is detected, the LED lights will indicate different heart rate zones through different colors.

Heart Rate Zone*	Training Intensity %		LED	Training Functions
	%MHR	%HRR	Indicator	
<Z1 Daily Life	~50	~55	Blue	
Z1 Warm Up	50~60	55~60	Aqua	Facilitate warm-up and energy recovery
Z2 Fat Burn	60~70	60~65	Green	Improve metabolism
Z3 Aerobic	70~80	65~75	Yellow	Enhance aerobic fitness
Z4 Anaerobic	80~90	75~85	Orange	Increase speed and lactate threshold
Z5 Maximum Effort	90~	85~	Red	Anaerobic. Sprinting pace; unsustainable for a long period of time

* The sensor will define your heart rate zone according to the age and Maximum Heart Rate (%MHR) or Heart Rate Reserve (%HRR) input in Ala Connect.

3. You can transfer the recorded data to **Ala Connect** via Bluetooth® wireless technology. Or syncing the settings you changed on **Ala Connect** to the sensor. Once the synchronization is completed, **press the button** to turn off.
4. The sensor will automatically turn off for power saving after 10 minutes of no action or connection.
5. **Press and hold the button** for more than 8 seconds at any time/mode will restarted the sensor (with white light on indicating synchronization mode). If you would like to record an exercise, please turn it off with **a single press**, and then **press and hold** until the red light is on.

SPECIFICATIONS

- Model: OB001
- Dimension: L 48×W 31.5×D 12.5mm
- Armband: See package for size **L** 380×25mm or **M** 260×25mm
- Weight: 13 g (armband excluded)
- IP rating: IPX7
- Memory capacity: Up to 25 of hours training. (Single recording file up to 13 hours)
- Operating temperature: -10~60°C (-14~140°F)
- Charge temperature: 10~45°C (50~113°F)

HOW TO CLEAN

- The sensor is water-proofed. You can clean it with water; be sure to dry it with cloth immediately after washing it.
- It is recommended to wash the armband with water (under 40°C). **DO NOT** use the brightener, soap or softener. **DO NOT** soak, iron, dry clean, bleach and twist.

FCC

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 causes 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 doing 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.

FCC Caution

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

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

MPE

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.