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用户使用手册

HR RUNNER 智能心率带

www.igpsport.cn



武汉齐物科技有限公司

1. 产品说明

HR Runner是一款全新设计的跑步心率带,不仅适用于日常运动健身的心率监测,还可以支持高阶跑步动态数据的采集(需要兼容的运动手表支持)。

HR Runner支持Bluetooth、ANT+ 等通信技术,可确保连接到各种运动设备、健身器材以及常见第三方应用。

HR Runner具备胸带测量功能,能够及时监测心率变化,通过与兼容的支持高阶跑步动态数据的运动手表还能实时显示跑步运动过程中动态数据。

注意:

HR RUNNER提供的心率数据尽可能作为运动健身辅助参考使用,不能作为医疗器械使用。

2. 标准包装

- HR Runner 传感器 x1
- 胸带 x1
- 使用说明 x1

3. 产品使用提示

3.1 将传感器连接到胸带上,设备后盖上有 2 个字母“L”和“R”,表示佩戴设备时的匹配位置,请将传感器的 igpsport 的标志正面对准上。



3.2

HR Runner通过胸带背面的塑料电极区域检测心率,使用前请将胸带上的电极区润湿。



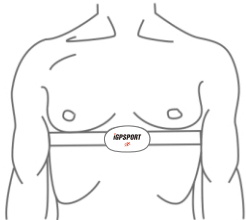
3.3

将胸带系到胸前略低于胸肌的位置,与另一端的挂扣扣在一起。

3.4

调整胸带长度至松紧适度,检查一下,湿润的电极区域是否紧贴着您的皮肤。

- 将设备佩戴在心脏附近,以获得更强的心率信号。
- 胸带佩戴过松会导致连接不良或偶尔松动,请适当调整背带长度以贴合您的胸部并获得有效连接。



4. 设备配对

通过ANT+和BLE,HR Runner支持与码表、运动手表或者智能手机的大多数支持外设的APP配对,配对时您需要佩戴传感器。



HR Runner的蓝牙名称一般是:HR Runner-xxxxxx(8位数字)

注意:

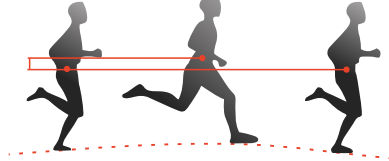
- 1) HR Runner作为心率监测器兼容标准ANT+协议及蓝牙5.0.
- 2) HR Runner仅测高阶跑步动态数据时,只能在支持高阶跑步动态数据的运动手表上通过ANT+协议连接,才可显示,蓝牙连接无法显示跑步动态数据。

5. 跑步动态数据

将HR Runner与支持高阶跑步动态数据的运动手表配对后,手表可显示您在跑步过程中的实时跑步动态数据,为了确保跑步动态数据正常显示,请通过ANT+协议与兼容的跑步设备连接。请注意,并非所有跑步设备都能支持显示高阶跑步动态数据,请咨询您的手表设备销售商。

支持的跑步动态数据如下表所示:

核心参数	参数含义
垂直振幅	跑步时身体重心的垂直振动幅度。
触地时间	每步中,一只脚从接触地面到离开地面所用的时间。
触地平衡	左右脚分别接触地面时间的比,可测量跑步时的对称性。对大多数人而言,跑步姿势越对称越好。
垂直比值	垂直振幅与步幅的比值,是衡量跑步效率的一种方法。
步幅	跑步时左右脚跨步移动的距离。
步频	双脚每分钟持续跨出多少步数,这是经常会被测量的跑步指标。



6. 心率带保养

心率带有电子元器件及信号采集设备,请遵照维护说明,以确保测量的数据可靠并最大程度延长心率传感器的寿命。

- 传感器 每次使用后请将传感器从胸带上取下,并用软毛力擦干传感器。必要时,用稀释的肥皂水溶液清洗传感器,切勿使用酒精或任何磨擦材料(如钢丝球或化学清洁剂)。
- 胸带 使用后请用清水冲洗胸带,并悬挂晾干,必要时,用稀释的肥皂水溶液轻轻地清洗胸带,请勿使用滚烫的肥皂,因为它们会在胸带上留下残留物。请勿浸泡、熨烫、干洗或漂白胸带,请勿拉伸胸带或急剧地弯曲电极区域。查看您胸带上的标签,请确认是否可以机洗,请勿将胸带或连接器放入烘干机里! 晾干并分开存放胸带和连接器以最大程度延长心率传感器电池的使用寿命。将心率传感器存放在阴凉干燥的地方,为防止指扣氧化,请勿将潮湿的心率传感器存放在不透气的材料中,如运动背包,请勿让心率传感器长时间暴露在直射阳光下。

7. 电池

HR Runner使用CR2032纽扣电池(已安装),正常工作数百小时。(设备将在不使用会以非常低的功耗进入睡眠模式。)

更换电池

- 用硬币向左侧转动电池盖,取下电池盖。
- 按当地环保规定妥善处理旧电池。
- 安装新电池(正极(+)朝上),用硬币将电池盖朝右侧旋转。



为避免发生事故,请将电池远离儿童。

8. 产品规格参数表

传感器	高灵敏度双模块心率监测器
防水等级	IPX7
胸带长度	65-95 cm
重量	47g (包含CR2032纽扣电池)
物理尺寸	59.8×35.3×11.9 mm
心率范围	40-240 bpm
无线传输	Bluetooth 5.0 & ANT+

9. 联系我们

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10. 声明

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USER MANUAL

HR RUNNER HEART RATE MONITOR

www.igpsport.com



WUHAN QIWU TECHNOLOGY CO., LTD

1. PRODUCT INTRODUCTION

HR Runner is a new design of running heart rate monitor, not only suitable for daily exercise and fitness heart rate monitoring, but also supports the collection of advanced running dynamic data (it requires that sports watch support be compatible with) HR Runner supports Bluetooth, ANT+ and other communications technologies to ensure connectivity to a wide range of sports devices, fitness equipment and common third-party apps.

HR Runner has chest strap measurement function, can timely checks heart rate changes, and display dynamic data during running in real time through a compatible sports watch that supports high-order running dynamic data.

Note:

The heart rate data provided by HR RUNNER can only be used as auxiliary reference for sports and fitness, and cannot be used as medical equipment.

2. STANDARD PACKAGING

- HR Runner sensor x1
- Chest Strap x1
- User manual x1

3. TIPS FOR PRODUCT USE

3.1 There are 2 letters on the back cover of the device which are 'L' and 'R' to indicate the matching position when you are wearing the device. Please make the side with igpsport logo face up.



3.2

HR Runner can monitor the heart rate through the plastic electrode area on the chest strap . Please wet the electrode area of the chest strap before use.



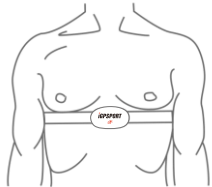
3.3

Tie the strap to the chest just below the pectoral muscles and fasten it to the hook at the other end.

3.4

Adjust the strap length to fit your chest tightly and comfortably, make sure the wet electrode area touch firmly with your skin.

- Wear the device near your heart to get stronger heart rate signals.
- Poor connection or occasional loosening will be caused if wearing the strap is too loose, please adjust the strap length properly to fit your chest and get effective connection.



4. PAIRING DEVICE

With ANT+ and BLE, HR Runner supports the connection with igpsport bike computers, smart phones or sport watches (requires devices with standard ANT+ or BLE protocol)



HR Runner Bluetooth name: HR Runner-XXXXXXX (8 digits)

Note:

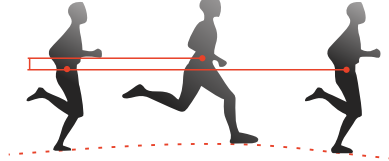
- 1) HR Runner is compatible with Bluetooth 5.0 as a heart rate sensor.
- 2) When HR Runner detects advanced running dynamics data, it can only be displayed when it is connected by ANT+protocol on the sports watch that supports advanced running dynamics data. Bluetooth connection cannot display running dynamics data.

5. RUNNING DYNAMICS

After pairing HR Runner with a sports watch that supports advanced running dynamics data, the watch will display real-time running dynamics data during your exercise. To ensure the smooth display of running dynamics data, please connect to a compatible running device through ANT+ protocol. Please note that not all running devices can support displaying advanced running dynamics data, please consult your watch equipment vendor.

The supported running dynamic data is shown in the following table:

Kernel Parameter	Parameter Interpretation
Vertical Oscillation	The amount that the torso moves vertically with each step, while running, measured in centimeters (cm).
Ground Contact Time	The amount of time that your foot is in contact with the ground on each step, measured in milliseconds (ms) when recording a running activity.
Left/Right Balance	Ratio time of the leftright feet touch the ground, can measure the symmetry during running. For most people, the more symmetrical, the run , the better.
Vertical Ratio	measurement of vertical oscillation, divided by your stride length, then expressed as a percent.
Stride Length	The distance between the left and right feet while running.
Cadence	How many steps your feet span per minute, which is a running indicator often measured.



6. CARING HEART RATE STRAP

The heart rate strap contains electronic components and signal acquisition equipment. Please follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor.

- Sensor Detach the sensor from the strap after every use and dry the sensor with a soft towel. Clean the sensor with mild soap water solution when needed. Never use alcohol or any abrasive material.
- Chest Strap Rinse the strap under running water after every use and dry it by hanging. Clean the strap gently with a mild soap water solution when needed. Do not use moisturizing soaps, because there would be residue left on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Dry and keep the strap and the sensor separately to maximize the heart rate sensor battery life time. Keep the heart rate sensor in a cool and dry place. Do not put the wet heart rate sensor in an airtight environment, such as sports bag so that buckle oxidation can be prevented. Do not expose the heart rate sensor to direct sunlight for long time. Check the label on your strap to see if it is machine washable. Never put the strap or the sensor in a dryer!

7. BATTERIES

HR Runner is working with CR2032 button battery(already installed), normally it can work for hundreds of hours. Device will go into sleep mode with very low power consumption while no using.)

Battery replacement

- Take off the battery cover by using a coin to rotate the battery cover towards left side.
- Dispose the used battery properly according to local environmental regulation.
- Install the new battery(keep the positive(+) side up), and using a coin to rotate the battery cover towards right side.



To avoid accidents, please keep the batteries away from the children.

8. PRODUCT SPECIFICATIONS

Sensor device	High sensitive dual module heart rate monitor
Waterproof	IPX7
Strap length	65-95 cm
Weight	47g (CR2032 button battery included)
Physical dimensions	59.8×35.3×11.9 mm
Heart rate range	40-240 bpm
Wireless transmission	Bluetooth 5.0 & ANT+

9. CONTACT US

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10. DECLARATION

The user manual is only for reference only, if any differences between it and device, the device shall govern. We reserve the rights to change or improve our products and to make changes in the content of this manual without obligation to notify any person or organization for such changes or improvements.

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