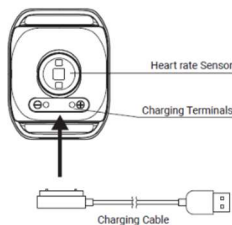


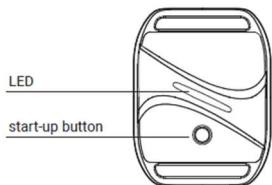
CHARGING THE SPM1

The SPM1 comes with a rechargeable battery, and the package includes a charging cable with a USB connection. Plug the USB into a 5V power source (power bank, PC, etc.) and let the magnetic contacts attach to the SPM1. The LED will start blinking green. When the SPM1 is fully charged, the LED will remain solid green. A full battery will last 8–16 hours (depending on the use of the vibration function).



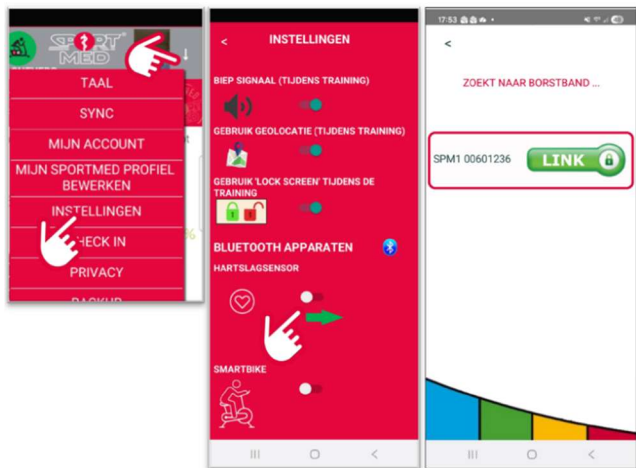
TURNING THE SPM1 ON/OFF

To activate the SPM1, press the 'Start' button. The LED will blink blue. To turn off the SPM1, hold the 'Start' button until the SPM1 vibrates and the LED briefly turns red.



PAIRING YOUR SPM1 IN SPOL

- Open the SportMed Online app (and log in with your account)
- Tap the top right to open the menu
- Choose 'Settings' (and activate your SPM1 – LED blinks)
- Slide the switch under 'Heart Rate Sensor' to the right. SPOL will now search for a heart rate sensor. Tap to link with the sensor you want to pair.



After the sensor is paired, its unique code will appear, and you can choose to deactivate the vibration function (see later).

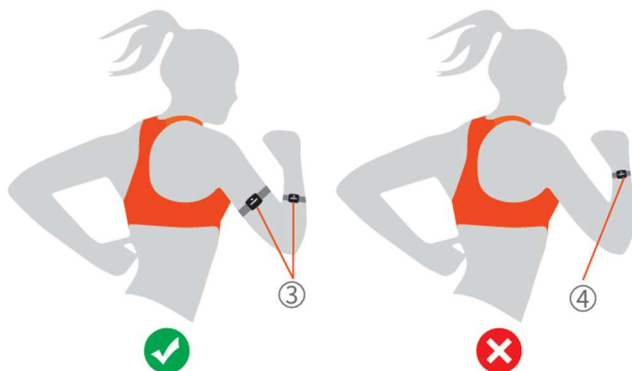
You can view the details of your SPM1 via the info icon.



HOW TO WEAR THE SPM1 CORRECTLY?

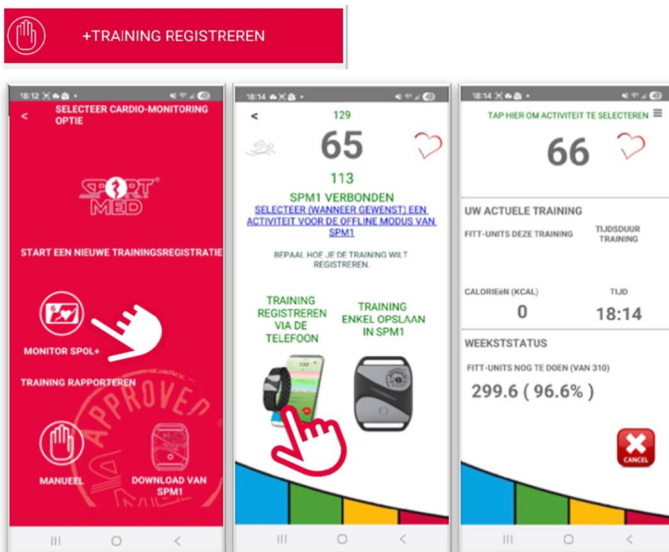
To ensure optimal contact, wear the SPM1 in a location where it remains as stable as possible. Preferably, this is on the upper arm or high on the forearm (3). We do not recommend wearing the SPM1 on the wrist (4).

For swimming, it is also possible to wear the SPM1 on the temple (provided you have an extension to create a sort of headband).



RECORDING TRAINING WITH SPOL ACTIVATED

- Open SPOL (and log in) + start your SPM1
- Choose '+ Register Training' at the bottom of the main screen
- Then select the 'MONITOR SPOL+' option
- In the next screen, tap on 'Register Training via the Phone'



Everything will then proceed as described in the SportMed Online app manual.

SAVING TRAINING IN THE SPM1 AND DOWNLOADING LATER TO SPOL

With preparation so the SPM1 gives you feedback during training: Follow the routine as described in the previous point, but First choose your activity

- Then select 'Save Training only in SPM1'
- You can start and record your training at any chosen moment by simply activating the SPM1. Feedback on whether you're in the zone is provided via LED color and vibration function (when activated):
- Blue = below training zone (+ vibration active)
- Green = in zone (vibration not active)
- Yellow = slightly above training zone (+ vibration active)
- Red = significantly above training zone (+ vibration active)

Note! The SPM1 doesn't know which activity you are doing and will provide feedback based on the activity chosen during the last sync. You can perform multiple trainings without issue (see next point).

Without preparation/sync with SPOL:

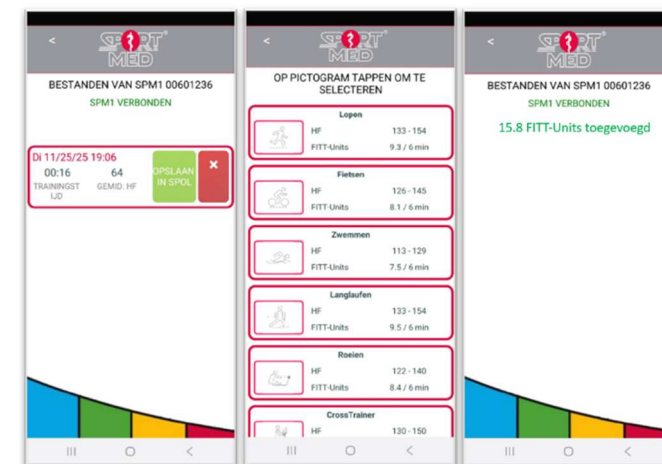
You can simply start the SPM1 and complete one or more trainings. The SPM1 will store your heart rate data, and you can later download and specify in the app which activities you did per training.

Downloading Training Information:

- Open SPOL (and log in) + start your SPM1
- Choose '+ Register Training' at the bottom of the main screen
- Then select the 'Download from SPM1' option



Once all files have been downloaded from the SPM1, you can begin assigning activities (or deleting files).



EU Declaration of Conformity

Simplified EU Declaration of Conformity

SportMed International BV. hereby declares that this radio equipment is in compliance with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: sportmed-portal.com



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MADE IN CHINA

FCC statement

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.

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. 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.

SPORTMED SPM1 heart rate armband



Maximize your workouts

The SportMed SPM1 accurately monitors heart rate allowing you to maximize your workouts:



Works with all Bluetooth and ANT+ enabled devices and fitness equipment:



Protected against immersion in water,
up to 1 meter depth for 30 minutes:



Compatible with the SportMed Online
and other popular fitness apps:



SPORTMED SPM1 heart rate armband

SHORT GUIDE FOR OPTIMAL USE OF THE SPM1 WITH SPOL



BLE



ANT+



Heart Rate



HRV



IP67



SPORTMED SPM1 heart rate armband