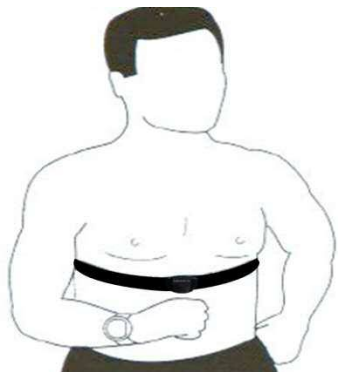


TP5

HEART RATE MONITOR

How to wear your TP5 Heart Rate Monitor

1. Attach the sensor pod to the chest strap using the poppers on the front of the strap, the sensor pod will snap onto the poppers securely.
2. Adjust the strap to fit your lower chest so that it is tight, yet breathable and comfortable.
3. If necessary moisten the electrodes using a small amount of water, saliva or electrode heart rate gel to improve the connection.
4. The TP5 uses on chest detection to activate and when a heartbeat is detected the LED light will flash **Red**.



1. Moisten the rubber electrodes on the back of the belt.

2. Attach heart rate sensor to the belt.

3. Position the belt on the chest as shown.

How to pair your TP5 Heart Rate Monitor to a Bluetooth Smart Phone / Watch

1. Download your chosen fitness app
2. Open/Install the app on your Smart phone/device
3. Put on your TP5 following the instructions above. **Blue** LED lights will flash indicating the heart rate monitor is in advertising mode. When paired the **Blue** LED will stop flashing.
4. Look for the sensors icon on your app or follow the sensor pairing instructions on your chosen device.
5. When you have found the Cardiosport TP5 select 'add sensor' or 'save sensor' if applicable on the app.
6. Some apps may ask you to assign your sensor a workout profile eg: Running, Cycling, Hiking etc... Select the work out profile you intend to monitor heart rate for and select 'done' or 'finish' if applicable on the app.

How to pair your TP5 Heart Rate Monitor to an ANT+ watch / bike computer / fitness equipment

1. Put on your TP5 following the instructions above, by wearing the chest belt it will automatically wake up with on chest heart rate detection.
2. Follow the pairing instructions on your ANT+ device by searching for heart rate monitors.
3. Some ANT+ will automatically pair to a sensor when it is activated and display an ANT+ ID code.
4. When your ANT+ device shows that your TP5 has paired and displays an ID code, it is now paired. There is no need to manually pair your TP5 every time to your ANT+ device, depending on your ANT+ device it will automatically pair when the heart rate monitor is next activated.

How to look after your TP5 Heart Rate Monitor

1. After exercise please detach the sensor pod from the chest strap, this will preserve battery life and makes washing the chest strap easier.
2. When washing the chest strap, only use standard washing detergent and warm water.
3. The chest strap can be washed in a washing machine at 30C for no more than 30 washes.
4. Do not leave the chest strap to dry on a radiator or hot surface as this may cause damage to the electrode sensors.
5. Do not tumble dry as this will damage the electrode sensors.

Compatible apps



Strava



Endomondo



Zwift



Wahoo Fitness



Map My Run



Map My Ride



Ride With GPS



Runtastic

Many more...

User Battery Replacement



WARNING

- Do not use a sharp object to remove the battery
- Please keep batteries out of reach of children
- Do not put batteries in your mouth. If swallowed contact your physician or local poison control centre immediately.
- Replaceable coin cell batteries may contain perchlorate material and special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate



CAUTION

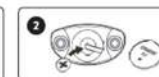
Contact your local waste disposal department for recycling coin cell batteries.

Replacing the Cardiosport TP5 Heart Rate Monitor Battery

1. Find the battery door located on the underside of the sensor pod.
2. Insert a \$ quarter, £ 20p or € 20c coin into the slot and rotate anti-clockwise.
3. When the battery door becomes loose, remove carefully. The battery will be inside the battery door when you remove it.
4. Wait for around 20-30 seconds
5. Insert a new battery into the battery door slot with the flat side of the battery facing down.
6. Once the new battery is in place, reattach the battery door by placing the door over the markers.
7. Insert the coin used to open the battery door and rotate clockwise until the battery door fits flush with the sensor pod under-side.



1. Rotate the battery cover counterclockwise to open.



2. Replace the battery with CR2032 coin cell battery noting correct orientation.



3. Rotate battery cover clockwise to close.

Limited Warranty

The Cardiosport TP5 Heart Rate Monitor is covered by the standard Cardiosport limited warranty. For more details please visit: www.cardiosport.com

TP5 Heart Rate Monitor Specification

Operating range	30 – 240 bpm
Battery type	User replaceable CR2032 3 volts
Battery life	Approximately 900+ hours
Radio frequency protocol	Bluetooth Low Energy and ANT+ Wireless communications protocol
Water rating	IPX7 Water Resistant
Operating temperature range	From 0C to 50C / - 32F to 122F
Weight	13 grams
Size	64mm
Maximum output power	4dBm
Peak active current	Typical 7.5mA
Stand-by-current	Less than 10uA

Contact:

Healthcare Technology Ltd
Dragoon House
Hussar Court
Waterlooville
Hampshire
PO7 7SF
United Kingdom

Important Product Information Certification Sheet

Caution:

The manufacture is not responsible for any radio or TV interference caused by any unauthorized modifications made to this product. Such modifications could void the users authority to use the product.

CE Statement:

Hereby, Cardiosport declares that this product is in compliance with:
The essential requirements and essential relevant provisions of directive 2014/53/EU. Regulatory authorities in the EU may obtain compliance information by writing to us at:
Healthcare Technology Ltd
Dragoon House
Hussar Court
Waterlooville
Hampshire
PO7 7SF
United Kingdom

California Proposition 65:

The enclosed product (hardware) and its packaging contain chemicals the state of California has found to cause cancer, birth defects or reproductive harm.

FCC Rules Part 15:

The enclosed product (hardware) device complies with part 15 of the FCC Rules. Operation is subject to following two conditions: (1) this device may not cause harmful interference and (2) it must accept any interference received, including interference that may cause undesired operation.

FCC Caution:

To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example – use only shielded interface cables when connecting to computer or peripheral devices.

FCC Radiation Exposure Statement:

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be re-located or operated in conjunction with any other antenna or transmitter

This Important Product Information Guide contains safety and handling, regulatory and warranty information.

Battery Safety: Most Cardiosport products contain coin cell batteries. Keep batteries away from Children. Never put batteries in mouth. Swallowing can lead to chemical burns, perforation of the soft tissue, and death. Severe burns can occur within 2 hours of ingestion.

Only replace batteries with correct replacement batteries. Using other batteries poses a risk for fire and explosion. Do not use sharp tools to remove user-replaceable cell. Do not remove or attempt to remove non-user replaceable batteries.

Before commencing any exercise program, please consult your physician. If you have a pacemaker or other implanted electronic device, consult your physician prior to using a heart rate sensor. This product is intended for recreational use only and is not a medical device intended for medical purposes. Heart rate and other readings could be influenced by interference from external sources. If you use this product with navigation software, always be aware of your surroundings. This product contains no user serviceable parts and repairs, any modifications should only be made by a Cardiosport technician. Any unauthorized modifications or repairs will void your warranty. Do not leave product exposed to excessive heat or cold.

FCC Compliance Statement:

This equipment has been tested and found to comply with 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 residential installations. 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 interference to radio or television equipment reception, which can be determined by turning the equipment off and on, the user is encouraged to try 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.

CARDIOSport®

TP5 HEART RATE MONITOR

Instruction manual

