



RUNTEQ SMART RUNNING SENSOR HR USER GUIDE

1. Welcome

Thank you for purchasing RUNTEQ Smart Running Sensor! RUNTEQ has the smallest Bluetooth® LE compatible heart rate and running kinematics sensor on the market. The device is manufactured by Suunto and is based on their Movesense platform.

RUNTEQ Smart Running Sensor measures your heart rate with great comfort and accuracy while reports also amazing number of running technique metrics. The sensor is compatible with soft, comfortable Movesense heart rate belts. The sensor module can also be attached to other Suunto Movesense compatible sports apparel.

2. Safety

Safety precautions

WARNINGS

- *ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCT IS IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR.*
- *ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.*
- *PEOPLE WHO HAVE A PACEMAKER, DEFIBRILLATOR, OR OTHER IMPLANTED ELECTRONIC DEVICE USE THE TRANSMITTER BELT AT THEIR OWN RISK. BEFORE STARTING THE INITIAL USE OF THE TRANSMITTER BELT, WE RECOMMEND AN EXERCISE TEST UNDER A DOCTOR'S SUPERVISION. THIS WILL ENSURE THE SAFETY AND RELIABILITY OF THE PACEMAKER AND TRANSMITTER BELT WHEN BEING USED SIMULTANEOUSLY. EXERCISE MAY INCLUDE SOME RISK, ESPECIALLY FOR THOSE WHO HAVE BEEN SEDENTARY. WE STRONGLY ADVISE YOU TO CONSULT YOUR DOCTOR PRIOR TO BEGINNING A REGULAR EXERCISE PROGRAM.*
- *THE DEVICE AND APP ARE ONLY FOR RECREATIONAL USE.*

CAUTIONS

- *DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.*
- *DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.*
- *TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.*
- *DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.*

3. Getting started

RUNTEQ Smart Running Sensor is easy to use. Follow the steps below, and you get accurate feedback about your exercise intensity and technique.

3.1. Wearing belt

To start using RUNTEQ Smart Running Sensor unit and belt:

1. The sensor unit turns on automatically when it detects movement
2. Snap the sensor unit firmly into the belt connector (Figure 1)
3. Adjust the belt length as needed.
4. Moisten the belt electrode areas with water or electrode gel (Figure 2)
5. Wear the belt against your bare skin for best results. Put the belt on so that it fits snugly, and the sensor unit's RUNTEQ logo facing up and forward (Figure 3)

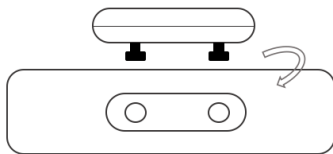


FIGURE 1



FIGURE 2



FIGURE 3

TIP:

RUNTEQ Smart Sensor can also be used with Movesense compatible sports clothing available from other brands.

3.2. Pairing with watches and mobile devices

RUNTEQ Smart Running Sensor is compatible with Bluetooth^R Low Energy, such as sports watches or mobile devices with sports apps.

Connecting procedures may vary so please refer to the instructions of your mobile application or sports watch for guidance. When pairing the first time, it is recommended that you are at least 10 m (33 ft) away from other Bluetooth sensors. You can pair the belt with multiple sports watches and apps, but only one connection can be active at a time.

4. Using RUNTEQ Smart Sensor

You can use your RUNTEQ Smart Running Sensor to record your heart rate and get accurate information about running technique kinematics.

To use your RUNTEQ Smart Running Sensor:

1. Wear the Sensor (see 3.1. *Wear belt*).
2. Start your recording in the paired sports watch (see 3.2. *Pairing with ...*).
3. Complete your activity and stop the recording in your sports watch.
4. Rinse off your heart rate belt or other Movesense garment (see 6.1. *Handling guidelines*).

NOTE: Dry skin under the belt electrodes, a loose belt, and synthetic shirt materials can cause abnormally high heart rate readings. Moisten the belt electrodes well and tighten the belt to avoid heart rate peaks. If you are otherwise concerned about your heart rate, please consult a doctor.

5. Updating Firmware

RUNTEQ Smart Running Sensor firmware can be updated through RUNTEQ app (coming available later). If an update is available, you are prompted to do the update through the app.

6. Care and support

6.1. Handling guidelines

Both the RUNTEQ Smart Sensor module and belt should be rinsed with fresh water after each use.

CAUTION: Do not pull the RUNTEQ Smart Running Sensor module off the belt. This may damage the belt connectors. Unsnap one side at a time. The belt should be machine washed in 40° C after every 2-3 exercises. See the belt tag for further washing instructions.

CAUTION: Do not never machine wash the RUNTEQ Smart Running Sensor module. Machine washing may damage the module.

6.2. Troubleshooting

The transmission range of the RUNTEQ Smart Running Sensor can be three meters or more under ideal conditions. However, for best results, minimize obstructions between the Sensor module and your sports watch or mobile device. Keep the watch or mobile in front of you or to one side in a pocket or on a belt. If you keep your arms behind your back or put your mobile device in a fanny pack, for instance, the transmission signal from the Smart Sensor may be interrupted.

If the RUNTEQ Smart Running Sensor does not seem to be sending heart rate data even without obstructions, try any of the following:

1. Ensure the belt contact areas (electrodes) are wet.
2. Adjust the belt so that it fits tighter against your chest.
3. If your skin tends to remain dry during a workout, use electrode gel.
4. Check that Bluetooth is on in the device your belt is paired with.
5. Change the battery in the sensor and re-pair with your sports watch or mobile device.

If the RUNTEQ Smart Running Sensor seems to send incorrect data, try any of the following:

1. Ensure that the sensor is attached correctly to the belt with both snaps snugly fitted.
2. Pair the belt again with your Bluetooth-enabled device.

6.3. Battery

RUNTEQ Smart Running Sensor uses a 3-Volt lithium cell (CR 2025) battery. With RUNTEQ app, you can check the battery status from the device information when the sensor is connected.

To replace the battery:

1. Remove the sensor from the belt.
2. Open the battery cover
3. Replace the battery.
4. Firmly close the battery cover.

6.4. Getting support

To get additional support, visit www.runteq.com/support. There you will find a comprehensive range of support materials, including Questions and Answers and instruction videos. You can also post questions directly to Runteq or email/call Runteq support professionals.

We recommend registering your product to get the best personalized support from Runteq.

To get support from Runteq:

1. Register at www.runteq.com/support
2. Visit runteq.com (www.runteq.com/support) to see if your question has been asked/answered already.
3. Alternatively, send us an email to runteq@runteq.com. Please include the product name, serial number and a detailed description of the issue. RUNTEQ's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

7. Reference

7.1. Technical specifications

Module

- Weight: 10 g/0.35 oz (battery included)
- Diameter: 36.6 mm/1.44 in
- Thickness: 10.6 mm/0.42 in
- Operating temperature: -20° C to +60° C/-5° F to +140° F
- Storage temperature: -30° C to +60° C/-22° F to +140° F
- Water resistance: 30 m/100 ft
- Battery type: CR2025
- Battery life: ~ 300 hours
- Transmission frequency: 2.4GHz (Bluetooth Smart)

Belt

- Weight: 31.2 g/1.10 oz
- Width: 30 mm/1.18 in
- Length: Small 56-82 cm, Medium 70-110 cm, and Large 96-160 cm

Radio transceiver

- Bluetooth® LE compatible
- Communication frequency: 2402-2480 MHz
- Maximum transmission power: <0 dBm (conducted)
- Range: ~3 m/9.8 ft

Manufacturer

Suunto Oy, Tammiston kauppatie 7 A FI-01510 Vantaa FINLAND

7.2. Compliance

7.2.1. CE

The device manufacturer, Suunto Oy, declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. For more information, please go to Suunto pages: www.suunto.com/EUconformity.

7.2.2. FCC compliance

This device complies with Part 15 of the FCC Rules.

7.3. Patent notice

This product is protected by the following patents and pending patent applications and their corresponding national rights: US 13/071,624, US 13/832,049, US 13/832,598, US 13/917,668, US 13/397,872, USD 667,127, US 8,386,009, US 8,750,959, US 8,814,574, US 8,886,281. Additional patent applications have been filed.

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7.5. Warranty

Coverage

Runteq warrants that during the warranty period Runteq or a Runteq authorized service will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

Warranty Period

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is one (1) year.

Exclusions and Limitations

This Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Runteq;
4. non-rechargeable batteries.

Runteq does not warrant that the operation of the product will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This limited warranty is not enforceable if the product:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Runteq and Suunto; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

Access to Runteq warranty service

You must provide proof of purchase to access Runteq warranty service. For instructions how to obtain warranty service, visit www.runteq.com/support, contact your local authorized Runteq retailer, or contact Runteq by email.

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Runteq shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Runteq knew of the likelihood of such damages. Runteq shall not be liable for delay in rendering warranty service.

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