



## PERFORMANCE HEART RATE MONITOR AND BIOMETRIC SENSOR



### USER MANUAL

For the very latest documents go to [scosche.com/rhythm-plus](http://scosche.com/rhythm-plus) including Bluetooth Smart help, recommended apps, compatible devices, and troubleshooting.

#### !!WARNING!!

This is not a medical device and is intended for training and recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

#### NOTICE

The RHYTHM+ Heart Monitor is waterproof to IEC Standard 60529 IP67. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit.



This product is ANT+ certified and is compatible with ANT+ displays that support the following data:



Visit [www.thisisant.com/directory](http://www.thisisant.com/directory)

### About PerformTek®

PerformTek® Precision Biometrics is a patent-protected sensor technology which continuously measures real-time biometric data with a high degree of accuracy and consistency, and uses this data to give people meaningful fitness assessments. It seamlessly integrates into audio earbuds and other wearable devices, such as armbands and wristbands, and can connect with smartphone apps people are already using while exercising. PerformTek® sensor technology allows you to capture accurate data such as heart rate, distance, speed, cadence, calories burned and VO<sub>2</sub> max (aerobic fitness level).



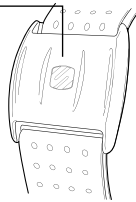
PerformTek® and the PerformTek® design are registered trademarks of Valencell, Inc. and may not be used for any purpose without the express prior written consent of Valencell, Inc. Patent: [www.valencell.com/patents](http://www.valencell.com/patents)

### GETTING STARTED

#### MULTIFUNCTION BUTTON (MFB)

Press & hold 2 seconds - turn on  
Press & hold 3 seconds - turn off

#### FRONT VIEW



!!REMOVE PROTECTIVE STICKER!!

HEART RATE SENSOR

ARMBAND

REAR VIEW

CHARGING TERMINALS

USB

CHARGING BASE

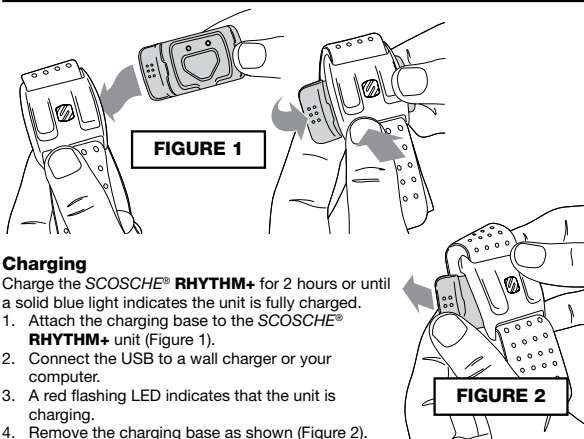


FIGURE 1

FIGURE 2

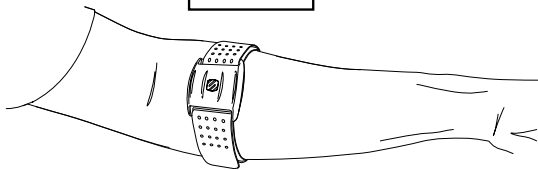
#### Charging

Charge the SCOSCHE® RHYTHM+ for 2 hours or until a solid blue light indicates the unit is fully charged.

1. Attach the charging base to the SCOSCHE® RHYTHM+ unit (Figure 1).
2. Connect the USB to a wall charger or your computer.
3. A red flashing LED indicates that the unit is charging.
4. Remove the charging base as shown (Figure 2).

### USING THE ARMBAND MONITOR

FIGURE 3



Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation (Figure 3).

#### Initial Setup with Bluetooth Smart Fitness Apps

1. Set Bluetooth on the device to ON.
2. Find the Sensor Settings menu in the Bluetooth Smart Fitness App.
3. Connect the RHYTHM+ armband by turning it on.

#### Initial Setup with Bluetooth Smart devices (Sports Watches & Fitness Equipment)

1. From the device settings menu select "Add HR sensor"
2. Connect the RHYTHM+ armband by turning it on.

#### Initial Setup with ANT+ devices (Sports Watches & Fitness Equipment)

Turn on the armband and move within range of your display device.

**Note:** Heart Rate Monitoring will work with most Bluetooth Smart Fitness Apps. For a list of compatible Apps, please visit [www.scosche.com/rhythm-plus](http://www.scosche.com/rhythm-plus)

#### LED Indicators (Bluetooth Smart Operation)

1. Alternating RED/BLUE – the armband is waiting for a connection.
2. Three (3) BLUE blinks – the armband has connected successfully.
3. Slow blink – the HR monitor is on and in normal operation.

#### LED Indicators (ANT+ Mode)

1. Slow blink – the HR monitor is on and in normal operation.

### CARE INSTRUCTIONS

- To ensure accurate readings, clean the sensor lens with a soft cloth.
- Use a soft cloth with ONLY mild hand soap and cool water to wipe down the armband, sensors and plastic housing.
- Use a cotton swab and ONLY rubbing alcohol to clean the charging contacts.
- Do not use any abrasive chemicals to clean the RHYTHM+ Armband, sensors or plastic housing. This will cause permanent damage.

### LIMITED WARRANTY

Scosche Industries Inc. warrants this product to be free from defects in material and workmanship for a period of 1 year from purchase. This Scosche product is sold with the understanding that the purchaser has independently determined the suitability of this product. This warranty is offered to the original purchaser of the product only. This warranty does not cover the product if physically damaged, subject to negligence or misuse, abuse, alteration, accident, or an act of GOD. This warranty does not apply to product which has water or physically damaged by accident or which has been misused, disassembled or altered.

The original dated sales slip or proof of purchase will establish warranty eligibility. If the product should prove defective within the warranty period, return the product with proof of purchase to Scosche Industries Inc. Scosche, at its option, will replace or repair the product free of charge and return the product postage paid.

In no event shall Scosche Industries, Inc. be responsible for claims beyond the replacement value of the defective product, or in any way be liable or responsible for consequential or incidental damages. No express warranties and no implied warranties, whether for fitness or any particular use or otherwise, except as set forth above (which is made expressly in lieu of all other warranties) shall apply to products sold by Scosche.



### IMPORTANT!

DO NOT RETURN PRODUCT TO THE RETAILER

IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS  
CALL US TOLL FREE: 1-800-621-3695 X3

HOURS MON-FRI 8AM-5:30PM (PST) SATURDAY 8AM-2PM (PST)

### For All Australian Sales

This document details the terms and conditions of the warranty provided with this product. Please disregard any other representations contained on this product's packaging or provided with this product which constitute or appear to constitute a warranty.

This warranty is offered by Scosche Industries, 1550 Pacific Ave, Oxnard, CA 93033 United States. We can be called on 1 (805) 486 4450 or emailed at [sales@scosche.com](mailto:sales@scosche.com)

Subject to the exclusions and limitations set out below, we warrant to you that if you purchase a product directly from us, or from any of our authorized resellers, that it will not contain defects which are a result of faulty manufacturer workmanship or materials. This warranty subsists for 1 year from the date of purchase.

Subject to any rights you have under the Australian Consumer Law, we will not be liable for defects which are a result of damage or loss caused by factors beyond our control, any product which has not been maintained according to any care or maintenance instructions provided with the product, any alterations to a product which are not performed by us, or damage or defects caused to the product due to unusual or non-recommended use. We will not be liable for any special, indirect, consequential or economic loss or damage or loss of profits whatsoever suffered by you or any other person resulting from any act or omission by us.

Our total liability in respect of this Warranty against Defects is limited to the replacement of the goods.

Any claim made under this warranty must be made by contacting Scosche Industries. Scosche will then put you in touch with the closest company to you that will cover warranties. All Returns of defective product will be sent at your expense, to be exchanged for a replacement. This Warranty against Defects is provided in addition to other rights and remedies that you may have at law. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to major failure.