INSTRUCTION FOR CONNECTING 2.4G DIGITAL CHEST BELT TO THE COMPUTER (SE100)

1. When you receive this machine, the chest belt has already been paired with the computer. DO NOT press the blue button for pairing!
2. For first time user, if the user's chest belt was not paired, please replace the battery on the chest belt first. If the chest belt still failed after replacing the battery on the chest belt, please follow the steps to pair the chest belt again.

WARNING: Unless it's necessary, please DO NOT press the blue button as you wish! This will cause the chest belt working improperly and will require to re-do the pairing process.
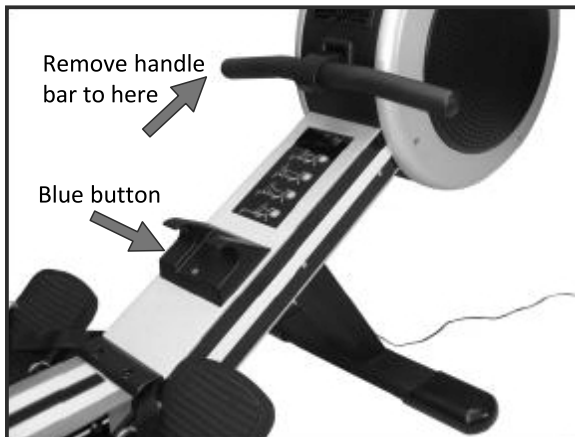
STEP 1

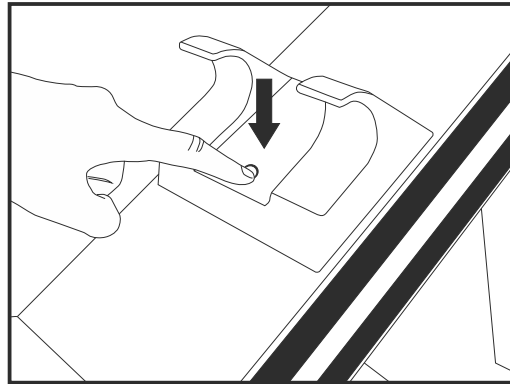Press and hold the 'START' key to RESET the computer.

STEP 2

Remove the handle bar from the holder to the air vent position.
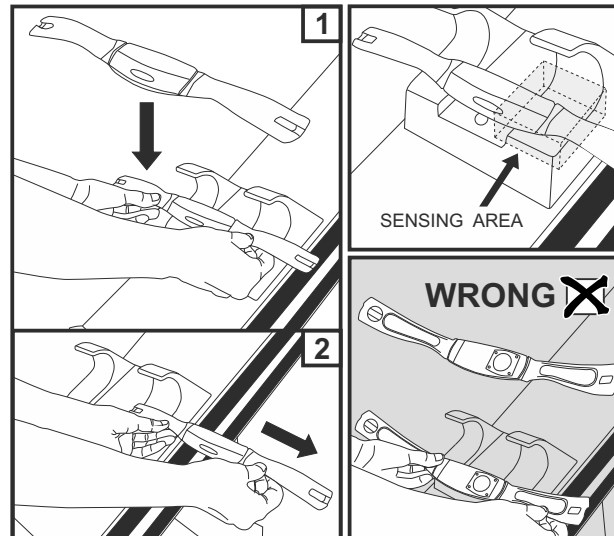

Remove handle bar to here

Blue button

STEP 3

Press the blue button, the red light starts flashing.

STEP 4

Have the chest belt gently touch through the handle bar holder. The red light becomes still for 2-3 seconds, then light will be off. When red light is off, it means 2.4 G has been successfully connected.

1

SENSING AREA

WRONG ✖

2

STEP 5

Press 'START' key, run the ROW PROGRAM (QUICK START), Put the chest belt on the chest and start the stroke.

STEP 6

Check the 'PULSE' on the computer to see if heart rate displays.

*NOTE : If red light keeps flashing after trying 3 times, please replace the battery in the chest belt.