XOSS

User Manual

Wireless Dual-Mode (ANT+ & BLE) Heart Rate Sensor

- English -

Thank you for purchasing X1 from XOSS, this product is one of the heart rate monitor of our company, which transmits the real-time heart rate data through Bluetooth or ANT+ to heart rate receiving device, sports and health APP, helping you to manage your exercise intensity scientifically. This user manual will help you to use the product better, please keep it for reference.

✱ Attention : This product is used for sports purposes only and it is not meant to replace any medical advice.

1. Product Accessories

Heart Rate Sensor x 1
(CR2032 Included)

Chest Strap x 1

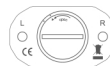User Manual x 1

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2. How to use this Heart Rate Sensor?

✱ Attention : Please be wearing the heart rate sensor first before attempting to pair it with your phone. If you aren't wearing the monitor it will be in sleep mode and cannot be found by Bluetooth.
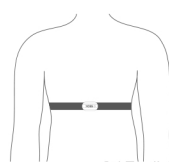
2-1 Wearing the Heart Rate Sensor

❶ Moistening the electrode areas of the chest strap.

❷ Attaching the heart rate sensor to the chest strap, marked 'L' towards Left.

❸ Adjusting the length of the chest strap so that it can be fastened tightly but comfortably to your body. Be sure that the moist electrode areas are firmly against your skin and the XOSS logo of the sensor is in a central and upright position.
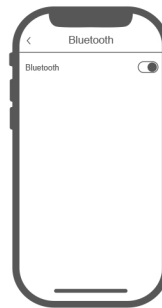
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❹ When hearing two 'beep-beep' sound, the LED blinks to green indicating that the heart rate sensor was worn correctly, and the heart rate signal was detected.

2-2 Connect to the APP

❶ Turning on Bluetooth:
Setting - Toggle Bluetooth to ON position.

✱ Don't searching device or try to pairing on this page, just turn on Bluetooth and go to the Fitness APP!

❷ Start APP and connect with device in APP.

❸ When this device is pairing with APP via Bluetooth, the blue light starts to flash.

❹ When user take off heart rate sensor, a 'beep' sound was heard indicating the product stopped working.

2-3 Compatible with multiple APPs

Wahoo Fitness | Zwift | Endomondo | Openrider | UA Run

Nike Run Club | Polar Beat | Runkeeper | Sports Tracker | Apple Health

Error may appear due to the upgrade or connection restrictions.

2-4 Connecting with ANT+ Watch

❶ Refer to the first page of '2-1 Wearing the Heart Rate Sensor' to correctly wear heart rate sensor.

❷ Find and add X1 in the ANT+ device list.

❸ According to the tips of the watch to start training, view your real-time heart rate data in the display.

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3. Maintenance of X1

X1 is a high-tech electronic equipment. Following the product's nursing instructions can ensure the stability of the product and prolong its service life.

● Heart Rate Sensor
Detach the connector from the strap after every use and dry the connector with a soft towel. Do not use cleaning chemicals.

● Chest Strap
Rinsing the strap under running water and hang to dry after each use. Cleaning strap in a washing machine or dryer is strongly prohibited.

✱ Never use cleaning chemicals. (Cleaning chemicals may cause chest strap fast aging, shorten service life).

✱ Do not stretch the strap or bend the electrode areas sharply.

✱ Do not store the heart rate sensor in wet and gas-tight environment, to prevent snap oxidation. Please store it in a cool dry environment.
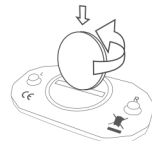
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4. Batteries

X1 uses the CR2032 battery, which has been installed in the heart rate connector. The battery life is 300 hours.

Battery Replacement

❶ Use a coin, clip the groove, rotate it in OPEN direction, and open the battery door.

❷ Remove battery, and properly dispose of used batteries in accordance with local environmental regulations.

❸ Place the new battery in the battery bin (positive + up) correctly and rotate the battery door in reverse the direction of OPEN with a coin until the battery door is covered.

✱ To avoid danger, batteries should be kept away from the children's area.

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5. X1 Heart Rate Sensor Specifications

Weight: 15 g (sensor only)

Heart Rate Range: 30 - 240 bmp

Wireless Transmission: Bluetooth 4.0 & ANT+

Transmission Distance: Bluetooth<10 m / ANT+<6 m

Battery Life: 300 Hours

Water Proof: IP67
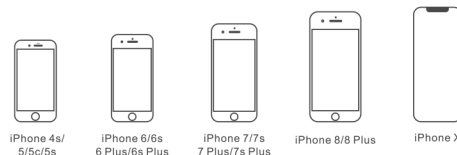
Size: 59 * 35 * 13.5 mm (sensor only)

Strap Adjustable: (L) 65 - 95 cm

All technology will be subject to actual, final interpretation belongs to the CooSpo Company

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6. Suitable model

iOS 7.0 and above system version, iPhone 4S and above model.

iPhone 4s/5/5c/5s | iPhone 6/6s 6 Plus/6s Plus | iPhone 7/7s 7 Plus/7s Plus | iPhone 8/8 Plus | iPhone X

Android 4.3 and above system version with Bluetooth 4.0

FCC Warning

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.
NOTE 1: 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,

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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 or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and 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.
NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IC WARNING

This device contains licence-exempt transmitter(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.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.