

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to a product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

**ICON Health & Fitness, Inc.**  
1500 S. 1000 W., Logan, UT 84321-9813

## COMPLIANCE INFORMATION

### UNITED STATES

**FCC Statement.** This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

Note: This equipment has been tested and found to comply with the 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 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 does cause 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 one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

### CANADA

**IC Statement.** This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device.

**CAN ICES-3 (B)/NMB-3(B)**

# iFIT® SmartBeat

Model Number IFAHR119.0



## QUESTIONS?

If you have questions after reading this manual, please contact Customer Care:

**US:** 1-800-288-4802

**Outside US:** Call the telephone number on the front cover of the user's manual included with your fitness equipment, or contact the establishment where you purchased the heart rate monitor.

Note: If you need a replacement user's manual, go to [iconfitness.com](http://iconfitness.com).

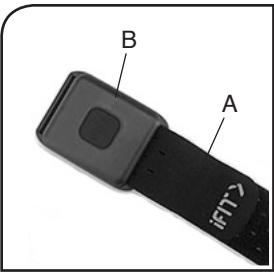
**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the heart rate monitor. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the heart rate monitor are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35, persons with pre-existing health problems, persons who have an implanted medical device such as a pacemaker, or persons who are taking medication regularly.
3. If you have heart problems, or if you are over age 60 and have been inactive, do not use pulse-driven workouts.
4. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
5. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

## HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of an armband (A) and a sensor (B).

Before you use the heart rate monitor, **remove the protective film from the back of the sensor**. Attach the sensor to the armband by inserting one end of the armband through one slot on the sensor and then securing it into place. Make sure that the iFit button on the sensor and the iFit logo on the armband are facing the same direction. Next, insert the other end of the armband through the other slot on the sensor.



Then, slip the heart rate monitor onto your arm. The heart rate monitor must be worn under your clothes, securely against your skin. Place the armband 2 to 3 inches (5 to 8 cm) above or below your elbow. Make sure that the iFit button on the sensor is facing upward. Then, adjust the length of the armband as needed.



## HOW TO USE THE HEART RATE MONITOR

Press the iFit button on the sensor to activate the heart rate monitor. The LED light on the sensor will alternate between blue and green while it is detecting your heart rate. When your heart rate is detected, the LED light will blink green. If no heart rate is detected, the LED light will alternate between blue and red.

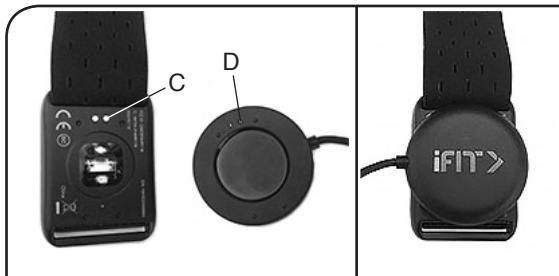
To pair the heart rate monitor with your fitness equipment, follow the instructions in the user's manual for your fitness equipment. When the heart rate monitor has successfully paired with your fitness equipment, the LED light on the sensor will be solid blue for a few seconds. The LED light will then flash green.

To turn off the sensor, press and hold the iFit button on the sensor for 3 seconds. The LED light on the sensor will be solid red for 2 seconds, and then the light will turn off.

## HOW TO CHARGE THE SENSOR

The sensor contains a rechargeable lithium battery. When the battery level is low, the LED light on the sensor will blink red 3 times every 5 minutes to notify you that the battery needs to be charged.

To charge the sensor, align the contacts (C) on the back of the sensor with the pins (D) on the charger. **Make sure that the sensor is magnetized to the charger.**



Then, plug the charger into a USB port on your computer. When the sensor is charging, the LED light will flash red. When the sensor is fully charged, the LED light on the sensor will be solid green.

## CARE AND MAINTENANCE

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not expose the battery to extreme temperatures. For maximum battery capacity, use the battery at room temperature. If the battery is used in low temperatures, the battery capacity will be reduced.
- To clean the sensor, use a damp cloth and a small drop of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. **Never use alcohol, abrasives, or chemicals to clean the sensor.** Hand wash and air dry the armband.

## TROUBLESHOOTING

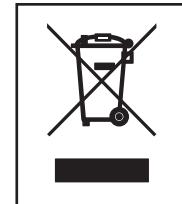
If the heart rate monitor does not function properly, try the steps below.

- Make sure that an ANT+ receiver or a Bluetooth® Smart receiver is included in your fitness equipment. The heart rate monitor is designed to transmit to compatible fitness equipment.
- Make sure that you are wearing the heart rate monitor as described in HOW TO PUT ON THE HEART RATE MONITOR. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your arm.
- For the fitness equipment console to display heart rate readings, you must be near the console.

- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**



Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.