CARE INSTRUCTIONS

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. Scosche Industries cannot be held responsible for discrepancies/inconsistencies that may occur due to automotive manufacturing changes or option.

STOP
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-3PM PST

USER MANUAL

!!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

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 VO2 max (aerobic fitness level).

PerformTek® and the PerformTek® design are registered trademarks of Valence, Inc. and may not be used for any purpose without the express prior written consent of Valence, Inc. Patent: www.valence.com/patents

©2014 SCOSCHE INDUSTRIES, INC.
SI 300RTHM19 2/14
GETTING STARTED

MULTIFUNCTION BUTTON (MFB)*
Press once - on/off/play/pause
Twice - next track
Three times - previous track
Press & hold 3 seconds - turn off

FRONT VIEW

REAR VIEW

HEART RATE SENSOR

CHARGING TERMINALS

ARMBAND

USB

CHARGING BASE

*Music controls only supported by RHYTHM App

USING THE ARMBAND MONITOR

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. Music Controls are only supported in the RHYTHM App and will also work with Apps which have integrated the Scosche BLE SDK (available at www.scosche.com). For a list of the latest Apps that have integrated the Scosche BLE SDK please visit www.scosche.com.

LED Indicators (Bluetooth Smart Operation)
1. Alternating RED/BLUE – the armband is waiting for a connection.
   a) Armband will only power down if removed from the forearm for more than 5 minutes.
2. Three (3) BLUE blinks – the armband has connected successfully.
3. Slow PURPLE blink – you are in your HR zone, or no HR zone has been selected, but the monitor is running.
4. Slow BLUE blink – you are below your HR zone.
5. Slow RED blink – you are above your HR zone.

Note: HR zones are only supported in the RHYTHM App and will also work with Apps that have integrated the Scosche BLE SDK.

LED Indicators (ANT+ Mode)
1. RED blink – The HR monitor is on and normal operation.