



AVIRON PULSE
USER MANUAL

AVIRON ACTIVE

END BORING WORKOUTS

Thank you for choosing the AvironPulse Heart Rate Monitor. This device monitors and transmits real-time heart rate, blood oxygen, step count, and calorie data via Bluetooth to your Aviron machine or fitness apps. Please read the instruction manual carefully for the best experience.

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Product Overview and Key Features

Features:

- Heart rate, blood oxygen (SPO2), and steps count monitoring*
- Bluetooth Low Energy 5.0
- Buttonless design, auto on/off
- Built-in acceleration sensor
- Rechargeable lithium battery
- Stores 2 days of heart rate data and 7 days of fitness data
- Vibration reminder
- LED indicator

* Important

This device is not designed or intended to be used for medical purposes and should only be used for fitness training and recreational activities. Consult a physician or general practitioner to determine your appropriate fitness heart rate range.

Specifications:

- Dimension: L47xW30xH10 mm
- Weight: 12.1g
- Measurement range: 40~220 bpm
- Measurement accuracy: ± 5 bpm
- Battery Type: Rechargeable Lithium Battery
- Battery Life: 60 Hours of Continuous Heart Rate Monitoring
- Operation Temperature: -10°C to 50° (14°F to 122°F)
- Transmission: Bluetooth
- RF Transmission range: 60 meters
- Waterproof Level: IP67

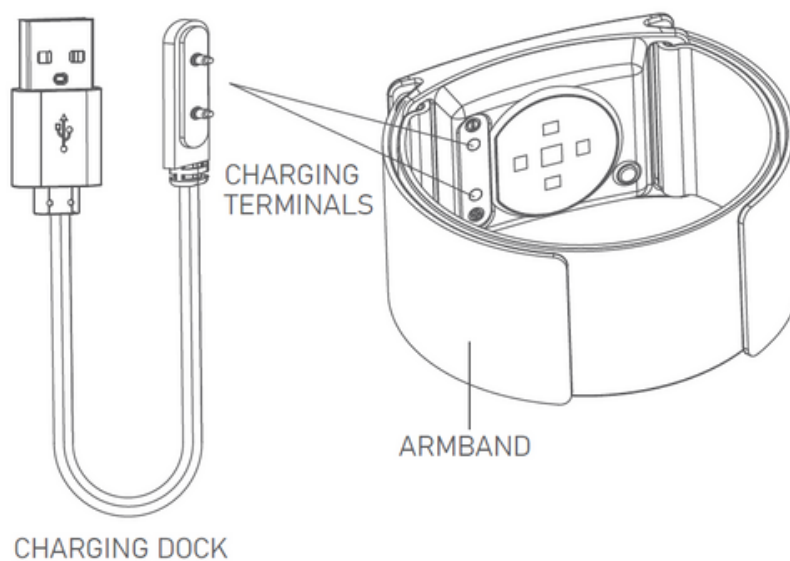
Care and Maintenance

Charging:

Ensure your device is fully charged before first use.

To charge the device, first plug in the charger dock to a USB port or power adapter, then connect the charging terminals to the back of the Heart Rate Monitor.

NOTE: Ensure the charging terminals align correctly; otherwise, the dock magnets will disconnect.



Low battery (20%): A red LED will flash, and the device will vibrate.

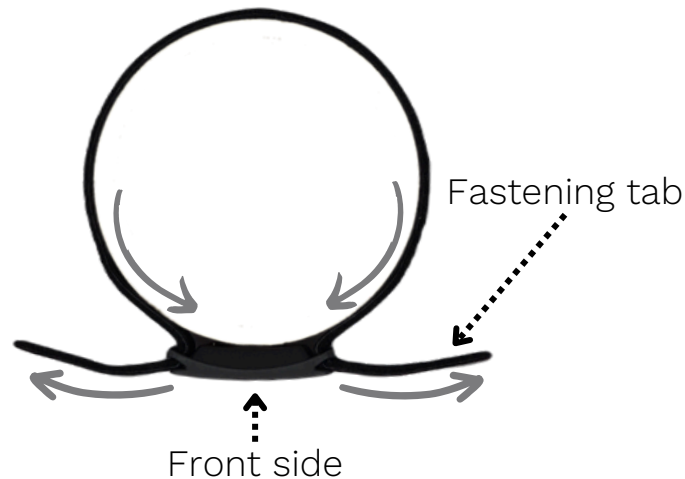
While charging: The LED will flash red and green.

Full battery: The green LED will remain on.

Operating Instructions

Strap Installation:

1. Thread the strap, ensuring the fastening tab faces outward, from the back of the device toward the front on both sides.
2. Secure the fastening tab onto the textured side of the strap.

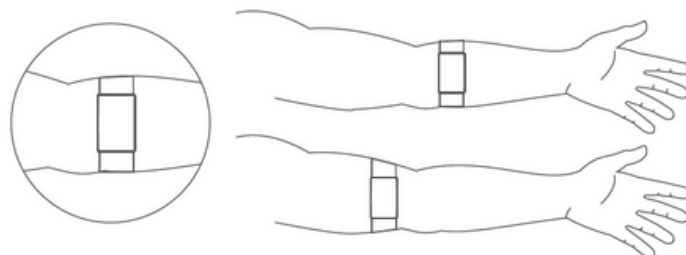


Wearing:

Wear the device on the inner or outer side of your arm, either just above the elbow or on the forearm, as illustrated in the image below.

Fasten the band to a comfortable position and make sure the sensor is not slipping. Do not overtighten as the band could restrain your blood circulation.

This device features an auto on/off state; the device turns on automatically when in touch with your skin. A purple LED flashes rapidly 4 times when it turns on.



Device Pairing:

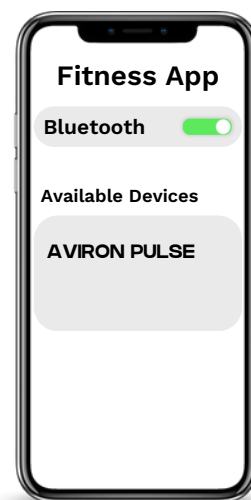
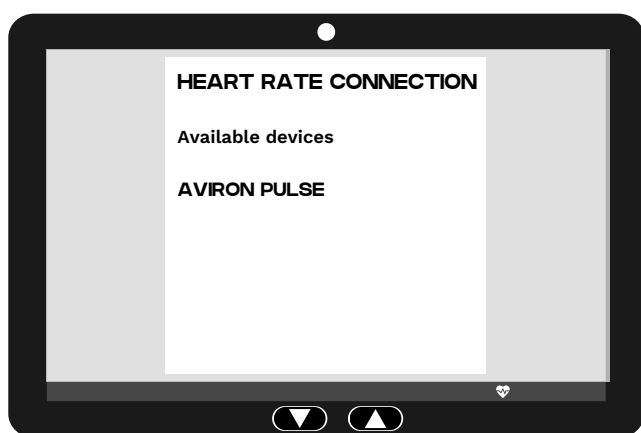
A white LED light will flash periodically while the Heart Rate Monitor is in search mode. Once paired, the light will briefly flash blue before turning back to white.

Pairing with the Aviron screen or app:

1. Ensure the device is on and on your arm.
2. Click the heart icon on the bottom right corner of the screen.
3. Click on the 'Connect' button next to *AvironPulse* device name.

Pairing to 3rd party device or app:

1. Turn on the Bluetooth function on your device. If using an app, allow all permissions when prompted.
2. Go to the sensor setting menu in the app.
3. Search and connect to the device.



Data Logging Interval:

Heart rate: Per second
Steps count: Per second
Battery level: Per minute

NOTE: The device will vibrate three times in two groups when the heart rate value reaches 167 bpm.

Disclaimer

The information contained in this user manual is for reference only. The product described above may be subject to modifications of the manufacturer's continuous research and development plans. The manufacturer is not obligated to announce it in advance.

We shall not bear any legal liability for any direct or indirect, accidental, special damages, losses, and expenses derived from or associated with this manual or the product contained.

Warranty

Your *AvironPulse* is covered by a limited warranty.

Visit our website for details of the limited warranty terms & conditions:

<https://www.avironactive.com/support/general/warranty/>

Support

If you encounter any issues or need assistance, please visit the support section of our website:

<https://www.avironactive.com/support/general/>



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