



**PERFORMANCE
HEART RATE MONITOR
AND BIOMETRIC SENSOR**



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 24™** 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:



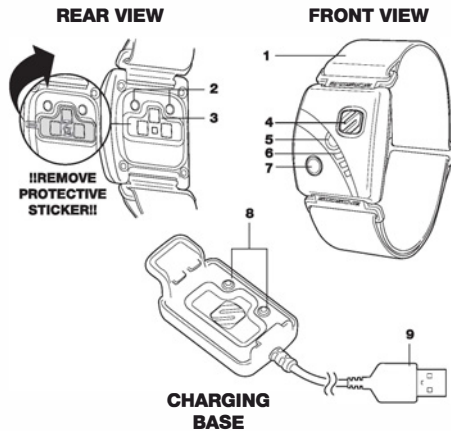
About PerformTek®

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).



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GETTING STARTED



1. ARMBAND
2. CHARGING TERMINALS
3. HEART RATE SENSOR
4. MULTI-FUNCTION BUTTON (MFB)
5. CENTER LED
6. TRI-LEDs
7. RECORD BUTTON
8. CHARGING TERMINALS
9. USB CABLE

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%

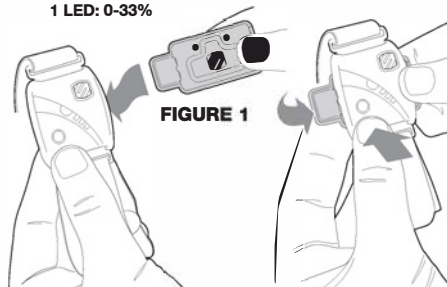


FIGURE 1

CHARGING

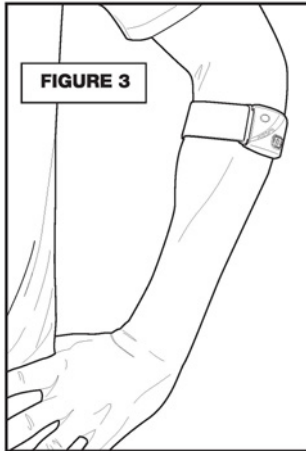
1. Attach the charging base to the SCOSCHE® **Rhythm 24™** unit (Figure 1).
2. Connect the USB to a wall charger or your computer.
3. Charge the **Rhythm 24** for 2 hours or until the Triple LEDs indicate the unit is fully charged. See "BATTERY LEVEL", above.
4. Remove the charging base as shown (Figure 2).



FIGURE 2

USING THE ARMBAND MONITOR

Wear armband on the 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 (Figure 3).



CONNECT

The **Rhythm 24** 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 **Rhythm 24** to your chosen app using BLE (*Bluetooth Smart*) or ANT+*

***Rhythm 24** connection is done in the chosen app's settings, not through the phone's Bluetooth settings.

USING THE ARMBAND MONITOR

SETUP

The **Rhythm Sync** app is designed to setup the **Rhythm 24**. 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 **Rhythm 24**, the unit will start in Heart Rate mode only.
- **Rhythm 24** 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 **Rhythm 24** 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

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 **Rhythm 24**.

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



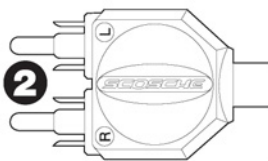
UAAK

AUDIO CABLE & ADAPTER KIT

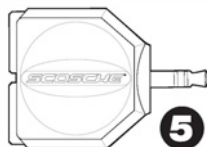


1. 3 FT. AUDIO CABLE

The mp3/aux audio cable is made to be used in any device with a 3.5mm headphone jack. The mp3/aux audio cable allows you to easily connect most portable devices to any 3.5mm audio input, such as a car auxiliary input.

**4. AIRPLANE ADAPTER**

The airplane adaptor is generally made to work in most airplanes that offer an audio output (usually near the arm rest). The adapter allows you to insert any 3.5mm audio cable or audio headphones for your listening purposes while on the plane.

**2. 3.5mm/AUX to RCA ADAPTER**

When using the 3.5mm female to RCA adapter, plug in one of the ends of the MP3/AUX cable into the female portion of the adapter and plug the end of the adapter with the RCA outputs into your receiver (car stereo, home theater or any receiver with an RCA audio input).

3. 90° 3.5mm ANGLE ADAPTER

Convert your straight 3.5mm audio cable or audio headphones to a right angle.

5. HEADPHONE SPLITTER

The headphone splitter is made to be used with any device with a 3.5 mm headphone jack. The adapter is made to conveniently split a single 3.5mm headphone output into two outputs when sharing a device.
