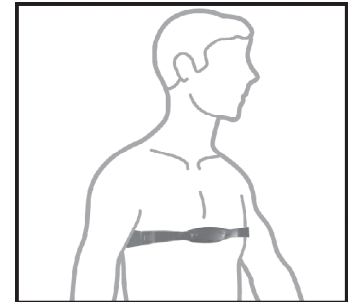


BM-CS5/BM-CS5SR Heart Rate Monitor User Guide

Quick Start

The heart rate monitor transmits heart rate data that can be received, displayed and recorded by different devices to help you achieving your fitness and training goals, so it is important to wear it correctly.

1. For best results, we recommend you wear the chest strap against bare skin.
2. Be sure to moisten the electrodes before exercising.
3. The electrodes should press firmly against your skin and the logo should be upright and located in the center of your sternum.



Caution

Should you ever experience any skin irritation or any other abnormality while wearing the heart rate monitor, remove it immediately.

Care and Maintenance

Your heart rate monitor (HRM) helps you achieve your fitness and training goals. By following the directions below, you can maximize the life of your HRM. If your HRM does require servicing, you should send it to your nearest authorized service center.

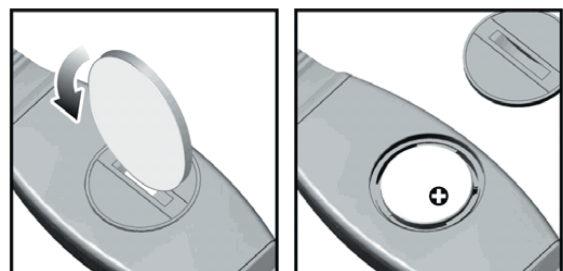
1. Only perform the procedures described in this user's guide.
2. Never attempt to disassemble or repair your HRM.
3. Protect the HRM from sharp objects, extreme heat or prolonged exposure to direct sunlight.
4. Store your HRM in a clean, dry environment at room temperature.
5. When putting on or taking off the heart rate monitor, please do not twist, bend or stretch it excessively.
6. To clean the HRM, wipe it with a soft, dry cloth, or with a cloth that has been moistened in a weak solution of water and a mild neutral detergent. Do not use thinner, benzene, alcohol or any other volatile agent to clean the HRM.

Water Resistance

Your HRM is water resistant up to 30 m / 100 ft. Do not wear the HRM while immersed in water.

Replacing the Battery

The HRM contains a CR 2032 coin cell battery which should provide two year's operation under normal conditions (using the HRM one hour per day / 7 days per week). To replace the battery, use a coin to open the battery hatch. Keep batteries out of the reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.



Disclaimers

User's responsibility

This HRM is intended for recreational use only.
IT IS NOT INTENDED FOR MEDICAL PURPOSES.

Warnings

Exercise may include some risk. Before starting any exercise program, you should consult with a physician. It is recommended that you warm up and stretch before beginning your workout. Stop exercising immediately if you experience pain or feel faint, dizzy or short of breath.

Please note that exercise intensity, medications, blood pressure, asthma, caffeine, alcohol, nicotine and other factors can affect your heart rate.

Notice to persons with pacemakers, defibrillators or other implanted electronic devices. Before beginning use of this electronic sport equipment, it is recommended that you have an exercise test under your doctor's supervision to ensure the safety and reliability of the simultaneous use of your implanted device and this equipment. Use of this product is at your own risk.

Keep the HRM out of reach of young children.

EU Declaration of Conformity

The CE mark is used to indicate conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC. A copy of the signed and dated Declaration of Conformity is available on request from BM innovations GmbH, Mainburger Str. 3, 85413 Hoergertshausen, Germany.