



CARDIO CONNECT





Overview.

Thank you for purchasing the DKN Cardio Connect. The DKN Cardio Connect provides an approximate heart rate read-out suitable for fitness training purposes. This device can also be used as a fitness tracker allowing you to record, store, and view your daily activity.

Wrist Placement.

Your DKN Cardio Connect should be worn on your wrist. For all-day wear, your DKN Cardio Connect should be worn as you'd normally wear a watch.



As with all heartrate tracking technology, a wrist-based sensor accuracy is affected by personal physiology, location of wear, and type of movement. In other words, not every person will get a perfectly accurate reading with every type of exercise.

Heart rate displayed is an approximate readout, and may not be used as guidance in any cardiovascular related medical or paramedical program.



For best heart rate accuracy keep these tips in mind:

- Experiment with wearing the Cardio Connect. Position higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the Cardio Connect up a few cm can improve the heart rate signal. Also, many exercises such as spinning cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the Cardio Connect is lower on your wrist.



- Do not wear your Cardio Connect too tight: a tight band restricts blood flow, potentially affecting the heart rate signal. The Cardio Connect should also be slightly tighter (but not constricting) during exercise than during all day wear.
- With high-intensity interval training or activities where your wrist is moving vigorously and non-rhythmically, the movement may prevent the sensor from finding an accurate heartrate. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and



loosens during exercise. Try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see an accurate heart rate reading.

- You can check the time on your Cardio Connect without pressing the button. Just turn your wrist towards you and time will show for a few seconds.
- Please read this guide carefully before use. DKN takes no responsibility for any damage or injuries caused by improper use of the tracker.

Changes or modifications not expressly approved by DKN will void the manufacturer's warranty.

Regulatory Information.



The WEEE marking applies to countries with WEEE and ewaste regulations, European Directive 2002/96/EC.



Appliances are labelled in accordance with local regulations concerning waste electrical and electronic equipment (WEEE). These regulations determine the framework for the return and recycling of used appliances as applicable within each geography.



This label is applied to various products to indicate that the product is not to be thrown away, but rather put in the established collective systems for reclaiming these end of life products.

Users of electrical and electronic equipment (EEE) with the WEEE marking must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to them for the return, recycle, and recovery of WEEE and to minimize any potential effects of EEE on the environment and



human health due to the presence of hazardous substances.

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Safety Standards.



The Cardio Connect 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 out-let on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

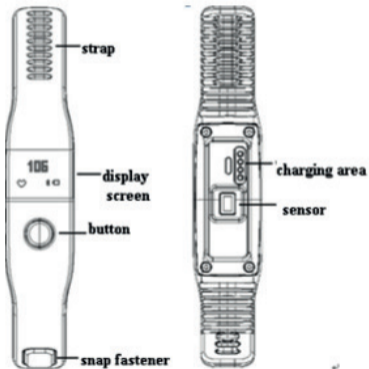


(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Notice:

- Operating temperature: $-10^{\circ}\text{c} \sim +10^{\circ}\text{c}$.
- Charge using a 5v/500 mA adapter.

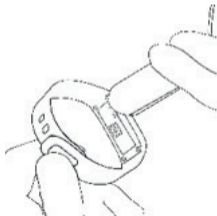
Product Overview.



Get Charged.

The wristband is powered by a re-chargeable built-in Li-Polymer battery. Charge by connecting the provided USB cable to a running PC/Notebook or adaptor.

- Connect the Cardio Connect to a USB port using the provided USB cable.
- A dynamic power sign shows while charging. Once fully charged, the power sign becomes static.





- The average charging times is 1.5 to 2 hours max.
- Unplug the Cardio Connect once charging is finished.
- The battery has a capacity of 60mAh and has a life cycle of 400 charges / discharges before the capacity falls under 80%.
- The battery shelf life is 12 months.
- A full charge typically should last for 7 days on low power consumption mode (without Heartrate registration or Blue Tooth connection).
- A full charge on high power consumption mode will last for 8 hours max.



First Time Use.

Download the app via the App Store or iTunes for iOS users or the Google Play Store for Android.

Sync date and time on your DKN Cardio Connect by activating the Bluetooth connection on your DKN Cardio Connect and pair with your device.

To turn Bluetooth on/off: long press the button until the Bluetooth icon appears or disappears.

Bluetooth®

Sync the DKN Cardio Connect with the app via Bluetooth.



Bluetooth turned on, not connected



Bluetooth turned on, connected



Instructions for Use.

The wristband will enter standby status if not used for over 10 seconds. You can short press the wristband button to restart it. Short press to change between the display modes. In Heart rate mode the sensor will register your pulse read-out after +/- 10 to 15 seconds.

Display Modes.



1.
Clock



3.
Distance
(m)



5.
Heart Rate



2.
Total
steps



4.
Calories



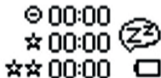
6. Target
completion %

Sleep Mode.

To enter sleep mode, press and hold the button until the display enters sleep mode with the sleep icon as follows:



When in sleep mode, long press again to display sleep quality:



⊖ : poor sleep quality

☆ : average sleep quality

☆☆ : good sleep quality

To exit sleep mode, short press the button.



Functional Overview.

Daytime activity tracking: The DKN Cardio Connect has preset daily targets for steps, distance and calories burned. Use the app to set your own daily targets and customize your stride length for more accurate results, then wear your Cardio Connect to start tracking your activities.

Once tracking has commenced, each of the display screens will show your current daily count for steps, distance and calories so you can track your progress for each metric individually.



The Target Completion % screen shows a summary of your overall progress for the day. You will receive a visual and vibration notification when you hit the daily target.

Sleep tracking: At the end of your day, activate the sleep tracking mode and go to bed. Then in the morning deactivate sleep tracking mode to see a summary of the duration and quality of your night's sleep. Next time you sync with the app, you can see the total number of hours slept, broken down by sleep quality.



Syncing: It is recommended that you sync your Cardio Connect with your device once a day to keep a log of your activity and sleep tracking data.

App Functions.

Download the app via the App Store or iTunes for iOS users or the Google Play Store for Android.
Sync the Cardio Connect with the app via Bluetooth.



On the app you can:

- View your fitness, sleep and heart rate records. Select Steps, Sleep or HRM at the top to view specific data.
- In Steps you can see the current number of steps, calories, distance and active time. Swipe to view previous days' records.
- In Sleep you can see sleep quality and time. Swipe to view previous nights' records.
- In HRM you can view realtime HR by pressing the play button. HRM mode must be selected on the



tracker and Bluetooth must be turned on both on the Cardio Connect and on your device for this. Swipe to see previous days' records.

- In Settings, personalize your stride length, height and weight for more accurate data.
- Set fitness goals: Steps, Distance, Calories or Minutes active.
- Store your data.

The app supports android 4.3 or higher and iOS7.0 or higher.



Technical Parameters.

Waterproof	IPX ₇
Battery Life	about 7 days (in perdometer mode)
Support APP	Android 4.3 or higher IOS 7.0 or higher
Size	142-194(L) x 21.68(W) x 11.9(H) mm
Weight	about 21g



Customer Support.

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Original purchase invoice.
- Place of purchase.
- Information about the place and conditions of use.
- Precise description of the issue or defect.

IMPORTANT!! - Please retain your sales receipt, DKN Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase. The best way to contact us is via the website www.dkn-technology.com



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