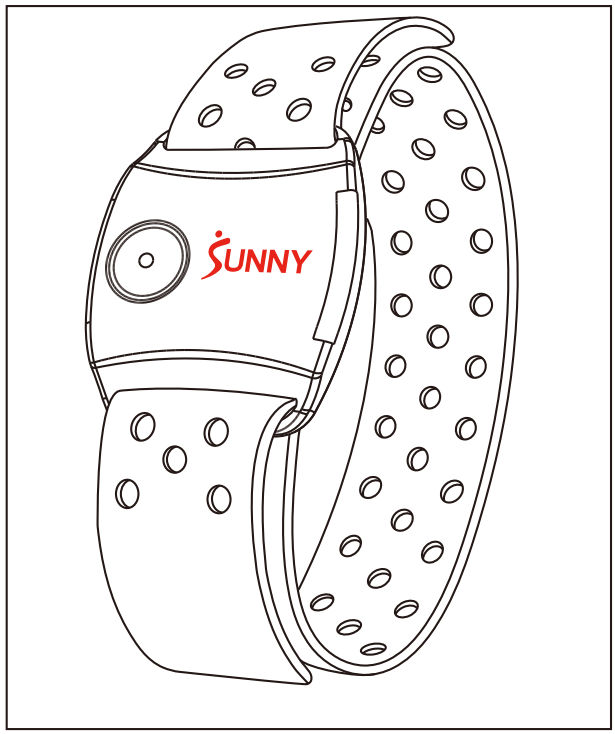
SUNNYFIT HEART RATE MONITOR HR200 USER MANUAL



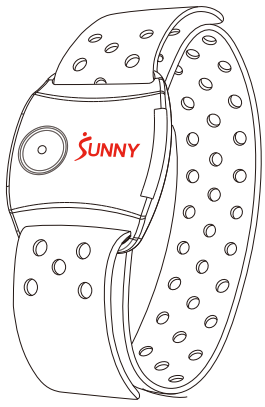
WWW.SUNNYHEALTHFITNESS.COM

1. PRODUCT INTRODUCTION

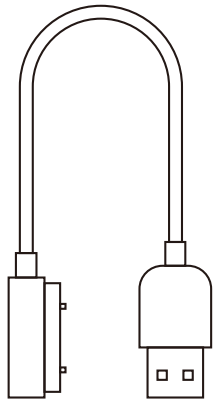
Thank you for choosing the SunnyFit Heart Rate Monitor. Our product was developed to transmit real-time heart rate data through Bluetooth or ANT+ to fitness apps or your device, to help you manage your exercise intensity scientifically. Please keep this user manual for future reference.

NOTE: This product is for recreational use only and is not intended to replace any medical device.

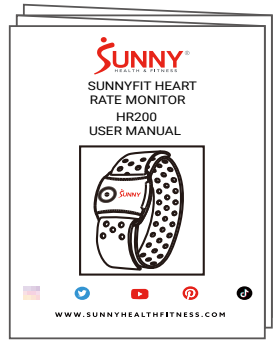
2. PRODUCT ACCESSORIES



SunnyFit Heart Rate Monitor



Charging Cable



User Manual

3. PRODUCT SPECIFICATIONS

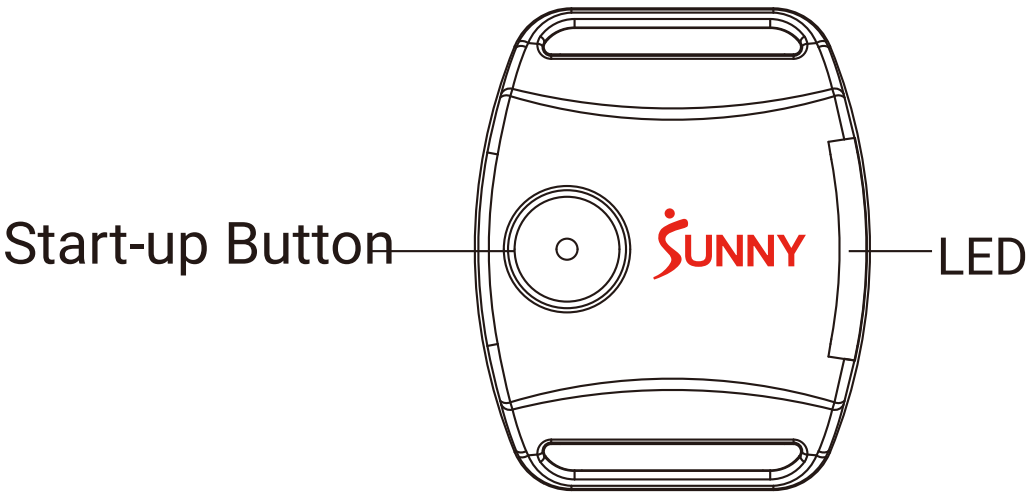
Product Size:	1.8*1.4*0.6INCHES
Net Weight:	0.09lbs
Battery type:	90mAh Rechargeable lithium battery
Battery Life:	Continuous use for 16Hrs
Connectivity:	ANT+/ Bluetooth
Water Rating:	IPX7
Working temperature:	-14~122°F
Color:	Black

For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

4. FUNCTION AND OPERATION

4.1 Turn-on: Press the start-up button, the LED light will flash blue quickly until the heart rate is found.

4.2 Turn-off: Hold the start-up button for 2 seconds, the LED will flash red light and vibrates, then enters the shutdown state.



5. HEART RATE INDICATOR

*Max Heart Rate (MHR) = 180 (default)

Below 60% MHR:

Soft green light will flash once every 5 seconds without Bluetooth connection. When Bluetooth is connected, it will flash once every 3.4 seconds like a breathing light.

61%~70% MHR:

Dark green light will flash once every 5 seconds without Bluetooth connection. When Bluetooth is connected, it will flash once every 2.4 seconds like a breathing light.

71%~80% MHR:

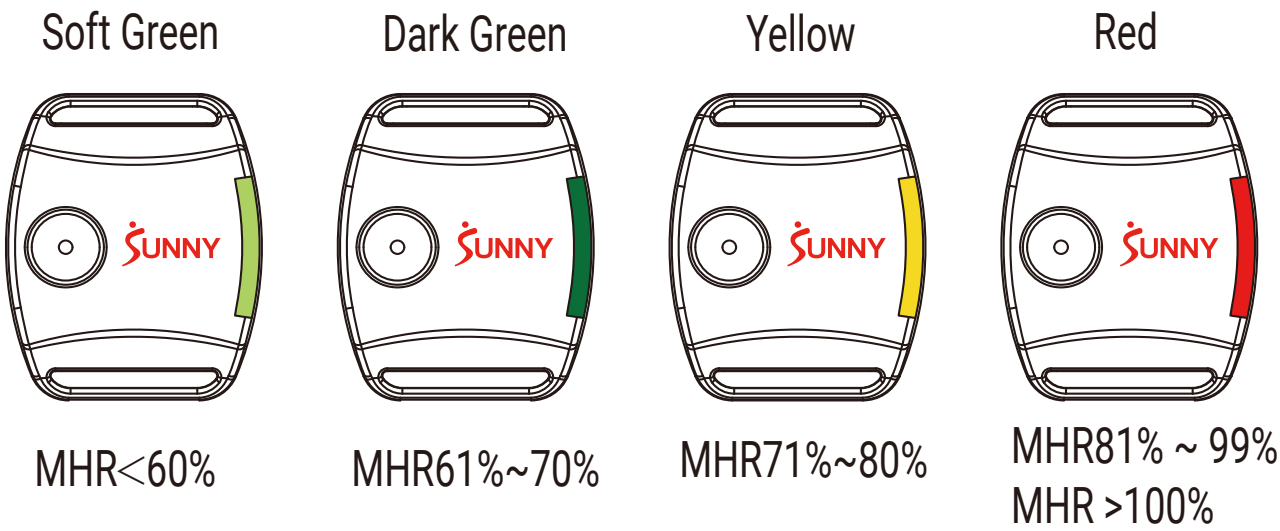
Yellow light will flash once every 5 seconds without Bluetooth connection. When Bluetooth is connected, it will flash once every 2.4 seconds like a breathing light.

81% ~ 99% MHR:

Red light will flash once every 5 seconds without Bluetooth connection. When Bluetooth is connected, it will flash once every 1.4 seconds like a breathing light.

Exceed 100% MHR:

Red light will flash once every 5 seconds without Bluetooth connection. When Bluetooth is connected, it will flash once every 1.4 seconds like a breathing light and the sensor will vibrate 3 times continuously.

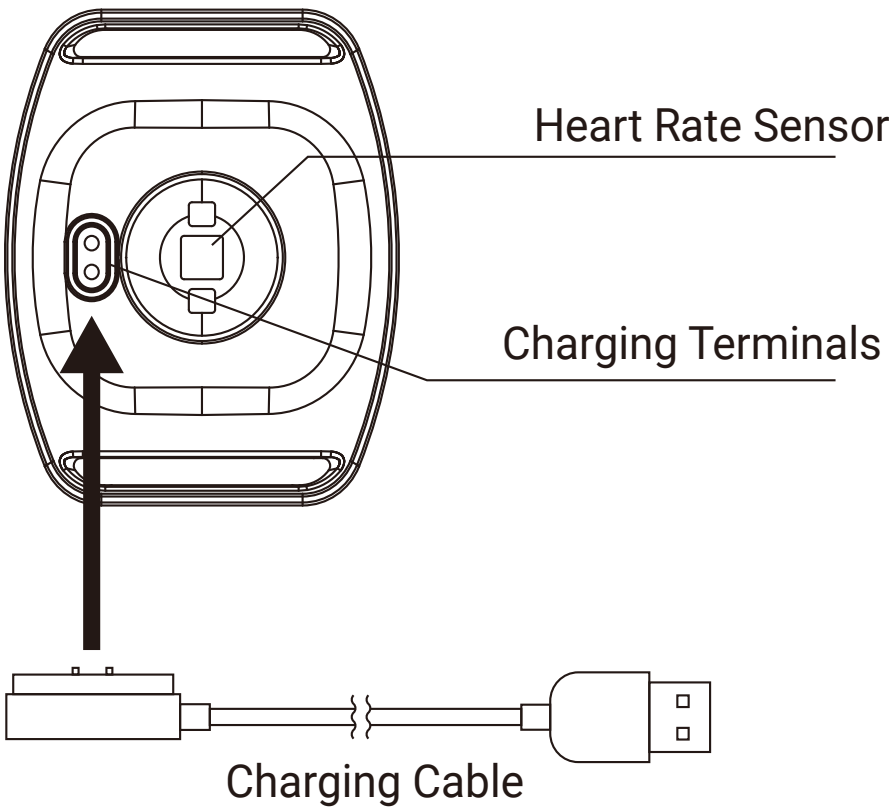


6. POWER

6.1 Low Power Alert: LED will flash red and green alternately and vibrates once.

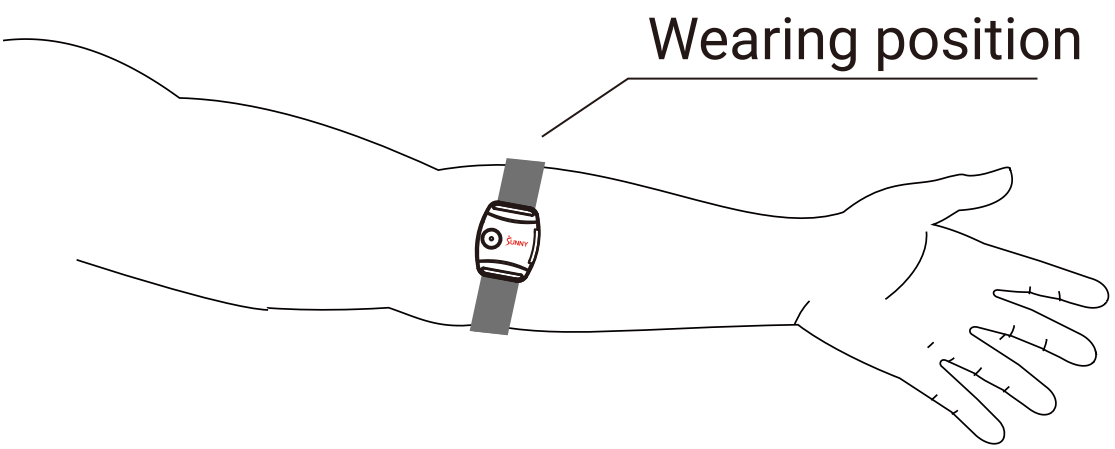
6.2 How To Charge : Put the Charging Cable on the Charging Terminals, then connect the USB to a power source.

6.3 Charging: LED will flash green when charging and will stay green when fully charged.



7. WEARING

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



8. APP CONNECTION INSTRUCTIONS

8.1 Scan the QR code below to download the SunnyFit app.

8.2 You can also download the SunnyFit app from the App Store or Google Play Store.

SunnyFit

GET IT ON Google Play

Download on the App Store

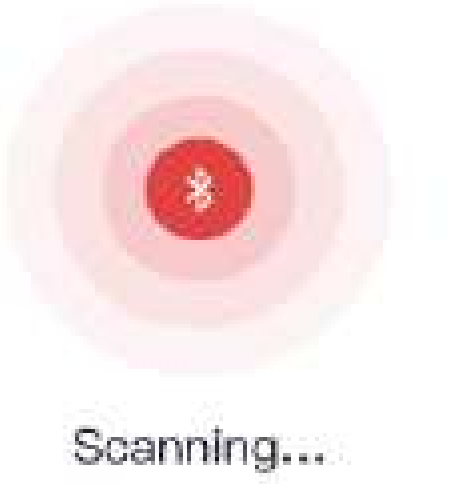
8.3 The monitor is compatible with other popular fitness apps, such as, Wahoo/Polar Beat/ Strava/Zwift/Peloton.

If you are unable to replicate these steps or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com or use the in-app “Contact Us” form to request support (“Me” tab -> “Contact Us”).

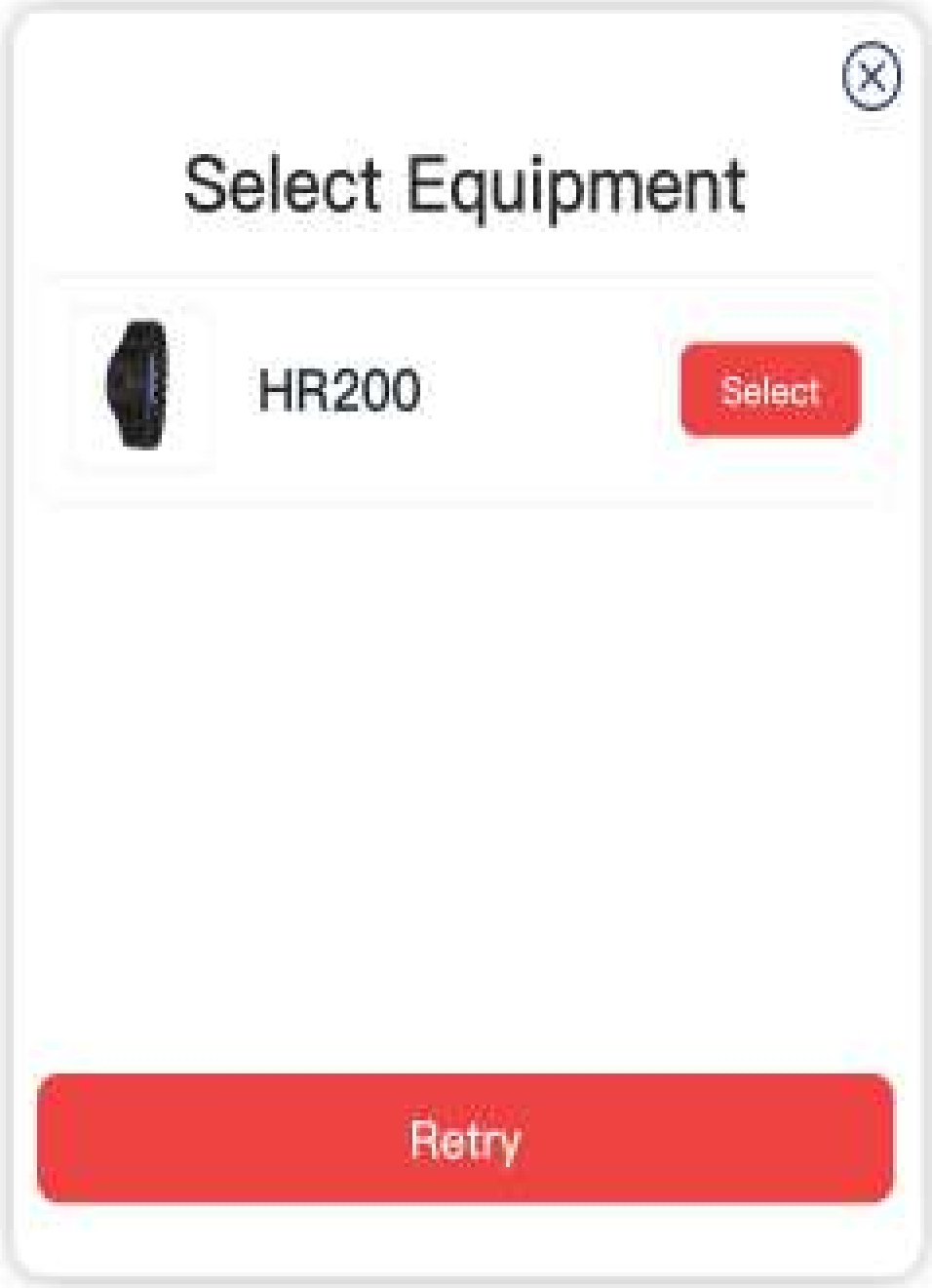
8.4 Press the start-up button to turn on HR200.

8.5 To connect, go to the “Workout” tab and choose "Indoor" or "Outdoor" at the top, then tap on the “Search” button on the bottom right of the screen.





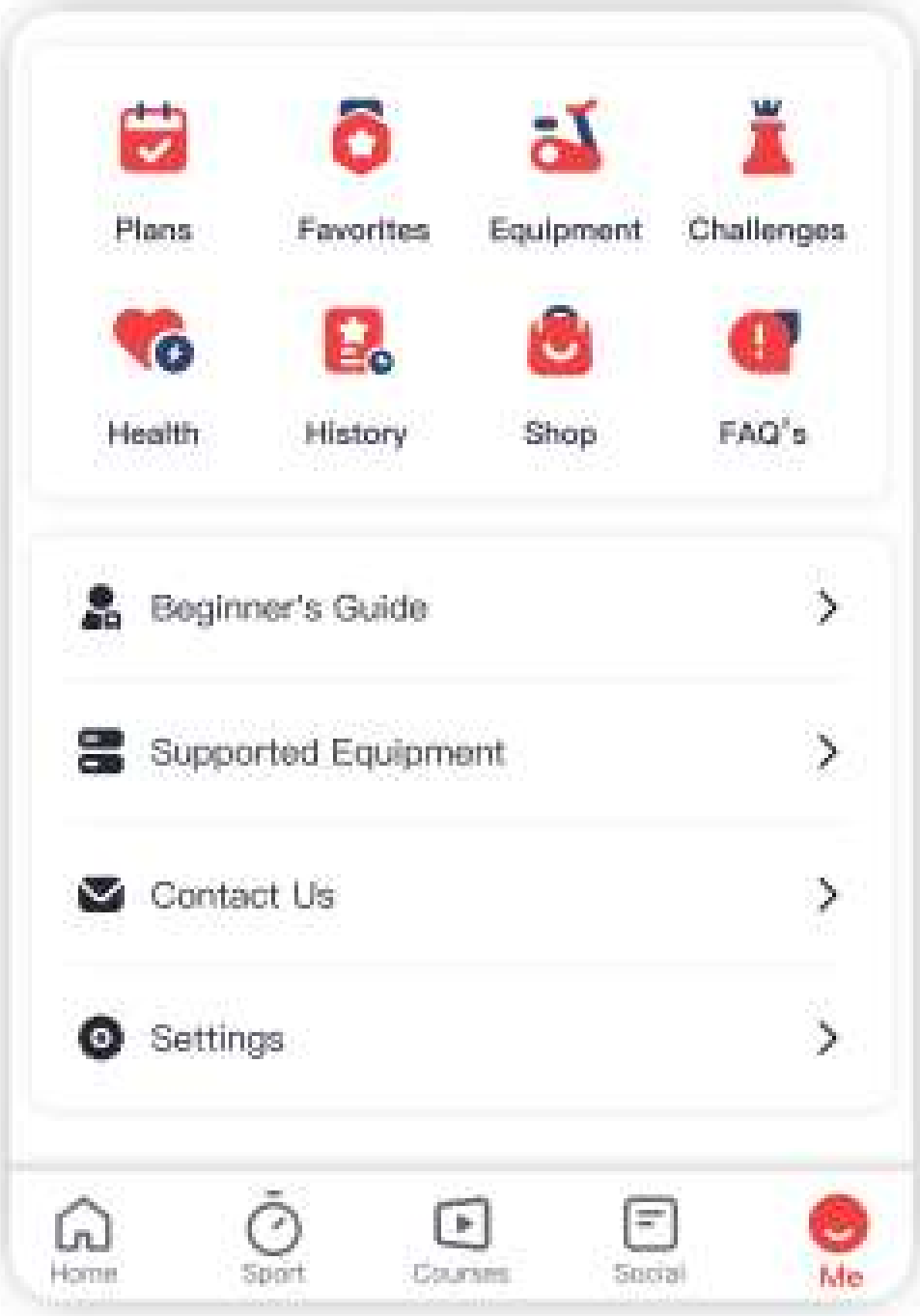
8.6 You should see the SunnyFit Heart Rate Monitor (HR200) appear, press "Select".



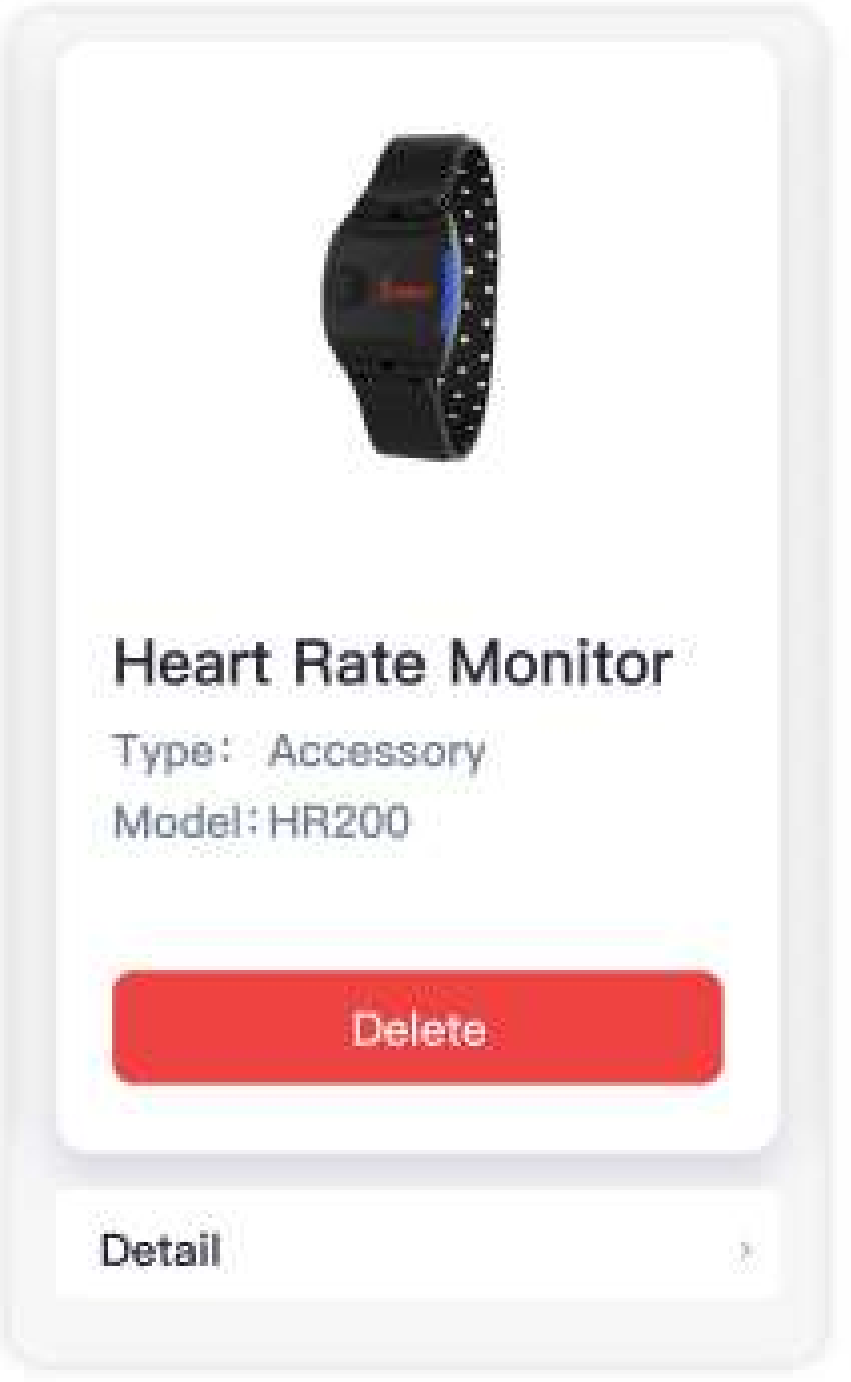
8.7 You can now check your heart rate data.



8.8 When the interface “Heart Rate Data” is close. you can enter the “Equipment” panel from the “Me” tab to review it again.



8.9 Click on “Detail” to review the heart rate data.



8.10 Once the connection between the Heart Rate Monitor and Sunnyfit app is established, your heart rate will be displayed where available depending on the module and type of workout session you select.

9. DISCLAIMER

9.1 The information in this manual is for reference only.The product may be subject to change based on manufacturer's research and development without notice.

9.2 We shall not make any statement or warranty about this manual or the product.

9.3 We shall not bear any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d’ Industrie 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, et
(2) l’ utilisateur de l’ appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d’ en compromettre le fonctionnement.

Note: 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, 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.

FCC& IC : Radiation Exposure Statement

This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Déclaration d’ IC sur l’ exposition aux radiations:

Cet équipement est conforme aux limites d’ exposition aux radiations définies par le Canada pour des environnements non contrôlés.

Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

CONNECT with us

DOWNLOAD

Track your fitness progress & join
FREE workout courses!
Download SUNNYFIT® today!

GET IT ON Google Play

Download on the App Store

FOLLOW

Find us on social media @sunnyhealthfitness

@sunnyhealthfitness

@sunnyhealthandfitness

@sunnyhealthfit

/sunnyhealthfitness

/sunnyhealthfitness

/sunnyhealthandfitness

www.sunnyhealthfitness.com