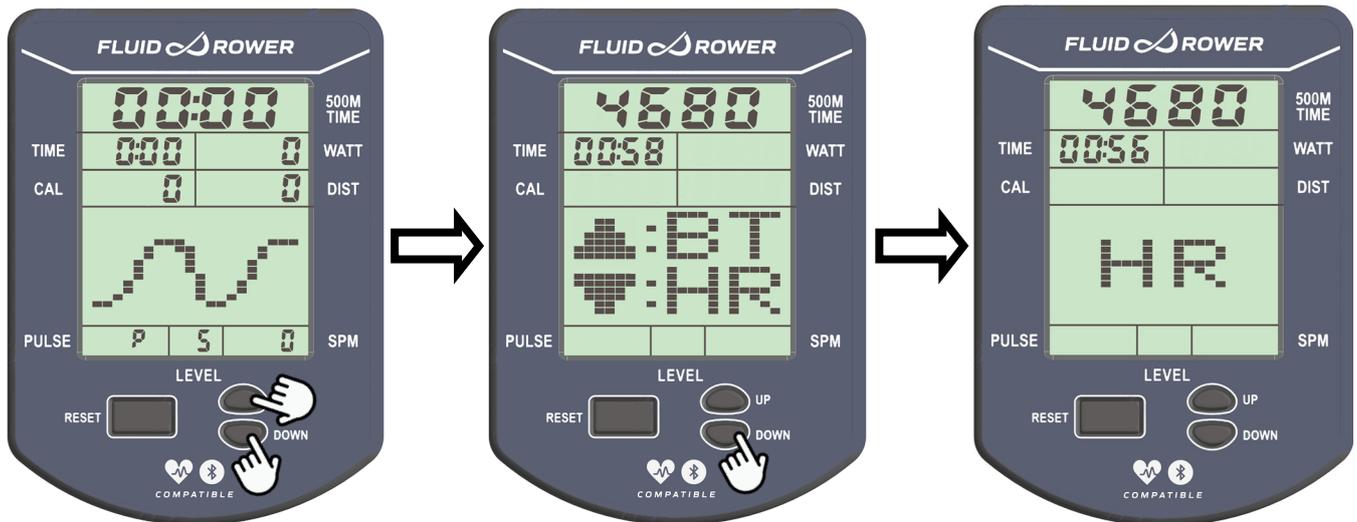
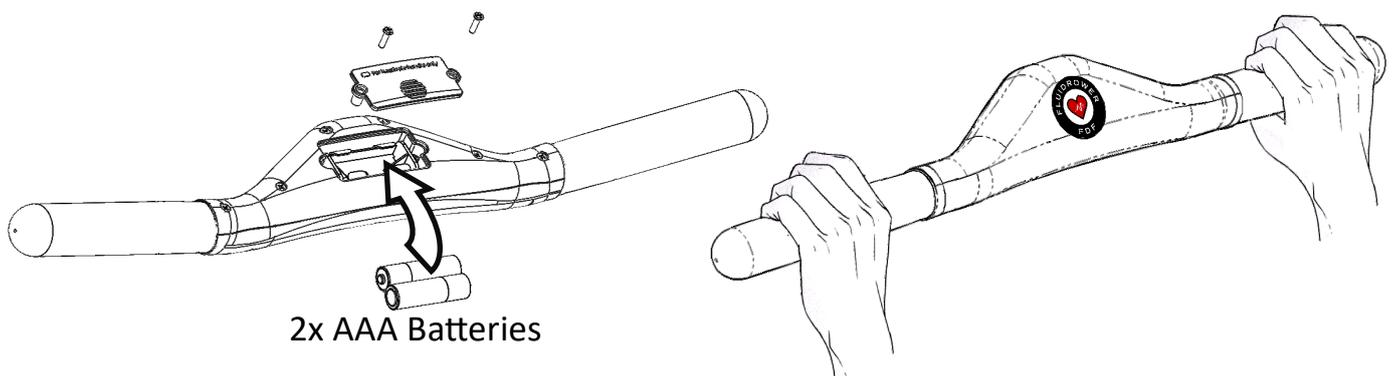


## Bluetooth Heart Rate Handle Pairing



1. Press and hold "UP" and "DOWN" button 3 seconds.
2. Press "DOWN" to enter Bluetooth heart rate pairing mode .

The console will now display a 4-digit pairing code and 1 minute countdown time.



3. Hold both sides of the heart rate handle with both hands, and make sure the handle is inserted into the batteries.
4. The console will automatically pair with the nearest Bluetooth heart rate device, so please try to hold the handle as close to the console as possible.
5. When pairing is complete, the console will jump back to the initial screen and begin to display the heart rate.

Heart rate

