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SCOSCHE®

RHYTHM24™
RTHM24

**PERFORMANCE
HEART RATE MONITOR
AND BIOMETRIC SENSOR**



USER MANUAL

For the very latest documents go to scosche.com/rhythm24 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 **Rhythm24™** Heart Monitor is waterproof to IEC Standard 60529 IP68. It can withstand immersion in 3 meters 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 Valencell

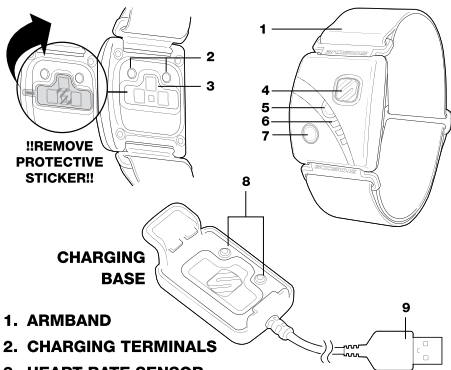
Valencell Precision Biometrics is a patent-protected sensor technology which continuously measures real-time biometric data with a high degree of accuracy and consistency, and uses this data to give people *meaningful fitness assessments*. It seamlessly integrates into audio earbuds and other wearable devices, such as armbands and wristbands, and can connect with smartphone apps people are already using while exercising. Valencell sensor technology allows you to capture accurate data such as heart rate, distance, speed, cadence, calories burned and VO₂ max (aerobic fitness level).

Patent: www.valencell.com/patents

GETTING STARTED

REAR VIEW

FRONT VIEW



GETTING STARTED

POWER

On: Press and hold the MFB for 3 seconds.

Off: Press and hold the MFB for 5 seconds. The Center LED will illuminate Red, then shut off.

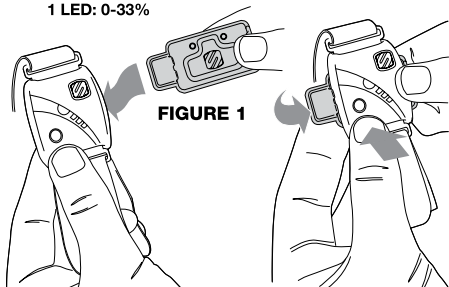
BATTERY LEVEL

To check the battery level: With the unit on, press and hold the MFB for 2 seconds.

3 LEDs: 66 - 100%

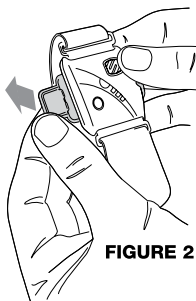
2 LEDs: 33 - 66%

1 LED: 0-33%



CHARGING

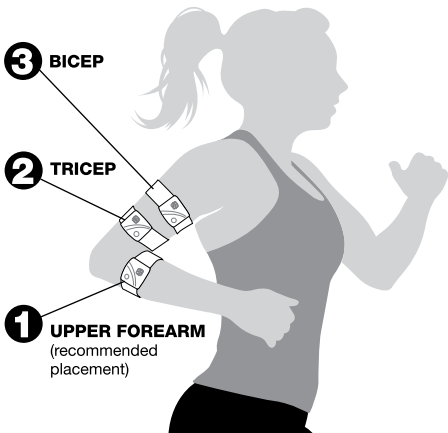
1. Attach the charging base to the SCOSCHE® **Rhythm24™** unit (Figure 1).
2. Connect the USB to a wall charger or your computer.
3. Charge the **Rhythm24** for 2 hours or until the Triple LEDs indicate the unit is fully charged. See "BATTERY LEVEL", above.
4. Remove the charging base as shown (Figure 2).



USING THE ARMBAND MONITOR

BAND PLACEMENT

For the most accurate readings, wear the **Rhythm24** on the upper forearm, biceps, or triceps snug enough to not move on your arm, but NOT so tight that it restricts circulation.



CONNECT

The **Rhythm24** will automatically enter pairing mode when powered on.

1. Open **Rhythm Sync** app for iPhone (or fitness app of your choice).
2. Connect from home screen of the **Rhythm Sync** app.
3. Connect **Rhythm24** to your chosen app using BLE (*Bluetooth Smart*) or ANT+*

***Rhythm24** connection is done in the chosen app's settings, not through the phone's Bluetooth settings.

Note: Heart Rate Monitoring will work with most *Bluetooth Smart* Fitness Apps. For a list of compatible Apps, please visit www.scosche.com/rhythm24

USING THE ARMBAND MONITOR

SETUP

The **Rhythm Sync** app is designed to setup the **Rhythm24**. Features are listed below:

- Mode Select
 - Heart Rate Only
 - Running
 - Cycling
 - Swimming
 - Heart-Rate Variability
 - Multi-Mode: Duathlon, Triathlon
- Update Metrics
- Firmware Update
- Sharing Configuration
- Check Battery Percentage
- Upload Recorded Workout

Set the Mode

- First time using the **Rhythm24**, the unit will start in Heart Rate mode only.
- **Rhythm24** will remain in the same mode until you manually change it in the **Rhythm Sync** app.
- You can change the modes in the **Rhythm Sync** app by selecting the Mode tab in the app.

Setup Metrics

- Select “My Details” in the **Rhythm Sync** app
- Heart rate zones are based on the metric input in the app.
 - Zone 1 = Blue
 - Zone 2 = Green
 - Zone 3 = Amber
 - Zone 4 = Red
 - Zone 5 = Red – Rapid Flash
- Zones will display on **Rhythm24** Center LED.
- Input maximum & resting heart rate for specific heart rate zones.
- If no resting or maximum heart entered, defaulted heart rate zones will setup based on the metrics entered.

USING THE ARMBAND MONITOR

MULTI-MODE SETUP

Note: It is recommended to use the record feature for optimal performance.

Triathlon

- Open Rhythm Sync App and select “Triathlon”
- Triathlon mode will begin in Swim mode.
- Press and hold “Record Button” until the Amber LEDs light up
- Double tap MFB to enter Mode Select.
- Double tap a second time to switch modes.
 - Swimming – 1 Blinking Green LED
 - Cycling – 2 Blinking Green LEDs
 - Running – 3 Blinking Green LEDs

Note: Rhythm24 will remain in Mode Select for 5 seconds, if no selection is made it will exit out and return to the 3 blinking Amber LEDs. You will then need to double tap the MFB to return to Mode Select.

Duathlon

- Open **Rhythm Sync** app and select “Duathlon”
- Duathlon mode will begin in Run mode.
- Press and hold “Record Button” until the amber LEDs light up
- Double tap MFB to enter Mode Select.
- Double tap a second time to switch modes.
 - Running– 2 Blinking Green LEDs
 - Cycling – 3 Blinking Green LEDs
 - Running – 2 Blinking Green LEDs

Note: Rhythm24 will remain in mode select for 5 seconds, if no selection is made it will exit out and return to the 3 blinking Amber LEDs. You will then need to double tap the MFB to return to Mode Select.

USING THE ARMBAND MONITOR

RECORD A WORKOUT

- Press and hold the Record button for 2 seconds.
 - Tri-LED's will blink continuously*
 - Press and hold the Record button for 2 seconds to stop recording.
 - Tri-LED's will blink 3 times.
- *Note:** The number of LED's blinking indicates remaining capacity.
- 3 LED's: 66% - 100%
 - 2 LED's: 33% - 66%
 - 1 LED: 0% - 33%
- Clear all memory
 - Press and hold MFB & Record button simultaneously for 10 seconds.*
- *Note:** Upload data before deleting from **Rhythm24**.

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 **Rhythm24** Armband, sensors or plastic housing. This will cause permanent damage.

For complete warranty details, please visit us at www.scosche.com or call (800) 363-4490

DISCLAIMERS

While our Rhythm24 Heart Monitors are state of the art, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate. Some circumstances that can influence the readings are, but are not limited to, the user's physical characteristics, the fit of the device and the type and intensity of the exercise routine or activity.

The Rhythm24 Heart Monitor is not intended to diagnose, treat, cure, or prevent any disease. The Rhythm24 Heart Monitor has a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you (1) have a medical or heart condition, (2) are taking photosensitive medication, (3) have epilepsy or are sensitive to flashing lights, (4) have reduced circulation or bruise easily, or (5) have a musculoskeletal disorder. If you experience a medical emergency, stop using the product and consult with a medical professional immediately. We are not responsible for any health problems that may result from your use of the Rhythm24 Heart Rate Monitors. If you use the Rhythm24 Heart Rate Monitors, you agree that you do so at your own risk.

Prolonged contact with wearable devices may contribute to skin irritation or allergies in some users. To reduce irritation, follow three simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) don't wear it too tight. If you notice any skin irritation, remove the device. If symptoms persist longer than 2-3 days after removing the device, consult your doctor.



IMPORTANT!

**DO NOT RETURN PRODUCT
TO THE RETAILER**

IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS

CALL US TOLL FREE: 1-800-363-4490 X1

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